

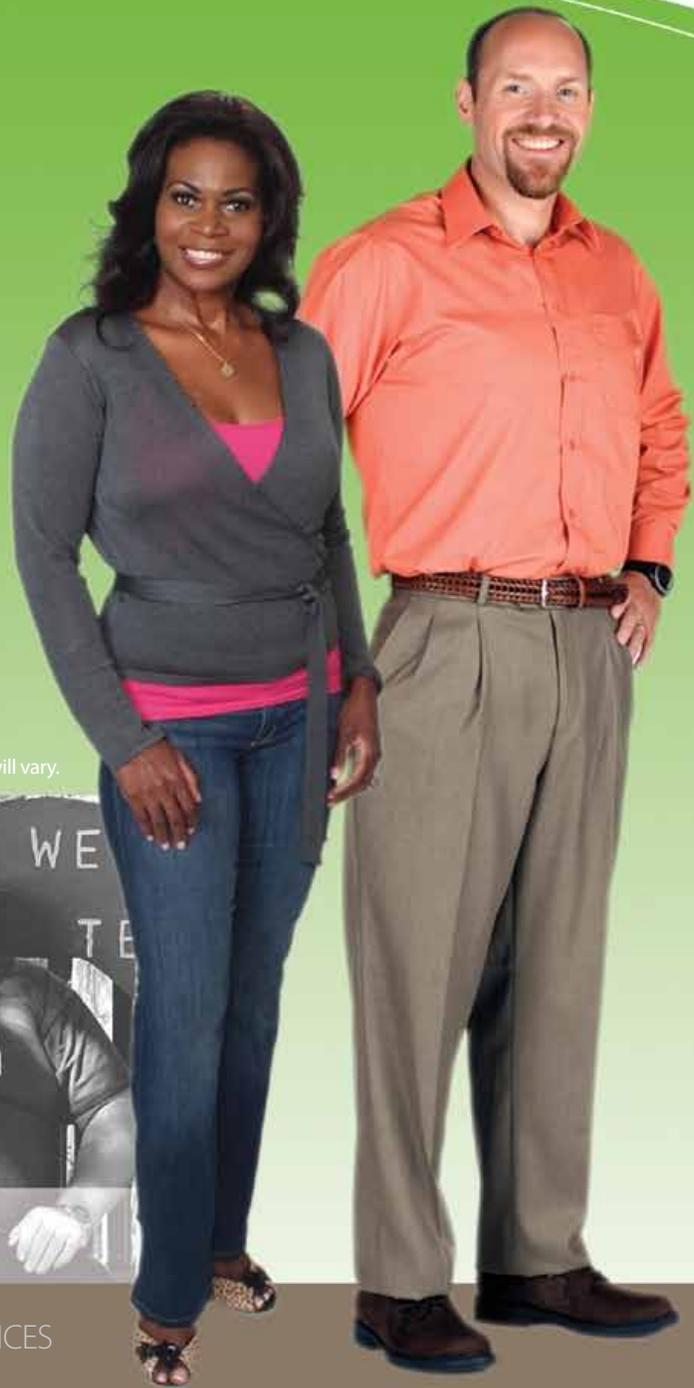


**Take Shape  
For Life®**

# Achieving **OPTIMAL HEALTH**

- ▶ Lose up to 2 - 5 lbs a week with a free Health Coach.

\*Results will vary.



**Betty Antonio-Andrews  
lost 50 lbs\***



**Ted Hasse  
lost 135 lbs\***

# What is Optimal Health?

Optimal Health is a whole new approach to well-being that is based on creating health with the Take Shape For Life® program. As you work toward Optimal Health, you'll learn to make the choices that will help you take charge of your health for the long-term. Healthy weight loss is just the beginning.

The *Habits of Health* – which are small changes, day by day, one at a time – and the caring, knowledgeable support of your free Health Coach will help you along your journey to achieve your health goals. It all starts by reaching a healthy weight with Medifast Meals, the clinically proven weight-loss products that have been recommended by over 20,000 doctors since 1980.

Healthy weight loss is just the beginning.

