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Progressive Health Innovations Honored as an 'Emerging Rocket' for 2009

Port Moody, BC - Progressive Health Innovations Inc. (PHI) is pleased to announce that the Company has once again been selected as an *Emerging Rocket* by top market strategy and consulting firm, Rocket Builders. The list was officially unveiled as part of the 'Ready to Rocket' event held at Van City Theatre on January 27, 2009.

"We are very honored to once again be identified as a top emerging health technology company in British Columbia," said Matt Ferguson, PHI President and CEO. "Despite the severe market downturn, 2008 was a very good year for PHI", said Ferguson, "the AFX was made production-ready, we secured orders from professional and Olympic sports teams, and had excellent results from our clinical trials. We intend to build on this momentum and make 2009 even more exciting."

Thealzel Lee, Senior Partner with Rocket Builders adds, "the *Emerging Rocket* list identifies top companies that are early in the commercialization process, and have an exciting technology and market opportunity. Since joining the list in 2008, PHI has continued to achieve significant market milestones and they are poised to break-out in 2009."

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About Progressive Health Innovations Inc.

www.progressivehealth.ca

Progressive Health Innovations Inc. (PHI), is a privately held health technology company that develops user-friendly and affordable products for the athletic training, rehabilitation and sports medicine markets. The first product line to be launched will be the AFX, a foot and ankle-strengthening technology targeted at the multi-billion dollar athletic training and rehabilitation markets.

About Ready To Rocket and The Hot Emerging Company list

www.readytorocket.com/lists/2009/emergingrockets_list.html

Ready to Rocket is a unique business recognition list that profiles technology companies with the greatest potential for revenue growth. Each year, based on analysis of trends that will drive growth in the information technology sector, Rocket Builders identifies private companies that are best positioned to capitalize on the trends for growth. The Hot Emerging Company List identifies promising companies that are earlier in their business' development than the Ready to Rocket list; however, based on the potential of their technology, they recognize their potential for future growth. It is our expectation that companies on this list will be strong challengers for inclusion in the Ready to Rocket list in subsequent years.