



# TRANSITION MAINTENANCE GUIDE





before

## Mary Jane

Lost 170 lbs  
Has maintained  
for 4 years\*

\* Individual results may vary.



## WELCOME TO TRANSITION & MAINTENANCE

Congratulations! We know how hard you've worked to reach your goal weight. Upon reaching your goal weight, you will then "Transition" from the **Medifast 5 & 1 Plan** into a phase we call "Maintenance". Transition and Maintenance provide the keys to maintaining your weight loss results long-term. During Transition and Maintenance, you will be reintroduced to foods you previously put on hold – foods such as fruits, low-fat dairy products, whole grains, and higher-carbohydrate vegetables.

Remember, ***Medifast is a lifestyle change, not just a short-term weight loss solution.*** Transition and Maintenance are the primary building blocks necessary to form your new, healthy lifestyle. This guide will further explain and emphasize the importance of Transition and Maintenance as they relate to long-term weight loss.

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## REMEMBER YOUR GOALS

Transition and Maintenance are times to reflect upon your reasons for wanting to lose weight initially. Revisit the goals you set prior to beginning the **5 & 1 Plan** – those motivating factors that inspired you to take this weight loss journey.

You've likely come to realize that while some goals may seem daunting on the surface, they become much easier to attain once they're broken down into small, easy-to-accomplish steps. When organized properly, the time and energy required to reach your goals decreases significantly.

Write down 10 reasons why you want to keep your weight off. Make sure these are personal reasons – not what others want. Anytime you need motivation, refer to this list!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# TRANSITION

Transition is the next phase of the Medifast Program. During Transition, you will be reintroduced to fruits, low-fat dairy products, whole grains, and higher-carbohydrate vegetables. You'll begin Transition once you've reached your goal weight. Transition gradually adds calories back into your regimen, while giving your body the appropriate time it needs to adjust to its new level of calories and carbohydrates. Transition also helps you to control portion sizes while reintroducing you to a variety of foods that you prepare yourself.

It is best not to stop the **5 & 1 Plan** suddenly, but rather to transition carefully. So, stick with the **5 & 1 Plan** for one additional week prior to beginning Transition. A careful transition will protect you from "rebound" weight gain – as well as give your digestive system a chance to get used to handling other types of food again.

*During Transition, you incrementally increase your daily caloric intake by reintroducing a different food group each week.* The actual number of calories you need during Transition is individual, and varies depending on factors such as: height, weight, gender, your lean muscle mass, and activity level. In order to help pinpoint a calorie level appropriate for you, please refer to [Calculating Your Basal Metabolic Rate \(BMR\)](#) on Page 17.

The information provided below will give you an idea of how long you should remain in Transition – depending upon the amount of weight you lost:

- \* If you lost less than 50 pounds, allow 8 weeks to transition
- \* If you lost 50–100 pounds, allow 12 weeks to transition
- \* If you lost more than 100 pounds, allow 16 weeks to transition

The first four weeks of Transition are similar for everyone. You'll incrementally increase your daily caloric intake with a different food group each week. This is done in weekly "Stages":

- \* Stage 1: Additional Vegetables
- \* Stage 2: Fruits
- \* Stage 3: Dairy
- \* Stage 4: Whole Grains

For your convenience, we've included Sample Transition Plan Charts. These sample guides are tailored to those looking to ultimately maintain their weight loss results with a 1,500 per day meal plan.



# TRANSITION PLAN CHARTS

The key to transitioning from the 5 & 1 plan is to gradually increase your caloric intake over time.

## TRANSITION PLAN CHART

for weight loss of less than 50 pounds, allow 8 weeks to transition

### Stage 1: Additional Vegetables

#### Week 1 (900-1050 calories)

Any of your favorite vegetables can now be added back as your selection.

5 Medifast Meals

1 **Lean & Green** Meal

1 additional cup vegetables

### Stage 2: Fruits

#### Week 2 (900-1050 calories)

Fresh fruit is desired but if canned fruit is used, choose unsweetened or packed in juice - not syrup.

4 Medifast Meals

1 **Lean & Green** Meal

1 additional cup vegetables

1 medium-size piece of fruit

or 1/2 cup cubed fruit or berries

### Stage 3: Dairy

#### Week 3 (1000-1150 calories)

Dairy includes low-fat and/or sugar-free yogurt, milk, or lactaid product.

4 Medifast Meals

1 **Lean & Green** Meal

1 additional cup vegetables

1 medium size piece of fruit **or**

1/2 cup of cubed fruit or berries

1/2 cup low-fat or fat-free dairy

### Stage 4: Whole Grains

#### Weeks 4-8 (1350-1500 calories)

Whole grain can be 1 slice of whole grain bread, 1/2 whole grain English muffin, 3/4 cup high fiber cereal, 1/2 cup whole-wheat pasta, 1/2 cup brown rice.

3 Medifast Meals

1 **Lean & Green** Meal

1 additional cup vegetables – raw or cooked

Additional 4- 6 oz. of meat, chicken, fish or seafood that is baked, poached or broiled (not fried)

2 medium sized pieces of fruit **or**

1 cup of cubed fruit or berries

1 cup low-fat, or fat-free dairy

1 serving of whole grain

# TRANSITION PLAN CHART

for weight loss of 50 -100 pounds, allow 12 weeks to transition

## Stage 1: Additional Vegetables

### Week 1 (900-1050 calories)

Any of your favorite vegetables can now be added back as your selection.

5 Medifast Meals  
1 **Lean & Green** Meal  
1 additional cup vegetables

## Stage 2: Fruits

### Week 2 (900-1050 calories)

Fresh fruit is desired but if canned fruit is used, choose unsweetened or packed in juice - not syrup.

4 Medifast Meals  
1 **Lean & Green** Meal  
1 additional cup vegetables  
1 medium-size piece of fruit  
**or** 1/2 cup cubed fruit or berries

## Stage 3: Dairy

### Week 3 (1000-1150 calories)

Dairy includes low-fat and/or sugar-free yogurt, milk, or lactaid product.

4 Medifast Meals  
1 **Lean & Green** Meal  
1 additional cup vegetables  
1 medium size piece of fruit **or**  
1/2 cup of cubed fruit or berries  
1/2 cup low-fat or fat-free dairy

## Stage 4: Whole Grains

### Weeks 4-12 (1350-1500 calories)

Whole grain can be 1 slice of whole grain bread, 1/2 whole grain English muffin, 3/4 cup high fiber cereal, 1/2 cup whole-wheat pasta, 1/2 cup brown rice.

3 Medifast Meals  
1 **Lean & Green** Meal  
1 additional cup vegetables – raw or cooked  
Additional 4- 6 oz. of meat, chicken, fish or seafood that is baked, poached or broiled (not fried)  
2 medium sized pieces of fruit **or**  
1 cup of cubed fruit or berries  
1 cup low-fat, or fat-free dairy  
1 serving of whole grain

# TRANSITION PLAN CHART

for weight loss of more than 100 pounds, allow 16 weeks to transition

## Stage 1: Additional Vegetables

### Week 1 (900-1050 calories)

Any of your favorite vegetables can now be added back as your selection.

