

NEWS RELEASE

VITAL ENERGY ANNOUNCES APPOINTMENT OF NEW DIRECTOR

July 4, 2016

Calgary, Alberta

Vital Energy Inc. (“Vital” or the “Corporation”) announces the appointment of Mr. Ngai (Roy) Ho to the board of directors of the Corporation.

Mr. Ho is a financial consultant with over 10 years of financial and banking experience. Mr. Ho is a graduate of the University of British Columbia with a Bachelor of Commerce degree, majoring in finance. Mr. Ho is currently a director of Scion Management Ltd., and prior thereto was with BMO Bank of Montreal, CITC Bank International and Axcellance Legal Group.

Vital Energy Inc. is actively engaged in developing oil production from its core areas of Gull Lake and Pennant, both located in S.W. Saskatchewan.

Vital is a publicly traded junior oil and gas production company whose shares trade on the TSX-V exchange under the trading symbol “VUX”.

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Cautionary Statement

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