

SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

Current Report

Pursuant to Section 13 or 15(d) of the  
Securities Exchange Act of 1934

Date of Report (date of earliest event reported) December 14, 2001  
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Health & Nutrition Systems International, Inc.  
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(Exact name of registrant as specified in its charter)

Florida  
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(State or other jurisdiction of incorporation)

0-29245  
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(Commission File Number)

65-0452156  
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(IRS Employer Identification No.)

3750 Investment Lane, Suite 5, West Palm Beach, Florida 33407  
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(Address of principal executive offices, including Zip Code)

Registrant's telephone number, including area code (561) 863-8446  
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N/A  
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(Former name or former address, if changed since last report)

Item 5. Other Events  
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See Exhibit 99.1 attached hereto and incorporated herein by  
reference.

Item 7. Financial Statements and Exhibits  
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(c) Exhibits:

99.1 Press Release dated December 17, 2001

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

HEALTH & NUTRITION SYSTEMS  
INTERNATIONAL, INC.

By: /s/Christopher Tisi

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Christopher Tisi, President and CEO

Dated: December 17, 2001

HNS NEWS

[GRAPHIC OMITTED]

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Health and Nutrition Systems International, Inc.  
3750 Investment Lane, Suite 5  
West Palm Beach, Fl. 33404  
Tel (561) 863-8446 Fax (561) 863-9511  
www.hnsglobal.com

FOR IMMEDIATE RELEASE

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HEALTH AND NUTRITION SYSTEMS INTERNATIONAL, INC.  
RESIGNATION OF CEO AND CHAIRMAN OF THE BOARD

West Palm Beach, Fl., DECEMBER 17, 2001 - Health and Nutrition Systems International, Inc. (OTC-BB:HNS) announced today that Steven Pomerantz has resigned as Chief Executive Officer, Chairman of the Board and Treasurer of the Company effective December 14, 2001 to pursue other opportunities. Chris Tisi, the Company's President, has been appointed to serve as Chief Executive Officer and interim Chairman of the Board.

About Health & Nutrition Systems, Int. Inc.

HNS develops and markets weight management products to over 25,000 Health, Food and Drug Store locations. The company's products can be found in Albertson's, Brooks (Maxi Drug), CVS, GNC, Duane Reade, Eckerd's, Giant Eagle, Giant Landover, H.E. Butt Grocery Co., Longs, Pharmor, Rite Aid, Target, Vitamin Shoppe, Vitamin World, Walgreens and Wakefern stores, as well as 4,000 independent health food stores, gyms and pharmacies. Additional information can be found on the company's website at [www.hnsglobal.com](http://www.hnsglobal.com).

All statements in this press release, other than historical facts, are forward-looking statements. These statements are based on certain assumptions and analyses made by HNS in light of its experience and its perception of historical trends, current conditions, expected future developments and other factors it believes are appropriate under the circumstances. Since these statements involve risks and uncertainties and are subject to change at any time, the company's actual results may differ materially from the company's plans if its assumptions prove to be incorrect, or, for a variety of other reasons, including general and economic business conditions; increased competition from other weight management product suppliers; market acceptance of both company developed and third party products sold by HNS; loss of chain store accounts; product and technology changes and availability of products from third-party suppliers and those factors identified in Health & Nutrition Systems, International, Inc's Form 10-KSB for the year ended December 31, 2000 filed with the Securities and Exchange Commission.

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