5 Medifast Meals  
1 **Lean & Green** Meal  
1 additional cup vegetables

## Stage 2: Fruits

### Week 2 (900-1050 calories)

Fresh fruit is desired but if canned fruit is used, choose unsweetened or packed in juice - not syrup.

4 Medifast Meals  
1 **Lean & Green** Meal  
1 additional cup vegetables  
1 medium-size piece of fruit  
or 1/2 cup cubed fruit or berries

## Stage 3: Dairy

### Week 3 (1000-1150 calories)

Dairy includes low-fat and/or sugar-free yogurt, milk, or lactaid product.

4 Medifast Meals  
1 **Lean & Green** Meal  
1 additional cup vegetables  
1 medium size piece of fruit or  
1/2 cup of cubed fruit or berries  
1/2 cup low-fat or fat-free dairy

## Stage 4: Whole Grains

### Weeks 4-16 (1350-1500 calories)

Whole grain can be 1 slice of whole grain bread, 1/2 whole grain English muffin, 3/4 cup high fiber cereal, 1/2 cup whole-wheat pasta, 1/2 cup brown rice.

3 Medifast Meals  
1 **Lean & Green** Meal  
1 additional cup vegetables – raw or cooked  
Additional 4- 6 oz. of meat, chicken, fish or seafood that is baked, poached or broiled (not fried)  
2 medium sized pieces of fruit or 1 cup of cubed fruit or berries  
1 cup low-fat, or fat-free dairy  
1 serving of whole grain

Your ending calorie level during Transition is essentially your starting point for Maintenance. In Maintenance, you'll learn to sustain your weight loss results by making healthy food choices and living an active lifestyle.

# SAMPLE TRANSITION MEAL PLANS\*

for weight loss of less than 50 pounds.

## **Week 1**

### **(900-1050 calories)**

- Breakfast:* Medifast Cappuccino
- Mid Morning:* Medifast Scrambled Eggs
- Lunch:* Medifast Cream of Broccoli Soup, 2-cups of salad greens with 1/2-cup diced cucumber, tomato and green pepper (add 1-2 tablespoons reduced-calorie salad dressing if desired)
- Mid Afternoon:* Medifast Tropical Punch Fruit Drink
- Dinner:* 5-ounces lean beef, 1-cup grilled portabella mushrooms
- Evening:* Medifast Oatmeal Raisin Bar

## **Week 2**

### **(900-1050 calories)**

- Breakfast:* Medifast Blueberry Oatmeal
- Mid Morning:* Medifast Dutch Chocolate Shake with 1 teaspoon sugar-free cherry syrup
- Lunch:* Medifast Beef Vegetable Stew, 2-cups of salad greens with 1/2-cup diced cucumber, tomato and green pepper (add 1-2 tablespoons reduced-calorie salad dressing if desired)
- Mid Afternoon:* 1/2-cup cantaloupe cubes
- Dinner:* 5-ounces grilled tuna, 1-cup asparagus (cooked)
- Evening:* Medifast Chocolate Pudding

\*All meal plans include 8 glasses (64 oz total) of water throughout the day.

# SAMPLE TRANSITION MEAL PLANS cont.\*

## **Week 3**

### **(1000-1150 calories)**

- Breakfast:* Medifast Hot Cocoa
- Mid Morning:* Medifast Orange Crème Shake
- Lunch:* 6-ounces skinless turkey (white meat),  
1-cup broccoli
- Mid Afternoon:* Medifast Vanilla Pudding blended with  
1 small banana sliced
- Dinner:* Medifast Cream of Chicken Soup, 2-cups of  
salad greens with 1/2-cup diced cucumber,  
tomato and green pepper (add 1-2 tablespoons  
reduced-calorie salad dressing if desired)
- Evening:* 1/2-cup low fat, sugar-free yogurt

## **Week 4 to Week 8**

### **(1350-1500 calories)**

- Breakfast:* 1/2-cup high-fiber breakfast cereal (> 5 grams  
of fiber per serving) with 1-cup skim milk and  
1 cup of fresh strawberries
- Mid Morning:* Medifast Chai Latte
- Lunch:* 4-ounces deli turkey over 2-cups of salad  
greens with 1/2-cup diced cucumber,  
tomato and green pepper (add 1-2  
tablespoons reduced-calorie salad  
dressing if desired)
- Mid Afternoon:* Medifast Chicken Noodle Soup
- Dinner:* 5-ounces poached salmon, 1-cup green beans
- Evening:* Medifast Banana Pudding with  
1-teaspoon fat-free whipped topping

\*All meal plans  
include 8  
glasses  
(64 oz total)  
of water  
throughout  
the day.

# SAMPLE TRANSITION MEAL PLANS\*

for weight loss of 50 to 100 pounds.

## **Week 1**

### **(900-1050 calories)**

- Breakfast:* Medifast Cappuccino
- Mid Morning:* Medifast Scrambled Eggs
- Lunch:* Medifast Cream of Broccoli Soup, 2-cups of salad greens with 1/2-cup diced cucumber, tomato and green pepper (add 1-2 tablespoons reduced-calorie salad dressing if desired)
- Mid Afternoon:* Medifast Tropical Punch Fruit Drink
- Dinner:* 5-ounces lean beef, 1-cup grilled portabella mushrooms
- Evening:* Medifast Oatmeal Raisin Bar

## **Week 2**

### **(900-1050 calories)**

- Breakfast:* Medifast Blueberry Oatmeal
- Mid Morning:* Medifast Dutch Chocolate Shake with 1 teaspoon sugar-free cherry syrup
- Lunch:* Medifast Beef Vegetable Stew, 2-cups of salad greens with 1/2-cup diced cucumber, tomato and green pepper (add 1-2 tablespoons reduced-calorie salad dressing if desired)
- Mid Afternoon:* 1/2-cup cantaloupe cubes
- Dinner:* 5-ounces grilled tuna, 1-cup asparagus (cooked)
- Evening:* Medifast Chocolate Pudding

\*All meal plans include 8 glasses (64 oz total) of water throughout the day.

## SAMPLE TRANSITION MEAL PLANS cont.\*

### **Week 3**

#### **(1000-1150 calories)**

- Breakfast:* Medifast Hot Cocoa
- Mid Morning:* Medifast Orange Crème Shake
- Lunch:* 6-ounces skinless turkey (white meat),  
1-cup broccoli
- Mid Afternoon:* Medifast Vanilla Pudding blended with  
1 small banana sliced
- Dinner:* Medifast Cream of Chicken Soup, 2-cups of  
salad greens with 1/2-cup diced cucumber,  
tomato and green pepper (add 1-2 tablespoons  
reduced-calorie salad dressing if desired)
- Evening:* 1/2-cup low fat, sugar-free yogurt

### **Week 4 to Week 12**

#### **(1350-1500 calories)**

- Breakfast:* 1/2-cup high-fiber breakfast cereal (> 5 grams  
of fiber per serving) with 1-cup skim milk and  
1 cup of fresh strawberries
- Mid Morning:* Medifast Chai Latte
- Lunch:* 4-ounces deli turkey over 2-cups of salad  
greens with 1/2-cup diced cucumber,  
tomato and green pepper (add 1-2  
tablespoons reduced-calorie salad  
dressing if desired)
- Mid Afternoon:* Medifast Chicken Noodle Soup
- Dinner:* 5-ounces poached salmon, 1-cup green beans
- Evening:* Medifast Banana Pudding with  
1-teaspoon fat-free whipped topping

\*All meal plans  
include 8  
glasses  
(64 oz total)  
of water  
throughout  
the day.

