



NEWS RELEASE

## Take Shape For Life® Kicks-Off New Year with Success Stories Featured in People Magazine's Annual Half Their Size Issue

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OWINGS MILLS, Md., Jan. 11, 2016 /PRNewswire/ -- **Medifast, Inc.** (NYSE: MED), a leading United States manufacturer and provider of clinically proven weight-loss and healthy living products and programs, is excited to announce that three weight loss successes in their **Take Shape For Life** direct selling division have been featured in the January 11, 2016 **People** Magazine's Half Their Size issue, available on newsstands now. This year, Take Shape For Life successes Heather Patterson (43), and husband and wife team, Steven (57) and Susan Smelser (55), shared their inspirational stories and credited their weight-loss transformations to Take Shape For Life. In the issue, they highlighted the organization's proven products and programs, their Health Coaches, and community of support which fosters Optimal Health.

"We're excited to share Take Shape For Life's transformational approach to health through the wonderful stories in this year's **People** Magazine Half Their Size issue," said Mona Ameli, President of Take Shape For Life. "Heather, Susan, and Steven offer inspiration to our Take Shape For Life community, and we are thrilled to share their accomplishments and life-changing health journeys."

"Take Shape For Life helps people like Heather Patterson and Steven and Susan Smelser learn healthy habits so they can create sustainable health in all areas of their lives," said Dr. Wayne Scott Andersen, Co-founder and Medical Director of Take Shape For Life. "Our approach to building healthy body, healthy mind, and generating healthy finances has helped us establish a thriving, vibrant community."

To celebrate the momentum heading into the New Year, Take Shape For Life's Health Coaches hosted more than 360 regional events in 43 states across the U.S. on Saturday, January 9<sup>th</sup>. The events garnered attendance of nearly 8,000 individuals eager to hear the stories of success from other Health Coaches.

To learn more about Take Shape For Life, please visit [www.tsfl.com](http://www.tsfl.com).

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### About Take Shape For Life:

Take Shape For Life® is a thriving, vibrant community that is redefining the path to wellbeing and creating Optimal Health™ through a network of Independent Health Coaches, who provide support and personal encouragement to help Clients safely and effectively reach and sustain a healthy weight, and adopt habits for a lifetime of health. Within the Trilogy of Optimal Health, Take Shape For Life offers individuals an opportunity to create sustainable health in all areas of their lives – building a healthy body, developing a healthy mind, and generating healthy finances. Take Shape For Life provides Health Coaches with tools and support; an innovative and leading edge lifestyle program; training and knowledge; and best of all, a community of like-minded individuals working toward the common goal of getting America healthy. In 2014, Take Shape For Life, and its parent company Medifast® were ranked in the top 20 of the Direct Selling Association's largest companies, and is a Code of Ethics member.

### About Medifast®:

Medifast, Inc. (NYSE: MED) is a leading United States manufacturer and provider of clinically proven and easy-to-use weight-loss and weight-maintenance products and programs. 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](http://www.MedifastNow.com)

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