

**OAKSTONE® PUBLISHING – PERSONAL BEST™**  
**PRESS RELEASE**

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**FOR IMMEDIATE RELEASE**

**OAKSTONE® PUBLISHING – PERSONAL BEST™ INTRODUCES**  
**“WALK A DAY™ JOURNAL”**

Birmingham, AL, July 9, 2007 – Oakstone Publishing® dba Personal Best™, a leader in employee wellness publishing and a Hights Cross Communications company, today announced the publication of its innovative “Walk A Day Journal.” A convenient, inexpensive, checkbook-size tool, “Walk a Day Journal” easily allows users to track their daily walking distance, nutrition and exercise habits, and weekly fitness goals and accomplishments. The “Walk a Day Journal” can be customized to include an employer’s name and logo and special motivational message.

“The ‘Walk a Day Journal’ is designed as a handy, personal reminder for employees’ concerned about their daily fitness habits,” said Charles K. Dismuke, Personal Best Publisher. “The product easily fits into a purse, backpack, or briefcase. It makes it easy for employees to record their fitness and nutritional habits and measure their progress.”

The “Walk a Day Journal” is one of many health and wellness promotion products available for purchase at [www.oakstonewellness.com](http://www.oakstonewellness.com).

**About Oakstone Publishing – Personal Best :**

Oakstone Publishing dba Personal Best is a major publisher of employee wellness publications, including newsletters, calendars, posters, brochures, and booklets covering topics related to health and wellness, safety, productivity, shift work, and personal money management. In 2005, Oakstone Publishing acquired Scott Publishing and its award winning *Personal Best Healthlines* employee wellness newsletter. The combined entities’ flagship newsletters, *TopHealth*, *Personal Best Healthlines*, and *Best of Health*, reach more than 1.5 million readers monthly at more than 10,000 organizations. In 2006, the company consolidated the combined Oakstone Wellness and Scott Publishing products and began marketing all of its publications under its Personal Best brand.

**About Hights Cross Communications:**

Founded in 1997 and based in White Plains, NY, Hights Cross is a leading developer and publisher of products for the kindergarten through twelfth grade, or K-12, supplemental education, library, and medical education markets. Hights Cross imprints include: Sundance/Newbridge Educational Publishing (Northborough, MA), Triumph

Learning (New York, NY), Buckle Down Publishing (Iowa City, IA), Options Publishing (Merrimack, NH), Recorded Books (Prince Frederick, MD), and Oakstone Publishing (Birmingham, AL). For more information visit [www.haightscross.com](http://www.haightscross.com).

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Safe Harbor Statement: This press release contains forward-looking statements. In some cases, you can identify forward-looking statements by terms such as “may,” “will,” “should,” “could,” “would,” “expect,” “plan,” “anticipate,” “believe,” “potential,” and similar expressions intended to identify forward-looking statements. These statements reflect our current views with respect to future events and are based on assumptions and subject to risks and uncertainties. These risks, uncertainties, and other factors may cause our actual results, performances, or achievements to be materially different from those expressed or implied by our forward-looking statements. Factors that may cause our actual results to differ materially from our forward-looking statements include, among others, changes in external market factors, changes in our business or growth strategy, or an inability to execute our strategy due to changes in our industry or the economy generally, the emergence of new or growing competitors and various other competitive factors. In light of these risks and uncertainties, there can be no assurance that the events and circumstances described in forward-looking statements contained in this press release will in fact occur. You should read this press release completely and with the understanding that our actual results may be materially different from what we expect. We will not update these forward-looking statements, even though our situation may change in the future. We qualify all of our forward-looking statements by these cautionary statements.

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