# SAMPLE TRANSITION MEAL PLANS\*

for weight loss of greater than 100 pounds.

## **Week 1**

### **(900-1050 calories)**

- Breakfast:* Medifast Cappuccino
- Mid Morning:* Medifast Scrambled Eggs
- Lunch:* Medifast Cream of Broccoli Soup, 2-cups of salad greens with 1/2-cup diced cucumber, tomato and green pepper (add 1-2 tablespoons reduced-calorie salad dressing if desired)
- Mid Afternoon:* Medifast Tropical Punch Fruit Drink
- Dinner:* 5-ounces lean beef, 1-cup grilled portabella mushrooms
- Evening:* Medifast Oatmeal Raisin Bar

## **Week 2**

### **(900-1050 calories)**

- Breakfast:* Medifast Blueberry Oatmeal
- Mid Morning:* Medifast Dutch Chocolate Shake with 1 teaspoon sugar-free cherry syrup
- Lunch:* Medifast Beef Vegetable Stew, 2-cups of salad greens with 1/2-cup diced cucumber, tomato and green pepper (add 1-2 tablespoons reduced-calorie salad dressing if desired)
- Mid Afternoon:* 1/2-cup cantaloupe cubes
- Dinner:* 5-ounces grilled tuna, 1-cup asparagus (cooked)
- Evening:* Medifast Chocolate Pudding

\*All meal plans include 8 glasses (64 oz total) of water throughout the day.

## SAMPLE TRANSITION MEAL PLANS cont.\*

### **Week 3**

#### **(1000-1150 calories)**

- Breakfast:* Medifast Hot Cocoa
- Mid Morning:* Medifast Orange Crème Shake
- Lunch:* 6-ounces skinless turkey (white meat),  
1-cup broccoli
- Mid Afternoon:* Medifast Vanilla Pudding blended with  
1 small banana sliced
- Dinner:* Medifast Cream of Chicken Soup, 2-cups of  
salad greens with 1/2-cup diced cucumber,  
tomato and green pepper (add 1-2 tablespoons  
reduced-calorie salad dressing if desired)
- Evening:* 1/2-cup low fat, sugar-free yogurt

### **Week 4 to Week 16**

#### **(1350-1500 calories)**

- Breakfast:* 1/2-cup high-fiber breakfast cereal (> 5 grams  
of fiber per serving) with 1-cup skim milk and  
1 cup of fresh strawberries
- Mid Morning:* Medifast Chai Latte
- Lunch:* 4-ounces deli turkey over 2-cups of salad  
greens with 1/2-cup diced cucumber,  
tomato and green pepper (add 1-2  
tablespoons reduced-calorie salad  
dressing if desired)
- Mid Afternoon:* Medifast Chicken Noodle Soup
- Dinner:* 5-ounces poached salmon, 1-cup green beans
- Evening:* Medifast Banana Pudding with  
1-teaspoon fat-free whipped topping

\*All meal plans  
include 8  
glasses  
(64 oz total)  
of water  
throughout  
the day.

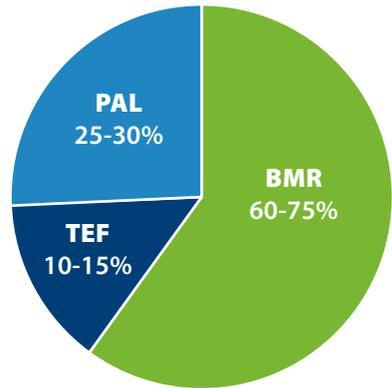
# MAINTENANCE

Maintenance essentially is the process of sustaining your weight loss results by making healthy food choices and living an active lifestyle. You'll soon discover that Maintenance is a perpetual "calorie balancing & monitoring act." The ultimate goal of Maintenance is to help you remain at a healthy weight for the rest of your life.

During the weight loss phase, your goal was to take in less energy (calories) than you were burning until you reached your goal weight. Now that you have reached your goal weight, you will want your energy intake to be more or less equal to the energy you burn. This is the point at which your body weight is in balance with your food intake and activity level.

For many individuals, Maintenance begins with a meal plan of around 1,500 calories per day. However, the actual number of calories you need to maintain a stable weight over the long term is individual – and varies depending on factors such as height, weight, gender, your lean muscle mass, and activity level. You may need to experiment with different calorie levels during Maintenance in order to find what level is right for you.

In order to help pinpoint a calorie level appropriate for your height, weight, age and gender, please refer to [Calculating Your Basal Metabolic Rate \(BMR\)](#) on Page 17. This section will help you determine your Total Energy Expenditure (TEE). TEE is based upon your Basal Metabolic Rate (BMR), Thermic Effect of Food (TEF), and Physical Activity Level (PAL).



**Total Energy Expenditure (TEE) Factors**

**BMR** refers to the amount of energy (calories) expended while at rest. **TEF** refers to the energy used to metabolize food and use it for fuel. **PAL** is the most variable piece of the equation and is based on how physically active you are. Determining your TEE (and sticking with a meal plan calorie level based around your TEE) greatly improves your chances of sustaining the weight loss results you've worked so hard to achieve.

The **5 & 1 Plan** helped you develop healthful eating habits. Eating small, frequent meals (6 times per day) of portion controlled, nutritious food is a great habit to carry over into Maintenance. Many customers who have worked hard to achieve a healthy weight find success by continuing to eat 2–3 Medifast Meals each day. This is a convenient way to keep calorie levels within range, and also helps you stick with your 6-times-per-day meal schedule.

One of the most common reasons people gain weight back after dieting is that they see their diet as the beginning and the end of the weight control process. Don't allow yourself to get into that mind set. The idea of balancing your food intake with the calories you burn is the key to weight maintenance. Remember to make healthy food choices and live an active lifestyle. Don't slip back into your old habits!

The two TEE Charts on Pages 18-19 can be used as a reference. One chart is based on a 5'4" female; the other is based on a 5'10" male. To more accurately determine your recommended Maintenance calorie level, please refer to [\*Calculating Your Basal Metabolic Rate \(BMR\) on Page 17.\*](#)

You can also use the "MyPlan" section of MyMedifast to determine your recommended Maintenance calorie level. MyMedifast calculates your BMR by using specific values you entered during registration.

# Calculating Your Basal Metabolic Rate (BMR)

In order to determine your BMR, use the following equation:

## Mifflin-St Jeor Equation for Basal Metabolic Rate (BMR)\*\*:

Predictive energy equations are used to provide an estimate of the Basal Metabolic Rate (BMR). Of the four most commonly used predictive energy equations, the Mifflin-St Jeor equations give the most reliable results.

