



NEWS RELEASE

Medifast Recognized Among Top Companies on Chief Executive's 2014 Mid-Market Elite List

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OWINGS MILLS, Md., Feb. 20, 2014 /PRNewswire/ -- Medifast, Inc. (NYSE: MED), a leading United States manufacturer and provider of clinically proven, portion-controlled **weight-loss** products and programs, today announced that it has earned a position on the 2014 Mid-Market Elite list for Chief Executive magazine.

The award, which recognizes leading mid-market companies, is presented to 100 businesses that exemplify strength based on the following key traits: superior growth, a track record of innovation, an exceptional corporate culture, charismatic leadership and a compelling business model. There are approximately 197,000 companies in the U.S. that comprise the Mid-Market, according to the National Center for the Middle Market at the Fisher School of Business at The Ohio State University.

"Being included on such a prominent list of impressive companies and being recognized for demonstrating superior innovation and corporate leadership is a real source of pride for us at Medifast," said Mike MacDonald, CEO and Chairman of Medifast. "We see this as a charge to continue performing as one of the top mid-market companies and achieve our goals of growth and expansion in the years ahead."

As part of the recognition, Medifast was included in the list published on the Chief Executive website, chiefexecutive.net.

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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**.

SOURCE Medifast, Inc.