



# Support:

## ▶ The heart of Take Shape For Life

Studies show that caring support from others can be a powerful factor in successful weight loss. That is why hundreds of thousands of people have had lasting results with Take Shape For Life, the coaching program of Medifast.

Combining quality products with a proven system of one-on-one support, Take Shape For Life (TSFL) succeeds where other weight-loss programs fail.

## **YOUR HEALTH COACH: A TRUSTED GUIDE**

Your Health Coach is a caring, knowledgeable consultant who works with you one-on-one through the weight-loss part of your journey, providing support each step of the way as you approach your healthy weight.

After that, he or she teaches you the Habits of Health that are the secret to healthy weight maintenance and stress-free living. Your Health Coach can also provide you with a chance to increase your personal income by becoming a Health Coach yourself if you choose.

### **Your Take Shape For Life Health Coach:**

- ▶ Provides you with FREE one-on-one coaching
- ▶ Has access to products, programs, and support to help you restore your health and well-being, and to teach you healthy habits for life
- ▶ Benefits from training and support from a strong, stable company.

**REMEMBER:** Contact your Health Coach when you get your first order, and always order your Medifast Meals through your Health Coach. He or she can tell you more about the products and introduce you to new ones, work with you on a personalized meal plan, and help you place future orders.





## WEEKLY CALLS: YOUR CONNECTION TO THE EXPERTS

Each week your Health Coach has the chance to participate in dynamic, interactive support calls with the Take Shape For Life bionetwork of healthcare professionals, Health Coaches, and Clients. You can listen in and participate, too—just ask your Health Coach to bring you in on his or her business phone line. Here's the schedule:

### ▶ Nurse's Support Call

Mondays, 8:30 p.m. Eastern, 5:30 p.m. Pacific.

**Dial 1-646-519-5860 followed by the pin code: 0971#.**

Hosted by one of our Take Shape For Life Support Nurses, this interactive forum is designed for Health Coaches and their Clients.

**This call is recorded live each week! To hear the recorded playback, dial 1-212-461-8672. The recording is posted the day following the call (Tuesday morning).**

### ▶ Stay in Shape! Maintenance Call

Wednesdays, 8:00 p.m. Eastern, 5:00 p.m. Pacific.

**Dial 1-512-225-9427 followed by the pin code: 77421#.**

Intended to help support Habits of Health, this call helps you keep what you've worked so hard to achieve. It's appropriate for any Health Coach or Client interested in learning more about the Maintenance phase of the Medifast Program.

**This call is recorded live each week! To hear the recorded playback, dial 1-512-505-6863. The recording is posted the day following the call (Thursday morning).**

### ▶ Doctor's Support Call

Wednesdays, 8:30 p.m. Eastern, 5:30 p.m. Pacific.

**Dial 1-646-519-5860 followed by the pin code: 0971#.**

Health Coaches and Clients can get answers to questions on current health and wellness topics from one of our Take Shape For Life Doctors.

**This call is recorded live each week! To hear the recorded playback, dial 1-212-461-8671. The recording is posted the day following the call (Thursday morning).**

## SUPPORT IN MOTION: YOUR ONLINE COMMUNITY

If you have Internet access, then you're just a few clicks away from Support In Motion, a unique Web community created to provide inspiration, encouragement, tools, and information to support you on your journey with Take Shape For Life.

You'll have the chance to meet many other Take Shape For Life Clients who are ready to welcome you and share experiences, laughs, challenges, and victories day by day.

In addition, you'll find easy, interactive tools to help you chart your progress. You can record your meals, weight loss, and measurements, and stay organized with convenient shopping lists and online journal features.

To create your own free account, just follow these simple steps:

- ▶ Go to [www.TSFL.com](http://www.TSFL.com)
- ▶ Click the Support Center tab at the top of the page
- ▶ Click the Support in Motion link on the left-side menu
- ▶ Click the link in the middle of the page that says "Click here to enroll today"
- ▶ Finally, click the Sign Up link and follow the simple instructions
  - Remember to write down your username and password for easy reference



The screenshot shows the 'Support in Motion' website interface. At the top, there's a navigation bar with 'Home', 'Help', 'My Account', 'Account Help', 'Help Center', and 'Logout'. Below the navigation bar, there's a main content area with a 'Welcome, Auliyi!' message and a 'January 06, 2009' date. There are links for 'Log In', 'Sign Up', 'My Profile', 'My Dashboard', and 'My Health'. A 'Tip of the Day' section features a woman's photo and text: 'Be a Good Role Model: Make healthy living a family effort... New How-Daily Tip'. There are also 'Featured Articles' for 'Healthy Body' and 'Healthy Mind'. Below this, there's a 'Discussion Boards' section with 'Recent Posts' and a 'Selected Discussion Board' for 'Medifast Recipes'. A 'Chat Rooms' section is also visible. On the right side, there's an 'Online Members' section showing 'All members are online' and a 'Ticker Workshop' with a table for tracking weight and goal progress. The table has columns for 'Units', 'Pounds', 'Tracking', 'weight', 'Starting wt.', 'Current wt.', and 'Goal wt.'. The 'Starting wt.' is 185, 'Current wt.' is 180, and 'Goal wt.' is 170. There's also a 'Contact Support' section at the bottom right.