

The Take Shape For Life Program

Using our 2-phase approach, the 5 & 1 Plan fits any lifestyle easily whether you work, travel, or stay at home!

PHASE 1: Reaching a healthy weight The Medifast 5 & 1 Plan

- ▶ Eat five delicious Medifast Meals a day, plus one Lean & Green Meal consisting of lean protein and non-starchy vegetables.
- ▶ Great for anyone who has 25 or more lbs to lose, as well as people with diabetes or those over age 70.

PHASE 2: BeSlim® for life!

Using our proven BeSlim® lifestyle, learn how to keep the weight off for good! With the guidance of your Health Coach, you'll follow our six easy steps to long-term weight control and Optimal Health.

Interested in joining our team?

Would you enjoy helping people become healthy and live a life of Optimal Health? Then contact your Health Coach for more information on how you and others can benefit from this rewarding program and business opportunity.



Products

BARS

S'more Crunch Bar
Caramel Crunch Bar
Chocolate Crunch Bar
Strawberry Crunch Bar
Fruit & Nut Crunch Bar
Peanut Butter Crunch Bar
Cinnamon Roll Crunch Bar
Oatmeal Raisin Crunch Bar
Chocolate Mint Crunch Bar
Lemon Meringue Crunch Bar
Caramel Nut Maintenance Bar
Oatmeal Raisin Maintenance Bar
Chocolate Mint Maintenance Bar



SHAKES

Dutch Chocolate
Orange Crème
Strawberry Crème
Swiss Mocha
French Vanilla
Ready-to-Drink

AND MORE!

Puddings
Oatmeals
Eggs
Pretzel Sticks
Cold Drinks
Hot Drinks
Brownies
Pancakes
Soft Serve
Chicken Noodle
Cream of Broccoli
Cream of Chicken
Cream of Tomato
Homestyle Chili

HEALTH MANAGEMENT PRODUCTS

Medifast Plus for Appetite Suppression
Medifast Plus for Joint Health
Medifast Plus for Coronary Health
Medifast Plus for Diabetics

FOR MORE INFO:

Health Coach _____

HC ID# _____

Phone _____

Email _____

Your Client ID# _____

(800) 572-4417 | TSFL.com



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Medifast, Inc. Owings Mills, Maryland
TS-BRO1111_Overview2011



featuring **Medifast**
Meals

Weight and Health Management Programs



Rhoda lost 36 lbs

Results not typical. Typical weight loss on the Medifast 5 & 1 Plan is up to 2 to 5 lbs per week.

Achieving Optimal Health is now possible

Optimal Health is a whole new approach to well-being that is based on creating health with the Take Shape For Life program. Three unique components (your **Health Coach**, the **Medifast 5 & 1 Plan**, and the **Habits of Health**)



create the foundation and long-term support that will guide you along your journey. As you work toward Optimal Health, you'll learn to make the choices that will help you take charge of your health for the long term. Reaching a healthy weight is just the beginning—there is much more to come.

Cheryl & John
lost **176 lbs!**



Results not typical. Typical weight loss on the Medifast 5 & 1 Plan is up to 2 to 5 lbs per week.

We provide a comprehensive, medically based program, featuring satisfying, great-tasting Medifast Meals, that brings long-term weight-loss results.



We'll help you all along the way!

Backed by clinically proven research, our program is physician-directed and medically based. Our trained and qualified Health Coaches guide you throughout your program, providing encouragement and support (in the comfort of your home—no group meetings or clinic visits).

A safe, effective, balanced program

The Take Shape For Life program features Medifast Meals. Medifast Meals are high-quality and formulated with the correct balance of protein, carbs, fiber, vitamins, and minerals. They contain no harmful additives or dangerous herbal supplements. Our program has been proven beneficial and successful for those who have high blood pressure, elevated cholesterol, and diabetes.

Let's get you started!

First, contact your Health Coach (contact information on the back of this brochure) for guidance and information regarding our programs for lifelong weight control. Your Health Coach will answer any questions you have and help you create a successful program.*

TO ORDER:

▶ Simply work with your Health Coach. He or she will help you design your program and order your products.

OR

▶ Shop online using the Health Coach information on the back of this brochure to get you started. Your Health Coach will be notified and will contact you.

OR

▶ Call the Take Shape For Life Client Contact Center at (800) 572-4417. Please be sure to provide your Health Coach's ID#.

Remember to ask about special savings for first-time Clients! Be sure to join our BeSlim® Club for additional savings!

What are you waiting for?

Our program provides lifelong solutions to manage your weight and improve your health.

*A regular or Certified Health Coach is not a substitute for a physician or a qualified medical practitioner for monitoring patients using Medifast programs.