



NEWS RELEASE

# Medifast Celebrates 2015 "Happy Afters" Contest Winners

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OWINGS MILLS, Md., Sept. 3, 2015 /PRNewswire/ -- **Medifast, Inc.** (NYSE: MED), a leading United States manufacturer and provider of clinically proven weight-loss and healthy living products and programs, unveiled the winners of its 5<sup>th</sup> annual Happy Afters weight loss success contest.

This year, in addition to the comprehensive selection process, Medifast introduced its first ever "Fan Favorite" vote where consumers and fans of Medifast had the opportunity to choose their favorite among three finalists selected from nationwide entries. This year's winners include Bill Horst, 47, Holtwood, PA; Brooke Ruddy, 43, Johnston, IA; Hannah Kolodziejcyk, 25, Woodstock, GA; Harold Meredith, 57, Chula Vista, CA; Lauren Atkins 25, Rockwall, TX; Lisa Thiel, 43, Chandler, AZ; and Stephanie Mouzon, 50, Garner, NC.

"Our Happy Afters contest is always one of the year's biggest highlights," said Brian Kagen, Medifast's Executive Vice President and Chief Marketing Officer. "Medifast is always looking for unique ways to encourage a healthy lifestyle

and celebrate life-changing stories. We are always inspired by the stories we receive and are thrilled to celebrate the successes of our customers."

This year's winners are meeting for the first time during an all-expenses paid trip to the historic and charming city of Charleston, South Carolina. During the trip, the winners will be treated to a professional makeover, receive a new wardrobe hand selected by a personal stylist, and take part in an exclusive photo-shoot at the historic Wickliffe House in downtown Charleston. The winners will also have the added chance to star in Medifast's 2016 advertising and marketing campaigns.

"I am thrilled about the Happy Afters trip," said Happy Afters Fan Favorite winner Brooke Ruddy. "I was so excited to meet the other winners and hear their stories. Three days of getting pampered sounds great to me. I'm also going to post photos on Facebook so my friends can see what they helped me do!"

To learn more about Medifast or view the Happy Afters winners' weight-loss stories, please visit [www.medifastnow.com](http://www.medifastnow.com).

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#### About Medifast:

Medifast, Inc. (NYSE: MED) is a leading United States manufacturer and provider of clinically proven and easy-to-use weight-loss and weight-maintenance products and programs. 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](http://www.MedifastNow.com)

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