### Men

$$10 \times (\text{weight} \times 0.455) + 6.25 \times (\text{height} \times 2.54) - 5 \times (\text{age}) + 5 = \text{BMR}$$

### Women

$$10 \times (\text{weight} \times 0.455) + 6.25 \times (\text{height} \times 2.54) - 5 \times (\text{age}) - 161 = \text{BMR}$$

To determine your total daily calorie needs, the BMR has to be multiplied by the appropriate activity factor, as follows:

After determining your BMR, multiply by your Physical Activity Factor. Be honest with yourself as to your true activity level as Physical Activity Level (PAL) varies significantly between people. The result is your Total Energy Expenditure (TEE). Your TEE is your recommended Maintenance calorie level.

## Activity Factors:

1.2	Sedentary
1.375	Light Activity (Light exercise/sports 1-3 days/week).
1.55	Active (Moderate exercise/sports 3-5 days/week).
1.725	Very Active (Hard exercise/sports 6-7 days/week).
1.9	Extra Active (Very hard exercise/sports + Physical job or 2x/day training).

## General Rules of Thumb:

- For every 10 lb. increase in body weight, add 43.5 calories to your BMR
- For every decade of life, subtract 47 calories from your BMR

## Total Energy Expenditure (BMR x Activity Factor) for 5'4" Female:

<b>Age</b>	<b>Weight</b>	<b>BMR</b>	<b>TEE</b> (Sedentary)	<b>TEE</b> (Light Activity)	<b>TEE</b> (Active)	<b>TEE</b> (Very Active)
20	110	1162	1394	1597	1800	2004
	120	1207	1448	1660	1871	2082
	130	1253	1503	1722	1941	2161
	140	1298	1558	1785	2012	2239
	150	1344	1612	1847	2082	2318
30	110	1065	1277	1464	1650	1836
	120	1110	1332	1526	1721	1915
	130	1156	1387	1589	1791	1993
	140	1201	1441	1714	1932	2150
	150	1247	1496	1906	2149	2392
40	110	968	1161	1330	1500	1669
	120	1013	1216	1393	1570	1747
	130	1059	1270	1455	1641	1826
	140	1104	1325	1518	1711	1904
	150	1150	1379	1581	1782	1983
50	110	871	1045	1197	1349	1502
	120	916	1099	1260	1420	1580
	130	962	1154	1322	1490	1659
	140	1007	1208	1385	1561	1737
	150	1053	1263	1447	1631	1816
60	110	774	928	1064	1199	1334
	120	819	983	1126	1269	1413
	130	865	1037	1189	1340	1491
	140	910	1092	1251	1411	1570
	150	956	1147	1314	1481	1648
70	110	677	812	930	1049	1167
	120	722	866	993	1119	1245
	130	768	921	1055	1190	1324
	140	813	976	1118	1260	1402
	150	859	1030	1180	1331	1481

## Total Energy Expenditure (BMR x Activity Factor) for 5'10" Male:

Age	Weight	BMR	TEE (Sedentary)	TEE (Light Activity)	TEE (Active)	TEE (Very Active)
20	150	1605	1926	2207	2487	2768
	160	1650	1980	2269	2558	2847
	170	1696	2035	2332	2628	2925
	180	1741	2090	2394	2699	3004
30	150	1508	1809	2073	2337	2601
	160	1553	1864	2136	2408	2679
	170	1599	1919	2198	2478	2758
	180	1644	1973	2261	2549	2836
40	150	1411	1693	1940	2187	2434
	160	1456	1748	2002	2257	2512
	170	1502	1802	2065	2328	2591
	180	1547	1857	2127	2398	2669
50	150	1314	1577	1806	2036	2266
	160	1359	1631	1869	2107	2345
	170	1405	1686	1932	2177	2423
	180	1450	1740	1994	2248	2502
60	150	1217	1460	1673	1886	2099
	160	1262	1515	1736	1956	2177
	170	1308	1569	1798	2027	2256
	180	1353	1624	1861	2098	2334
70	150	1120	1344	1540	1736	1932
	160	1165	1398	1602	1806	2010
	170	1211	1453	1665	1877	2089
	180	1256	1508	1727	1947	2167

# EATING HEALTHY

During Transition and Maintenance, you will once again be eating fruits, low-fat dairy products, whole grains, and higher-carbohydrate vegetables. The following information will help you select healthful foods – tips for what to eat, what to purchase, and what to be wary of in non-Medifast foods!

## GRAINS



### Choose These Foods

Whole Grain Bread  
Brown Rice  
Whole Wheat Pasta  
Whole Wheat Flour  
Whole-grain breakfast cereal

### Instead of These Foods

Refined White Bread  
White Rice  
Refined Flour Pasta  
Refined Flour  
Sugary breakfast cereal

- \* Choose foods with Whole Oats, Whole Rye, or Whole Wheat listed *first* on the label's ingredients list.
- \* Look for breads with at least 2 grams of fiber in each slice.
- \* Be wary of foods labeled Multi-grain, Stone Ground, 100% Wheat, or Bran. These are usually NOT whole grain products.
- \* Choose foods with fewer added sugars, fats, or oils.

### AN EXAMPLE OF ONE SERVING OF A GRAIN FOOD WOULD BE:

- 1 cup of unsweetened cereal
- 1/2 cup cooked cereal
- 1/3 cup cooked brown rice
- 1/2 cup cooked whole wheat pasta
- 1 slice whole grain bread

## DAIRY



### Choose These Foods

Skim or 1% Milk  
Fat-Free/Low-Fat Yogurt

### Instead of These Foods

2% Milk/Whole Milk  
Whole-Milk Yogurt

- \* Always choose *Fat-Free* or *Low-Fat* milk, cheese, and yogurt. Cheese may occasionally be used as a substitute for Lean Meat.
- \* Sweetened milk products contain added sugars (which increases calories), so be careful when consuming. Choose sugar-free yogurt.

### AN EXAMPLE OF ONE SERVING OF A DAIRY FOOD WOULD BE:

- 1 cup milk (skim or 1% low fat)
- 1 cup soy milk, low fat or fat free
- 1 cup low fat or fat free buttermilk
- 1/2 cup evaporated fat free milk
- 1 cup fat free non-nutritive sweetened and/or fructose sweetened yogurt
- 1/2 cup nonfat or low-fat plain yogurt
- 1 cup 2% milk
- 1 cup soy milk

## MEAT



### Choose These Foods

Boneless, Skinless  
Chicken Breast

Lean Ground Beef  
(85-99% lean)

Grilled, Baked, or Broiled meats

### Instead of These Foods

Chicken Thighs with Skin

Regular Ground Beef  
(70-80% lean)

Deep-fried meats

- \* Choose lean cuts of beef and pork such as loin and round cuts.
- \* Choose skinless poultry. Bake, broil, poach or grill, rather than fry.
- \* Each week, eat at least one serving of fish rich in Omega-3 fatty acids, such as salmon, albacore tuna, mackerel, trout, or herring.
- \* Choose meat substitutes made with soybeans or textured vegetable

protein, legume-type beans, egg whites, egg substitutes or low fat cheeses.

