

Form 8.1/8.3

Lodge with a RIS or Newstrack, if appropriate, and the Takeover Panel. Use separate form for each class of securities in which dealings have been made.

Date of Disclosure 20 March 2003

DISCLOSURE UNDER RULES 8.1(a), 8.1(b)(i) and 8.3 OF THE CITY CODE ON TAKEOVERS AND MERGER

Date of Dealing 19 March 2003

Dealing in FITNESS FIRST

(1) Class of security (eg ordinary shares) ORD GBP0.125

(2) Amount bought	Amount sold	Price per unit
31,447	0	1.6200

(3) Resultant total of the same class owned or controlled
1,988,202

(and percentage of class)
(1.72 %)

(4) Party making disclosure Barclays PLC

(5) **EITHER** (a) Name of purchaser/vendor (Note 1)
(b) If dealing for discretionary client(s), name of fund management organisation

Barclays PLC

(6) Reason for disclosure (Note 2)

(a) associate of	(i) offeror (Note 3)	NO
	(ii) offeree	NO

Specify which category or categories of associate (1-8 overleaf)

(b) **Rule 8.3** (i.e disclosure because of ownership or control of 1% or more of the class of relevant securities dealt in) YES

Signed, for and on behalf of the party named in (4) above

.....

(Also print name of signatory)

Geoff Smith

Telephone and extension number

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