



NEWS RELEASE

## Take Shape For Life Named To 2016 Direct Selling Association Top 20

2016-06-14

OWINGS MILLS, Md., June 14, 2016 /PRNewswire/ -- Medifast, Inc., a leading United States manufacturer and provider of clinically proven weight-loss and healthy living products and programs, today announced that its direct selling division, Take Shape For Life, has been named by the Direct Selling Association (DSA) to its 2016 DSA Top 20, an honor bestowed annually on the largest direct selling companies in the United States based on domestic net sales.

"It's truly an honor to have Take Shape For Life recognized as a Top 20 company again," said Michael MacDonald, Medifast Chairman and Chief Executive Officer. "Because of our incredible Field of Health Coaches who work so hard every day to share the Take Shape For Life optimal health community, we continue to reach new levels of success."

"Take Shape For Life creates economic opportunities for tens of thousands of Americans," said Joseph N. Mariano,

DSA's President. "I want to congratulate Take Shape For Life for the work being done to support the many Health Coaches and Clients who benefit as well as the partnership with DSA in support of an ethical marketplace. These honors are earned by companies like Take Shape For Life that build the trust and inspire the confidence of consumers."

"We are pleased to dedicate this recognition to our extraordinary community of Health Coaches who transform lives every day. We thank all of our amazing team members whose continued commitment, dedication, and passion make our company such an amazing community," said Mona Ameli, President of Take Shape For Life. Both MacDonald and Ameli were reappointed to the DSA Board of Directors, as Treasurer and Chair of the Diversity & Empowerment Council, respectively.

The DSA Top 20 is open exclusively to DSA members and based on 2015 sales.

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

## MED-G

### 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 2015, 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®** (NYSE: MED) is a leading easy-to-use, clinically proven provider of weight-loss and healthy living products and programs. Medifast® aims to help customers lead a healthier lifestyle through a holistic approach to weight-loss and weight management, nutrition education and fitness. Medifast's proven results are based on the use of structured meal plans featuring Medifast Meals, which are nutritionally designed to assist customers with successful weight-loss and weight management. The company sells its products and programs via four 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).

## About The Direct Selling Association:

The **Direct Selling Association** (DSA) is the national trade association for companies that offer entrepreneurial opportunities to independent sellers to market and sell products and services, typically outside of a fixed retail establishment. More than 20 million Americans are involved in direct selling in every state, congressional district and community in the United States. In 2015, direct selling generated more than \$36 billion in retail sales. For more information, visit [www.dsa.org](http://www.dsa.org).

Logo - <http://photos.prnewswire.com/prnh/20120613/NE24271LOGO-b>

SOURCE Medifast, Inc.