- \* Liver and other organ meats are high in cholesterol, so use sparingly.
- \* Processed meats contain added sodium (ham, sausage, deli meats).
- \* Choose fresh cuts of meats (when possible) instead of processed.
- \* Boneless, skinless chicken breasts and turkey cutlets are the leanest poultry choices.

AN EXAMPLE OF ONE SERVING OF LEAN MEAT WOULD BE 4-6 OUNCES (COOKED WEIGHT) OF ANY LEAN MEAT (OR MEAT SUBSTITUTE) BELOW:

- skinless chicken or turkey (white meat preferred)
- white fish (fresh or frozen cod, flounder, haddock, halibut, trout), tuna (fresh or canned in water), smoked salmon, salmon (fresh or canned)
- shellfish (clams, crabs, lobster, scallops, shrimp, imitation shellfish)
- duck, venison, buffalo, or ostrich
- egg whites or an egg substitute
- low-fat or fat-free cottage cheese
- fat-free cheese
- processed sandwich meats with one gram of fat or less per ounce (such as deli thin meats) including turkey, roast beef and ham
- USDA Select or Choice grades of lean beef trimmed of fat such as round, sirloin, and flank steak; tenderloin; roast (rib, chuck, rump); steak (T-bone, porterhouse); ground round
- lamb: roast, chop or leg
- veal: lean chop, roast
- 1/2 cup beans or lentils (cooked)



## FRUITS and VEGETABLES

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- \* Strive for at least 2 servings of fruit per day (one serving= 1 medium size piece of fruit or 1/2-cup of cubed fruit or berries) and 3 servings a day of vegetables (one serving = 1/2-cup cooked vegetable or 1-cup of raw).
- \* Choose fresh, frozen or canned fruits or vegetables without added fat or sauce.
- \* Add all vegetables back into your diet - even the ones that are higher in carbohydrates such as corn, peas, and potatoes. All vegetables are healthy, provide fiber to help fill you up, are low in calories, and are packed with vitamins and minerals.
- \* Choose a variety of color, as each color of fruit or vegetable provides different nutrients.

Choose **BLUE/PURPLE** from eggplant, blueberries, blackberries in your diet to help maintain: A lower risk of some cancers\*; Urinary tract health; Memory function; Healthy aging

Add **GREEN** from broccoli, peas, celery, cabbage, grapes, limes, pears or kiwi fruit to your diet to maintain: A lower risk of some cancers\*; Vision health; Strong bones and teeth

Working **WHITE** from cauliflower, garlic, mushrooms, onions, white corn, bananas, or white peaches into your diet helps maintain: Heart health; Cholesterol levels that are already healthy; A lower risk of some cancers\*

Make **YELLOW/ORANGE** from carrots, yellow squash, pumpkin, sweet potatoes, apricots, mango, pineapple, lemon or oranges a part of your diet to help maintain: Heart health; Vision health; A healthy immune system; A lower risk of some cancers\*

Be sure to include **RED** from beets, radishes, tomato, apples, strawberries, raspberries, cherry, or watermelon in your low-fat diet to help maintain: Heart health; Memory function; A lower risk of some cancers\*; Urinary tract health

\* Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases.

## FATS & OTHER FOODS



### Choose These Foods

- Margarine that is free of Trans fats;
- Oils high in Omega-3 such as canola and soybean oil;
- Other oils such as peanut oil or olive oil;
- Small amounts of nuts and seeds;
- Calorie-free beverages

### Instead of These Foods

- Butter
- Palm, Palm Kernel, or coconut oil;
- solid shortening;
- Chocolate and high-calorie desserts;
- Sugary drinks

Fats- Choose **more** monounsaturated fats, **moderate** amounts of polyunsaturated fat and **less** saturated fats for improved heart health.

### AN EXAMPLE OF ONE SERVING OF FAT WOULD BE:

#### *Monounsaturated*

- 1 tsp olive or canola oil
- 8 large black olives
- 10 large pimento-stuffed green olives
- 1/2 Tbsp peanut butter
- 6 almonds or mixed nuts
- 10 peanuts
- 1 Tbsp sesame seeds
- 1/8 avocado

#### *Polyunsaturated*

- 2 Tbsp low-fat dressing
- 1 tsp mayo
- 1 Tbsp reduced-fat mayo
- 2 walnuts
- 2 tsp Miracle Whip® salad dressing
- 1 Tbsp reduced-fat Miracle Whip®
- 1 Tbsp pumpkin seeds or sunflower seeds
- 1 tsp trans-fat free margarine

#### *Saturated*

- 1 tsp butter
- 2 Tbsp cream (or Half and Half)
- 1 Tbsp cream cheese
- 2 Tbsp sour cream
- 3 Tbsp reduced fat cream cheese
- 1 slice bacon

The tables below can help you find a Maintenance Meal Plan appropriate for your calorie needs. They are designed to help you make wise food choices in accordance with your desired calorie level.

Servings Based on your Estimated Daily Caloric Goal (BMR X Activity Factor). Servings are listed as a number to have each day.	1,200 calories	1,500 calories	1,800 calories	2,000 calories
<b>Medifast Meals</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>
Grain Serving	1	1	2	2
<b>Vegetable Serving</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>
Fruit Serving	1	2	2	3
<b>Meat and Meat Substitute Serving</b>	<b>(2) 4 oz. servings</b>	<b>(2) 4 oz. servings</b>	<b>(2) 4 to 6 oz. servings</b>	<b>(2) 6 oz. servings</b>
Milk Serving	2	2	3	3
<b>Fat Serving</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>



Servings Based on your Estimated Daily Caloric Goal (BMR X Activity Factor). Servings are listed as a number to have each day.	2,200 calories	2,400 calories	2,500 calories	2,600 calories
<b>Medifast Meals</b>	<b>3</b>	<b>4</b>	<b>4</b>	<b>4</b>
Grain Serving	3	4	4	6
<b>Vegetable Serving</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>
Fruit Serving	4	4	4	4
<b>Meat and Meat Substitute Serving</b>	<b>(2) 6 oz. servings</b>	<b>(2) 6 oz. servings</b>	<b>(2) 6 oz. servings</b>	<b>(2) 7 oz. servings</b>
Milk Serving	3	3	4	4
<b>Fat Serving</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>



Servings Based on your Estimated Daily Caloric Goal (BMR X Activity Factor). Servings are listed as a number to have each day.	2,700 calories	2,800 calories	2,900 calories	3,000 calories
<b>Medifast Meals</b>	4	5	5	5
Grain Serving	7	7	8	9
<b>Vegetable Serving</b>	4	4	4	4
Fruit Serving	4	4	4	4
<b>Meat and Meat Substitute Serving</b>	(2) 7 oz. servings			
Milk Serving	4	4	4	4
<b>Fat Serving</b>	5	5	6	6



