



NEWS RELEASE

Medifast Board Member Barry B. Bondroff, CPA Becomes an NACD Fellow

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OWINGS MILLS, Md., Dec.18, 2014 /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 Barry B. Bondroff, Lead Director on the Medifast Board of Directors, has become a **National Association of Corporate Directors (NACD)** Fellow, the highest level of credentialing for corporate directors and corporate governance professionals.

As an NACD Fellow, Bondroff has demonstrated his knowledge of the leading trends and practices that define exemplary corporate governance today and has committed to developing professional insights through a sophisticated course of ongoing study.

"I am honored to join the distinguished and diverse group of individuals who make up NACD's Fellowship program

and who have committed to advancing the highest standards of boardroom leadership," said Barry B. Bondroff, Lead Director. "The resources, insights and connections I've made through NACD's Fellowship program will be key assets to the companies I serve, as well as to my professional growth as a director."

A Director on Medifast's Board since 2008, Bondroff also serves as a member of Medifast's Audit Committee, Executive Committee, and Mergers & Acquisitions Committee. He is an Officer at Gorfine, Schiller and Gardyn P.A., a full-service certified public accounting firm offering a wide range of accounting and consulting services. Bondroff brings over 40 years of experience providing companies of all sizes and industries with practical and cost-effective accounting, assurance, tax, business, technology and financial advisory services.

"Barry's leadership and business acumen have helped drive success at Medifast during his board tenure as Lead Director," said Mike MacDonald, Chairman and CEO of Medifast. "As Medifast works to advance our strategic objectives and deliver strong shareholder returns, Barry provides exemplary guidance and direction."

"We are proud to announce that Barry Bondroff has joined NACD's credentialed directors and has taken the next step in the pursuit of boardroom excellence," said **Ken Daly**, president and CEO of NACD. "Our fellows help advance the highest standards for those who serve in the boardroom, strengthening our businesses and driving director professionalism. The impact of this program is unmatched and they should be commended for their ongoing commitment to their own professional development."

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About Medifast:

Medifast (NYSE: MED) is the leading easy-to-use, clinically proven, portion-controlled weight-loss program. 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**.

About NACD

The **National Association of Corporate Directors (NACD)** is the only membership organization focused exclusively on advancing exemplary board leadership. Based on more than 35 years of experience, NACD identifies, interprets, and provides insights and information that corporate board members rely upon to make sound strategic decisions, confidently confront complex business challenges, and enhance shareowner value. With more than 13,000 corporate director members, NACD provides world-class director education, director training, and proprietary research about leading boardroom and corporate governance practices to promote director professionalism and bolster investor confidence. Furthermore, to create more effective and efficient corporate boards, NACD provides independent board evaluations and custom-tailored in-boardroom education and training programs, as well as

director-led conferences, forums, and peer-exchange learning opportunities to share ideas about current and emerging issues. Fostering collaboration among directors and governance stakeholders, NACD is shaping the future of board leadership. To learn more about NACD, visit www.NACDonline.org. To join, contact Kelly Dodd at kkdodd@NACDonline.org or 202-380-1891.

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