

Nearly two-thirds of U.S. adults are overweight!

There is so much temptation to consume high-calorie and high-fat foods. Large portions make matters even worse. Furthermore, weight issues tend to run in families and may be caused by genetic factors, in addition to lifestyle choice like poor diet and lack of exercise. Many of us eat in response to negative emotions such as boredom, sadness, and anger.

Take Shape For Life provides the structure and support to help you make the necessary changes in your lifestyle, and delivers strategies for overcoming the emotions and stress that may have caused you to gain weight.

Obesity has been linked to many diseases, including:

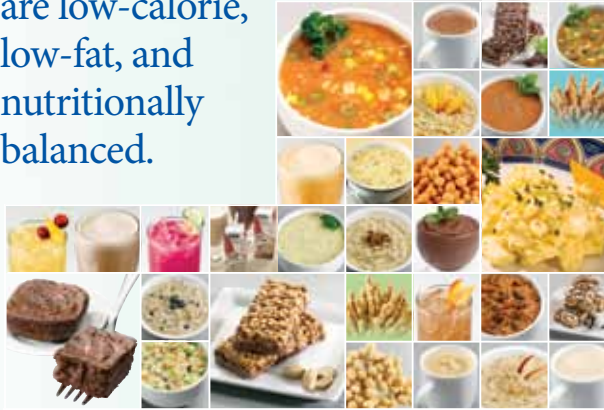
- ▶ Diabetes
- ▶ Heart disease
- ▶ Stroke
- ▶ Hypertension
- ▶ Arthritis
- ▶ Some forms of cancer

We Can Help.

Ask your Health Care Provider.

With over 70 delicious choices, Medifast Meals

are low-calorie, low-fat, and nutritionally balanced.



Ask your Health Care Provider about a free consultation or register for a free seminar today!



featuring **Medifast.**
Meals



Cheryl Tooke lost 134 lbs!

Results will vary.



Lose Weight

▶ Quickly and Safely



Take Shape For Life
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The right program that delivers the right results!

- ▶ Fast results without feeling hungry
- ▶ Clinically proven
- ▶ Portion-controlled meals
- ▶ Free support
- ▶ Variety of over 70 Medifast Meals
- ▶ Recommended by over 20,000 doctors since 1980

I have tried diets before. What is so different about Take Shape For Life?

Take Shape For Life takes the worry out of portion control and proper nutrition by using balanced Medifast Meals. Medifast Meals taste great and the Medifast 5 & 1 Plan can help you lose weight, which can help you improve your health.

Your health professional and the support staff at Take Shape For Life provide the guidance, skills, and other tools you need to succeed long term.

A clinical study shows that people with type 2 diabetes lost twice as much weight and were twice as likely to stick with the Medifast 5 & 1 Plan than a standard food diet based on the dietary guidelines of the American Diabetes Association.*

Who can benefit from this program?

Are you or someone you know struggling with...?

- ▶ being overweight
- ▶ obesity
- ▶ diabetes
- ▶ high blood pressure or cholesterol
- ▶ heart disease
- ▶ sleep apnea
- ▶ symptoms of menopause
- ▶ joint pain

We can help.

How does our program work?

Assessment

Your doctor and staff will evaluate your needs and customize a program for you.

Weight-Loss Phase

We'll start you on the Medifast 5 & 1 Plan. You'll eat five Medifast Meals and one Lean & Green Meal each day. During this phase, you can lose up to 2 to 5 lbs per week.

We Teach You How to Keep It Off...

We teach you to follow our BeSlim® lifestyle of lifelong weight control and, with the support of your physician, you'll learn how to maintain your weight loss and keep it off for life, with our six key ingredients:

Breakfast

Exercise

Support

Low-fat meals five to six times a day

Individual plan

Monitoring

Has Medifast been proven to work?

Multiple clinical studies have proven that Medifast programs and products are safe and effective for weight loss. Since 1980, Medifast has been recommended by over 20,000 doctors and used by over one million customers.

*Cheskin LJ, et al. "Efficacy of meal replacements versus a standard food-based diet for weight loss in type 2 diabetes." *The Diabetes Educator*. 34(1):118-127; Jan/Feb 2008.

Will I be hungry?

Most people don't feel hungry on the Medifast 5 & 1 Plan. Having six small meals per day will keep you satisfied, and you eat every two to three hours. Choose from over 70 different Medifast Meals, including shakes, soups, oatmeal, scrambled eggs, fruit drinks, iced teas, hot drinks, bars, puddings, pretzel sticks, cheese puffs, pancakes, soft serve, and brownies.

Medifast Meals are:

- ▶ Low-calorie
- ▶ Low-fat
- ▶ Balanced in protein and carbohydrates
- ▶ Heart-healthy
- ▶ High in soy protein
- ▶ Fortified with 24 or more essential vitamins and minerals



Joe Blanchard lost 224 lbs

"I have been on the program for 18 months and have lost 224 lbs so far, and I'm still going! I have another 65 lbs to go. As you can imagine, this program has in many ways changed my life"

Results will vary.