# SAMPLE MAINTENANCE MEAL PLANS\*

## **MEAL PLAN 1** **(approximately 1500 calories)**

- Breakfast:* Medifast Scrambled Eggs
- Mid Morning:* Medifast Maple & Brown Sugar Oatmeal
- Lunch:* 1/2 deli sandwich: 4-ounces roast beef, 1 slice rye bread, lettuce, tomato, 1-tablespoon mustard
- Mid Afternoon:* 1/2-1 cup low-fat, sugar-free yogurt
- Dinner:* 5-ounces baked tilapia fish fillet, 1-cup spinach, 2-cups of salad greens with 1/2-cup diced carrots, radish, cucumber, tomato, green pepper and 1/2-cup garbanzo beans (add 1-2 tablespoons reduced-calorie salad dressing if desired)
- Evening:* Medifast Chocolate Pudding mixed with 1-cup of raspberries

## **MEAL PLAN 2** **(approximately 1500 calories)**

- Breakfast:* 1/2-cup high-fiber cereal (> 5 grams of fiber per serving) with 1-cup skim milk
- Mid Morning:* Medifast Cappuccino
- Lunch:* 1-cup low-fat cottage cheese, 1-cup canned pineapple packed in juice, and a small tossed green salad
- Mid Afternoon:* Medifast Cream of Tomato Soup
- Dinner:* 5-ounces baked chicken breast, 1/2-cup corn, 1 1/2-cups asparagus
- Evening:* Medifast Peanut Butter Bar

\*All meal plans include 8 glasses (64 oz total) of water throughout the day.

# SAMPLE MAINTENANCE MEAL PLANS cont.\*

## MEAL PLAN 3

(approximately 1500 calories)

- Breakfast:* 2 eggs (or 1-cup of egg substitute) mixed with 1/2-cup green peppers, and onions, 1/2 whole grain english muffin, 1/2 grapefruit
- Mid Morning:* Medifast Strawberry Crème Shake blended with 1 small banana
- Lunch:* Medifast Cream of Broccoli Soup with 1/2-cup added mixed vegetable
- Mid Afternoon:* carrot & celery sticks with 1-tablespoon of peanut butter, 1-cup skim milk
- Dinner:* 5-ounces pork roast, 1 small yam, and 1/2-cup cooked cauliflower, sprinkled with parsley
- Evening:* Medifast Tropical Punch Fruit Drink

\*All meal plans include 8 glasses (64 oz total) of water throughout the day.

## MEAL PLAN 4

(approximately 1500 calories)

- Breakfast:* Medifast Hot Cocoa
- Mid Morning:* Medifast Beef Vegetable Stew and 1 fresh pear
- Lunch:* 5-ounces scallops (broiled), 2-cups of salad greens with 1/2-cup diced carrots, radish, cucumber, tomato, green pepper and avocado slices (add 1-2 tablespoons reduced-calorie salad dressing if desired)
- Mid Afternoon:* Medifast Orange Crème Shake
- Dinner:* 5-ounces lean beef, 1/2-cup whole-wheat pasta, 1-cup sliced tomato and 2-ounces “part-skim” mozzarella cheese sprinkled with basil
- Evening:* fruit & yogurt parfait (made with 6-ounces non-fat, plain or vanilla yogurt and 1/2-cup fresh fruit)

## MONITOR, MONITOR, MONITOR

**IMPORTANT!** Set up a regular schedule to monitor your weight and measurements. Many people do best by weighing themselves just once or twice a week. If possible, always weigh yourself the same time each day while wearing little or no clothing. Most people tend to weigh the least in the early morning rather than late afternoon or evening. Monitoring your weight and measurements will soon become second nature.

Consider the scale (to monitor weight) and tape measure (to monitor inches) to be “necessary tools” of your new trade! Another excellent tip is to use a pair of jeans or your favorite pair of pants as a barometer. You know how they’re supposed to fit. A tighter fit indicates that you may be putting on weight.

Determine a weight range that you plan to stay in over the course of time. Whenever the scale indicates you are at the upper limit of your weight range, consider it a red flag – and immediately assess what’s going on in your life. Evaluate where you need to make changes and put these changes into action. Change any negative patterns now rather than letting them spiral out of control.



# THE MEDIFAST BLITZ

Should you reach or exceed the upper limit of your weight range, consider going back on the **5 & 1 Plan** for a few weeks or substitute one regular meal each day with a Medifast Meal until your weight comes back to a comfortable range.

Take time to address any life issues that may be contributing to your weight gain:

- Have you let your exercise program slip?
- Are you allowing stress or other emotional issues to affect your eating patterns?
- Are your portions too big?
- Are you eating too many meals away from home?

Take a careful look at where you might be slipping and change those patterns immediately. The Medifast Blitz can help get you back on track!



## PLAN FOR SUCCESS

People often stray off course due to lack of planning. Remember the old adage, “If you fail to plan, you plan to fail”? This certainly applies to Transition and Maintenance. Your odds for maintaining long-term weight loss results greatly increase by creating (and sticking to) a realistic, individualized plan.

Doesn't your day seem to flow more smoothly when everything is organized on your calendar or within your planner? Success with Transition and Maintenance requires this type of organizational process – the more you plan ahead, the easier it will be to maintain your weight loss results. Keep the following in mind:

- **Why**- why do you reach for extra food? Boredom? Stress? Peer pressure? Habit? Reward? Identify the reasons – then change the behavior.
- **Set Goals**- your goals are commitments you make to yourself. Goals provide motivation for maintaining your weight loss.
- **Cooking Fun**- many people view cooking as a chore. Cooking can be fun if you prepare and plan ahead. Plan dinners a week ahead of time. Cut out new recipes, or ask your fellow Medifast friends about their favorite recipes. You can cook, pre-portion and freeze in microwavable containers until ready to eat – for those meals on the run.
- **Schedule Exercise**- scheduling exercise will make it a priority. Mark it on the calendar and make a date with yourself that cannot be broken. Also, track your exercise and see how it affects the scale.
- **Track Success**- Since you've gotten used to tracking your weight loss, go ahead track other “little” successes, too: running with your kids; taking the stairs instead of the elevator; walking to the store instead of driving; even walking your dog! These little activities are actually huge successes. Tracking them provides motivation – and serves to positively reinforce any increase in your daily activity level!

## PORTION CONTROL

Did you know that restaurant portions are now 2–4 times the size of standard serving sizes? Keep this in mind: *calorie content increases with portion size*. Eating portion-controlled meals effectively reduces total calorie intake – and helps maintain weight loss results.

Take note of serving sizes on product packages. Consider for example, a 200-calorie, 20-ounce bottle of non-diet soda that lists 2.5 servings on the package. Since the calories listed on the package are per serving, you will have consumed 500 total calories by drinking the whole bottle.

Be mindful of portion sizes to help prevent over-consumption. Be mindful to also notice the flavors and textures of the foods you eat. Enjoy your food, and be thoughtful of every bite you put into your mouth. Try not to eat while performing other activities, such as driving a car or watching television. Here are some easy visuals to help with portion sizes:

- 1 medium fruit = size of a tennis ball
- 1 cup of salad greens = size of a baseball
- 1 ounce of cheese = size of a pair of dice
- 4 ounces of cooked meat or chicken = size of a deck of playing cards or computer mouse
- 1 teaspoon of butter or margarine = size of a fingertip



## DRINK WATER

Water intake is an important part of the **5 & 1 Plan**. It is equally important during Transition and Maintenance. Water does not cause you to lose weight, but it increases your body's efficiency by eliminating toxins. Water helps maintain muscle tone, helps promote weight loss, and helps you develop healthy skin. It also helps prevent headaches, muscle and joint pain, bloating and constipation. Drink at least 8 glasses (64 oz) of water a day.

