



NEWS RELEASE

Medifast President and COO Named to The Baltimore Sun's 50 Women to Watch List

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OWINGS MILLS, Md., Oct. 20, 2014 /PRNewswire/ -- **Medifast, Inc.** (NYSE: MED), a leading United States manufacturer and provider of clinically proven **weight-loss products and programs**, is proud to announce that President and COO Meg Sheetz has been named to The Baltimore Sun's 2014 50 Women to Watch List.

The Baltimore Sun's 50 Women to Watch list recognizes talented and successful women in the Baltimore metro area who continue to influence peers through talented work in their respective fields. The nominees were selected based on their accomplishments, impact in the community, leadership in business and success as individuals.

"Meg's dedication and leadership at Medifast continue to make her an invaluable asset to our company. As the weight-management industry evolves, Meg has led the charge to help expand our position in the overall health and wellness arena," said Mike MacDonald, Chairman & CEO of Medifast. "We congratulate Meg on this noteworthy achievement."

Since joining Medifast in 2000, Sheetz has played a major role in the company's transformation from a small business to a nationally recognized brand. In addition, Sheetz serves as the CEO for the Take Shape for Life division of Medifast.

Heavily involved in serving her local community, Sheetz is the managing trustee of the MacDonald Family Foundation and the Take Shape for Life Foundation, which focuses on grants to support educational programs for disadvantaged students. Sheetz is an active member of the Board of Directors for Stevenson University, the Greater

Baltimore Committee, and Siloam and a member of the Villanova President's Leadership Circle.

Sheetz was recognized in The Baltimore Sun's 50 Women to Watch special section that ran in the print issue of the Sun Magazine on Oct. 19 and is online at

<http://www.baltimoresun.com/entertainment/sun-magazine/>.

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About Medifast:

Medifast (NYSE: MED) is the leading easy-to-use, clinically proven, 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.

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