



NEWS RELEASE

Medifast® Announces Latest Industry and Community Recognitions for Chairman & Chief Executive Officer Michael MacDonald

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OWINGS MILLS, Md., Feb. 2, 2016 /PRNewswire/ -- **Medifast, Inc.** (NYSE: MED), a leading United States manufacturer and provider of clinically proven weight-loss and healthy living products and programs, is proud to announce that its Chairman & CEO Michael MacDonald was appointed to serve as Treasurer of the Direct Selling Association (DSA), a national trade association of the leading firms that manufacture and distribute goods and services sold directly to consumers. A member of the DSA executive committee since 2014, MacDonald is also an active board member of the Direct Selling Education Foundation (DSEF), which offers consumer, education, ethics, and entrepreneurship initiatives that help demonstrate direct selling's important role in supporting communities and strengthening economies.

"Since joining our Executive Committee, Michael has shown tremendous commitment to the Association and its members," said Joseph N. Mariano, President, of the Direct Selling Association. "He has demonstrated strong leadership and we look forward to the tremendous value he will continue to offer, now as Treasurer of the DSA." Medifast and its Take Shape For Life division is one of the 20 largest members of DSA.

"I am pleased to continue working with such an inspiring group of individuals," said MacDonald. "Through this new position on the DSA Board of Directors, I look forward to having more opportunity to further advance the Association's mission, while expanding the value that direct selling offers so many people."

In addition, MacDonald was recently named to The Daily Record's 2016 list of Influential Marylanders. The Influential Marylanders honoree list was created in 2006 to honor individuals who have impacted Maryland's business community and have brought services to the state. As Medifast Chairman and Chief Executive Officer since 2012, MacDonald has played a significant role in shaping the Company into a leading manufacturer of weight-loss and healthy living products, and driving economic growth in the state.

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About **Medifast®**:

Medifast (NYSE: MED) is the leading easy-to-use, clinically proven provider of weight-loss and healthy living products and programs. Medifast aims to help customers lead a healthier lifestyle through a holistic approach to weight-loss and weight management, nutrition education and fitness. Medifast's proven results are based on the use of structured meal plans featuring Medifast Meals, which are nutritionally designed to assist customers with successful weight-loss and weight management. The company sells its products and programs via four unique distribution channels: 1) the web and national call centers, 2) the Take Shape For Life® personal coaching division, 3) **Medifast** Weight Control Centers®, and 4) a national network of physicians. **Medifast** was founded in 1980 and is located in Owings Mills, Maryland. For more information, log onto www.MedifastNow.com.

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