



NEWS RELEASE

Medifast Executive Chairman, Michael MacDonald, Recognized as an NACD® Board Leadership Fellow

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OWINGS MILLS, Md., Dec. 2, 2016 /PRNewswire/ -- Medifast, Inc. announced that the **National Association of Corporate Directors** (NACD) recently recognized Michael MacDonald, Executive Chairman of the Board of Directors, as an NACD Board Leadership Fellow. NACD Fellowship, The Gold Standard Director Credential™, recognizes the highest echelon of commitment to excellence in the boardroom.

"I am honored to join the distinguished and diverse group of individuals who make up the NACD Fellow community and who are committed to advancing the highest standards of boardroom excellence," said MacDonald. "The resources, insights, and connections offered through NACD Fellowship will be key assets to Medifast."

MacDonald has served as Executive Chairman of the Board of Directors of Medifast since November 2011, and served as Chief Executive Officer from February 2012 to October 2016. In addition, MacDonald currently serves as the Treasurer of the Direct Selling Association (DSA) and on the board of The V Foundation for Cancer Research. He

formerly served as Lead Director of PAETEC Communications, Inc., and on the board for several other organizations including Rochester Institute of Technology, Rutgers University, the U.S. Chamber of Commerce and US LEC Corp.

"We are proud to announce that Michael has joined NACD's credentialed directors and has taken the next step in the pursuit of boardroom excellence," said **Ken Daly**, 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 he should be commended for his ongoing commitment to professional development."

Representing hundreds of today's largest and most diverse corporations in the world, NACD Fellows serve on boards of NASDAQ, OMX, and NYSE-listed companies such as Citigroup® Inc., DuPont®, Foot Locker® Inc., IBM®, Lockheed Martin Corp., Microsoft® Corp., Nordstrom® Inc., and UnitedHealth Group® Inc.

NACD Fellows provide a snapshot of the caliber of directors engaged in continuous learning with NACD—the recognized authority on leading boardroom practices that more than 17,000 directors rely on to lead with confidence.

To learn more about NACD Fellowship, visit NACDonline.org/Fellowship.

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. 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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