



ARRHYTHMIA RESEARCH TECHNOLOGY, INC.

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FOR IMMEDIATE RELEASE

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January 19, 2010

**ARRHYTHMIA RESEARCH TECHNOLOGY, INC.
DECLARES CASH DIVIDEND**

Fitchburg, MA

Arrhythmia Research Technology, Inc. (the “Company”) (AMEX: HRT) announced that its Board of Directors declared a cash dividend of \$0.06 per share. The dividend will be paid to holders of record on February 15, 2010, payable on March 1, 2010. Future dividend declarations by the Board of Directors will depend upon a number of factors, including future operating results, and other investment and acquisition opportunities.

James E. Rouse, President and CEO, stated “The Board of Directors of the Company declared a dividend after achieving strong operating cash flows in 2009. The dividend reflects the continued confidence of our Board of Directors in the future success of the Company.”

The Company through its wholly owned subsidiary Micron Products, Inc. manufactures silver plated and non-silver plated conductive resin sensors and distributes metal snaps used in the manufacture of disposable ECG, EEG, EMS and TENS electrodes. Micron’s MIT division provides end-to-end product life cycle management through a comprehensive portfolio of value-added services such as design, engineering, prototyping, manufacturing, machining, assembly and packaging. MIT manufactures custom injection molded products for medical, electronic, industrial and consumer applications, and provides high end mold design, manufacturing and precision machining for various industries. The Company’s products also include proprietary signal-averaging electrocardiography (SAECG) software used in the detection of potentially lethal heart arrhythmias.

For more information please check our websites:

<http://www.arthrt.com>

<http://www.micronproducts.com>

<http://www.micronintegrated.com>

Forward-looking statements made herein are based on current expectations of the Company that involve a number of risks and uncertainties and should not be considered as guarantees of future performance. The factors that could cause actual results to differ materially include: our ability to maintain our current pricing model and/or decrease our cost of sales; continued availability of supplies or materials used in manufacturing at competitive prices; volatility in commodity and energy prices and our ability to offset higher costs with price increases; the costs inherent with complying with new statutes and regulations; variability of customer delivery requirements; our ability to efficiently integrate future acquisitions and other new lines of business that the Company may enter in the future. More information about factors that potentially could affect the Company's financial results is included in the Company's filings with the Securities and Exchange Commission, including its Annual Report on Form 10-K for the year ended December 31, 2008.