In addition to the recommended 64-ounces of water per day, you can drink any liquids that are non-caloric. This includes unsweetened hot or iced tea, coffee or decaf, diet sodas, or other calorie-free beverages.

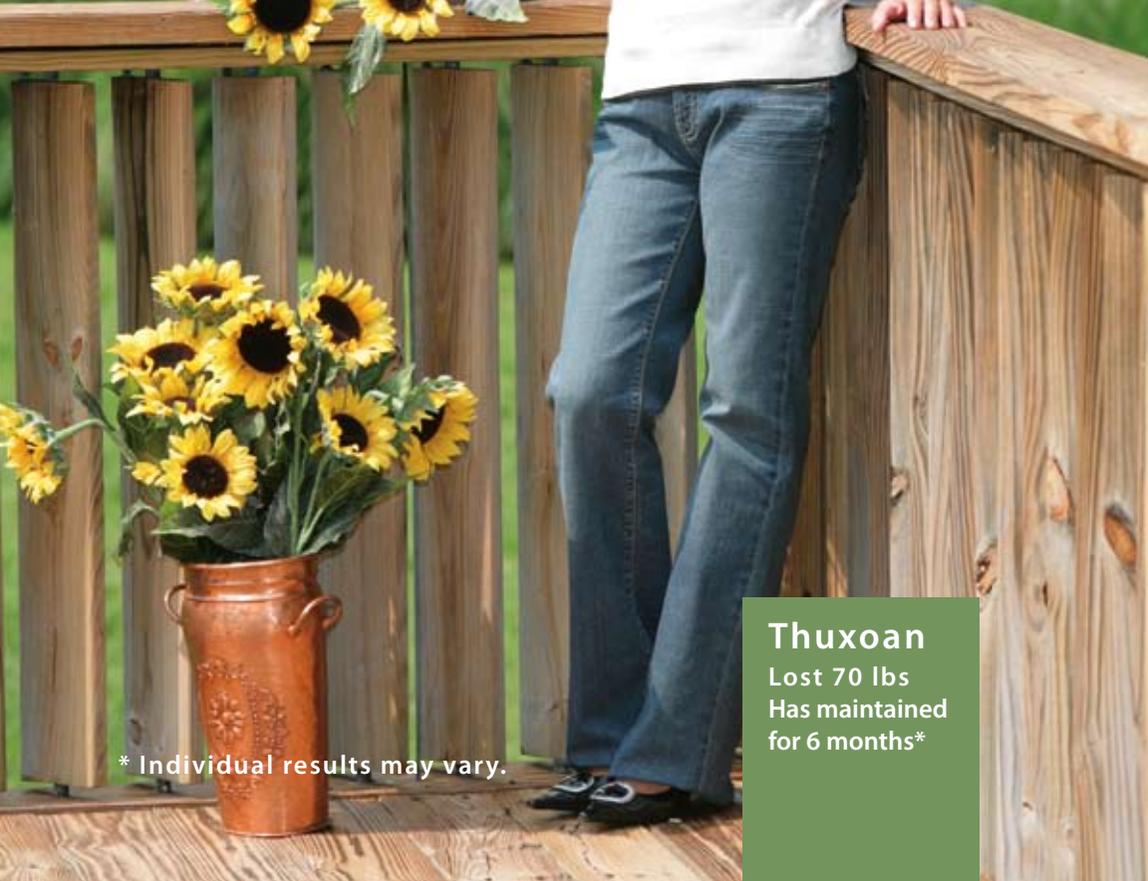


## SUPPORT HELPS

Studies have shown that for some individuals, peer support in combination with other weight maintenance strategies significantly improves the chances for maintaining weight loss results. Peer support can be provided by family members and friends, co-workers, business associates, and weight-management groups. Your support system should offer advice and provide you with direction during difficult times. Your supportive friends and family can monitor your weight, encourage your progress, and praise your accomplishments.

While many people currently have a strong base of social support, others may find it more difficult to locate appropriate sources of help. Here are some ideas of places you can go for support during Transition and Maintenance:

- \* Friends
- \* Family
- \* ChooseMedifast.com
- \* MyMedifast
- \* Medifast Nutrition Support: Registered Dietitians / Certified Personal Trainer
- \* Formal Weight Maintenance Groups
- \* Professional Counselor
- \* Coworkers
- \* Medifast Quick Start Guide
- \* "The Secret is Out: Medifast, What physicians have always known about weight loss" (Medifast program book)



**Thuxoan**

Lost 70 lbs  
Has maintained  
for 6 months\*

\* Individual results may vary.

## HELPFUL HINTS

Sustaining your weight loss results will require dedication and determination. Maintenance becomes much easier when you embrace healthy eating and regular exercise. Learn how to cope with the ups and downs of everyday life, so you don't automatically reach for food during emotional or stressful times. Here are some helpful hints that can guide you through Transition and Maintenance:

- **Eat breakfast every day.** High quality foods, such as Medifast Scrambled Eggs, Medifast Oatmeal, Medifast Cappuccino, or Medifast Chai Latte, are good choices to start your day right. You can also choose a cooked oatmeal, egg substitute, or high-fiber breakfast cereal. Research demonstrates that those who eat breakfast daily are most successful at maintaining a healthy weight.
- **Exercise daily.** Exercise helps increase metabolism, strength, and flexibility. It also helps reduce stress and/or depression and provides mental clarity. Those that can create a daily habit of exercise are most successful with maintaining their weight. Every activity counts!
- **Support.** Many people prefer to have support groups for motivation and guidance. Medifast offers support channels for everyone.
- **Low-fat meals 6 times a day.** Eat 6 small meals per day; control portions and total calories (especially those from fat). A meal can be a Medifast Meal, 1/2 of a sandwich, or a low-fat yogurt in between your larger meal periods.
- **Create an individual plan.** Your odds for maintaining long-term weight loss results greatly increase by creating (and sticking to) a realistic, individualized plan.

## HELPFUL HINTS cont.

- **Monitor.** Weigh yourself on a regular basis and strive to keep within your goal weight range. Those that monitor consistently are most successful at maintaining their weight.
- **Avoid trigger foods.** You know the foods you always reach for during stressful situations? Get rid of them! If you know that Strawberry ice cream is your downfall, don't buy it. If you have the urge to splurge, do an alternate activity for 10 minutes. This usually suppresses the urge. If it still persists, eat a very small portion to satisfy the craving.
- **Eat slowly.** Spend at least 10–15 minutes eating your meals. Remember to savor your foods by eating them mindfully. Notice the taste and texture of the food. Chew each bite of food at least 20 times before swallowing.
- **Keep fresh vegetables in your refrigerator.** If you “pick” at anything in the fridge, make it vegetables! Wash them, cut them, and leave them in the fridge for the times you crave something to crunch on. Carrots and celery sticks are great for munching.
- **Take time to prepare foods.** Tender-loving preparation of food will be well worth your time. Prepared meals are healthier, taste better, and are more satisfying to eat.

