



NEWS RELEASE

Medifast's Meg Sheetz Named to Baltimore Business Journal's 40 Under 40

2014-12-12

OWINGS MILLS, MD, December XX, 2014 - **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 President and Chief Operating Officer, Meg Sheetz, was selected by the Baltimore Business Journal for its annual 40 Under 40 award.

The Baltimore Business Journal's 40 Under 40 award recognizes successful individuals under the age of 40 in the Baltimore region for their influence, commitment, and growing potential in the business industry. The class of 2014 features CEOs, entrepreneurs, and technology leaders in Baltimore's business community.

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 Take Shape For Life, a division of Medifast. Earlier this year, Sheetz was recognized in **The Baltimore Sun's 50 Women to Watch** and in **The Daily Record's Top 100 Women** for her leadership, business accomplishments, and impact on the community.

"Medifast has relied on Meg's leadership skills as she continues to drive the company forward. Her impressive accomplishments this year have been widely recognized in the Baltimore community and we congratulate Meg on this well-earned distinction," said Michael MacDonald, Chairman & CEO of Medifast.

As a part of the recognition, recipients were honored during an event at the Hard Rock Café in Baltimore. The list of honorees was published in a special print edition of the Baltimore Business Journal and is available online at <http://www.bizjournals.com/baltimore/>.

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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**.