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NEWS RELEASE

Medifast's Guy Sheetz Named to The Daily Record's VIP List

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OWINGS MILLS, Md., July 2, 2015 /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 its Executive Vice President, Guy Sheetz, has been named to The Daily Record VIP List — Very Important Professionals Successful by 40.

The Daily Record VIP List recognizes professionals 40 years of age and younger for their professional accomplishments and commitment to inspiring change in Maryland.

"The VIP List honorees are the ones to watch. They are young leaders making a strong impact on their communities through their careers and volunteer activities," said Suzanne Fischer-Huettner, publisher of The Daily Record. "They value their professional accomplishments but commit time and resources to civic involvement and making a significant, positive impact on Maryland. The Daily Record is pleased to honor them."

Sheetz has been influential in Medifast's success, overseeing product development, manufacturing, distribution, purchasing, and supply planning while supporting the strategic goals of the Company. Serving his local community, Sheetz is a member of the McDaniel College President's Advisory Council and the Board of Directors for the Caroline County Chamber of Commerce. He is also active with Medifast's Community Impact Program, which provides opportunities for employees to volunteer at area nonprofits.

"Medifast has relied on Guy's leadership as he continues to drive the quality and efficiency of the supply chain process. As the leader for the operations management team, he embraces and encourages creativity and effective problem solving to achieve breakthrough results. We congratulate Guy on this well-earned distinction," said Michael MacDonald, Chairman & CEO of Medifast.

A group of judges, including 11 past VIP honorees, selected 42 winners to the 2015 VIP List. Sheetz will be honored with fellow recipients on Aug. 19 at Gertrude's in Baltimore, Md. and will be profiled in a special magazine in The Daily Record on Aug. 21.

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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 health coach 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 The Daily Record

For more than 125 years, The Daily Record Company has provided trusted legal and business information to Maryland readers. In addition to the daily newspaper published five days a week, The Daily Record publishes its website, **www.TheDailyRecord.com**; five blogs, Business Buzz, Eye on Annapolis, Generation J.D., Ground Up and On the Record; four e-newsletters, TDR Insider, Real Estate Weekly, Auction Notices and Best Practices; and a variety of special publications on topics of interest to Maryland business and legal professionals.

The Daily Record also honors leading Marylanders through eight annual awards events: Maryland's Top 100 Women, Influential Marylanders, 20 in Their Twenties, VIP List, Most Admired CEOs, Innovator of the Year, Leadership in Law and Leading Women. The Daily Record is owned by The Dolan Company.

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