## FINDING OUT ABOUT DINING OUT

Going to restaurants can be Transition- and Maintenance-friendly! The information below details what to look for, and what to watch out for.

Also visit [MyMedifast.com](http://MyMedifast.com) for a whole section on Dining Out.

Choose foods prepared this way\*

- Steamed
- Poached
- Boiled
- Baked
- Broiled
- Grilled
- Roasted
- Charbroiled
- Garden Fresh

Avoid foods prepared this way

- Fried, French fried, deep fried
- Batter fried, pan fried, crispy
- Buttered or buttery
- Creamed, creamy, cream sauce
- Au gratin or in cheese sauce
- Marinated in oil or butter
- Scampi style, breaded
- In its own gravy
- Scalloped or escalloped
- Pastry, rich, a la mode
- Peanut sauce, coconut milk



\*Note: Items prepared by these methods are not necessarily low in fat since other fats may be added in the process (i.e. grilled items are usually brushed with oil before grilling, poached items may have butter added to the broth or inside the parchment pocket, baked items may have fats such as oil or cheese added, and marinara sauces often start with a base of oil). Also, if the cut of meat/fish/poultry used is high in fat, even with these cooking methods the food will likely still be high in fat. However, compared to items prepared by the methods in the right column, these are likely to be relatively lower in fat.

## GET EXERCISING

For many, Transition and Maintenance is a time to begin or re-incorporate a regular exercise plan. Exercise is beneficial for burning calories and boosting your metabolism, which increases the number of calories you burn on a daily basis. The more calories you burn on a daily basis, the more weight you will lose – making it easier to maintain your weight loss! Exercise also keeps you healthy, strengthens your body, and nourishes your spirit. Whether you choose aerobic exercise, strength training, or just normal everyday activities, exercise is an essential component of Transition and Maintenance.

If you haven't been exercising at all, be sure to check with your doctor first to make sure your exercise plan is appropriate for you. Some people choose the guidance of a personal trainer to help establish an individualized exercise program. Remember to drink plenty of fluids when exercising. You may find that on the days you are exercising, you'll need additional water – especially if it's hot outside.

The following exercise information is general in scope – for more detailed exercise information, please refer to the [Medifast Exercise Guide](#). The [Medifast Exercise Guide](#) can be ordered free-of-charge through [medifastdiet.com](http://medifastdiet.com).

Now, get exercising!

## EXERCISE BASICS

Remember that an active lifestyle is one of the keys to long-term weight loss success. You may need to start your exercise program slowly, but strive to increase the intensity and duration of the activity as your body allows. Consistency is more important than intensity (particularly during Transition) as your body adjusts to the demands of increased food intake.

In order to reap the benefits of exercise, you do not need to put in a full 60-minutes at one time. You also benefit by exercising in multiple, smaller segments (four 15-minute intervals per day, for example). For many, dividing an hour's worth of exercise into smaller segments best fits their busy lifestyle – and helps keep them motivated!

Many people find walking to be the easiest activity to incorporate into their day. Of course, in addition to walking you may begin with any exercise activity that you enjoy. You may try incorporating a variety of other exercises, such as stair climbing, biking, weight training, aerobics, swimming, Pilates, etc.

## BENEFITS OF EXERCISE

- \* Aerobic exercise burns calories. Combined with reduced calorie intake, exercise helps you lose weight and maintain your weight loss results.
- \* Strength Exercises increase lean muscle mass, which in turn increases your metabolism.
- \* Exercise helps reduce stress and depression.

- \* Exercise may improve cholesterol levels.
- \* Exercise may help prevent or reduce high blood pressure
- \* Exercise may improve diabetes results. It lowers blood sugar levels, improves insulin resistance, and may even reduce the need for medications.

## LIFESTYLE EXERCISE

Exercise doesn't necessarily mean having to spend countless hours at the gym. Consider your average day, and you'll discover many ways to easily incorporate exercise into your routine. Here are some easy ideas on how to fit activity and exercise into your everyday life:

- Take the stairs instead of the elevator
- Walk to your associate's desk instead of sending an email
- While on the telephone or watching television, walk around the room; stretch your legs; roll your shoulders; or sit on a stability ball to practice balance
- Walk to the neighbor's house instead of calling
- Play with the kids outside – play catch or tag instead of playing video games or watching TV
- Take a 20-minute walk during your lunch break
- Clean the house
- Dance around your room to your favorite songs
- Walk the dog
- Park your car further away from the building; the extra steps will add up
- Use the bathroom down the hall, not the one directly outside your office door

# MEDIFAST WALKING PROGRAM

Walking is a great exercise for practically everyone. It is also a great choice for starting a daily exercise regimen. Walking helps to brighten your mood, it nourishes your body, and allows you time to reflect on the day's events. Begin by walking 3 days per week; work your way up to walking 5–6 days per week for at least 30-minutes each session. To make sure you are walking at an appropriate pace, use the “conversational pace” measure. You should be able to talk to a friend while walking. If you can't, you are working too hard.

The Medifast Walking Program can easily be incorporated into your active lifestyle:

WEEK	WARM UP (minutes)	BRISK WALKING (minutes)	COOL DOWN (minutes)	DISTANCE (miles)	TOTAL TIME (minutes)	DAYS/ WEEK
1	5	10	5	1	20	3
2	5	12	5	1.25	22	3
3	5	15	5	1.5	25	3
4	5	20	5	1.75	30	3
5	5	25	5	2	35	3
6	5	30	5	2.25	40	3 to 4
7	5	32	5	2.5	42	3 to 4
8	5	35	5	2.75	45	3 to 4
9	5	40	5	3	50	3 to 4
10	5	42	5	3.25	52	3 to 4
11	5	45	5	3.5	55	3 to 4
12	5	50	5	3.75	60	3 to 4

Once you've mastered the 12-week Medifast Walking Program, increase your intensity. Find a route that includes hills, or walk the same distance in shorter increments of time. Remember, you can spice up your walking program by incorporating other types of aerobic activities – stair climbing, biking, aerobics, swimming, etc.

On your days off from walking, try incorporating strength training. Examples of strength training include weight training, yoga or Pilates. Including strength training into your exercise program helps improve muscle tone and increases physical strength.

## A NEW BEGINNING

Medifast doesn't end with the 5 & 1 Plan for weight loss. Transition and Maintenance are essential to maintaining weight loss results long-term. Continue to use Medifast as a tool for healthier living.

You've now learned to eat portion-controlled meals 6-times a day, and to eat healthier foods including Medifast Meals. Many people continue to eat 2–3 Medifast Meals a day as part of their ongoing Maintenance plan.

By reaching your weight loss goal, you have much to be proud of. Don't regress – embrace success! Continue to show determination and dedication during Transition and Maintenance, and you're bound to reap the rewards of long-term success.

before



**Brent**

Lost over 160 lbs  
Has maintained  
for 5 months\*

\* Individual results may vary.



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