## Medifast Meals **5&1** LEAN & GREEN MEAL

Choose five Medifast Meals from over 70 different, delicious choices, including shakes, soups, stew, chili, oatmeal, scrambled eggs, fruit drinks, iced teas, hot beverages, bars, pretzels sticks, cheese puffs, brownies, and puddings.

Choose a lean protein and vegetables once a day, at any time that works best with your schedule. You can prepare the Lean & Green Meal yourself, grab it on the go, or enjoy it in a restaurant—as long as you follow the Lean & Green Meal guidelines.



**Maureen lost 75 lbs\***

"The 5 & 1 Plan took the stress out of weight loss: no planning, shopping for, or cooking several meals a day ... and no counting!"

"On the 5 & 1 Plan, I learned to eat smaller portions six times a day, and with Medifast's maintenance plan I am confident I will keep the weight off for good!"

\*Results will vary.

Choose from over **70 varieties of Medifast Meals.**

These are just a few examples of the healthy meals you'll enjoy:





# Take Shape For Life®

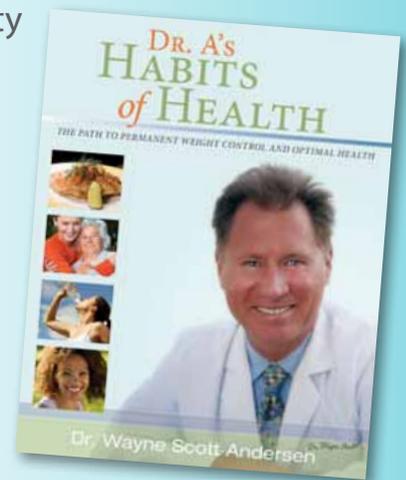
featuring  **Medifast®**  
Meals

## Support is the heart of Take Shape For Life®

Studies show that caring support from others can be a powerful factor in successful weight loss. That's why thousands of people have had lasting results with Take Shape For Life® and the *Habits of Health*.

Your FREE support starts with your own personal Health Coach, but it doesn't end there.

- ▶ A vibrant online support community
- ▶ An online library full of program materials
- ▶ Doctor's support calls
- ▶ Nurse's support calls
- ▶ "Stay in Shape!" maintenance calls
- ▶ *Dr. A's Habits of Health*, your guide to Optimal Health



## Your FREE Health Coach: A trusted guide

A Health Coach is a caring, knowledgeable consultant who works with you one-on-one as you make your journey toward Optimal Health. Your personal Health Coach provides support each step of the way, and teaches you the *Habits of Health* which are so essential to healthy weight maintenance and stress-free living.

Many Health Coaches have been on the program themselves, so they understand what you're going through and are committed to helping you reach YOUR goals.

- ▶ Provides you with one-on-one support
- ▶ Helps you with products and programs that can restore your health and well-being through weight loss
- ▶ Guides you with training and support from a strong, stable company
- ▶ Teaches you the *Habits of Health*

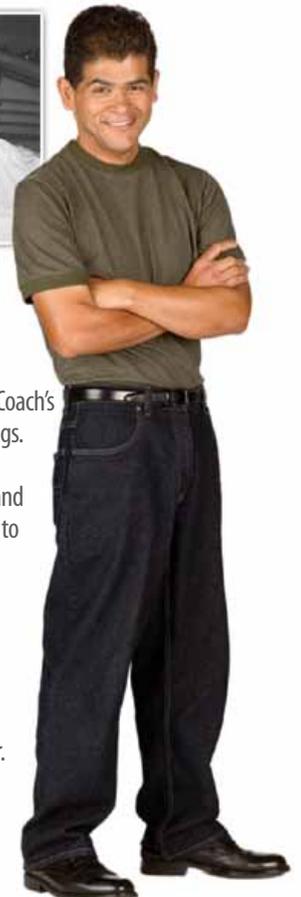


### Raymond lost 100 lbs\*

"I attended my Health Coach's weekly support meetings. She's always there to answer any questions and give me advice on how to be successful.

"Take Shape For Life has given me the energy to exercise and I have completed four marathons. I feel better. I feel more energetic, and more outgoing."

\*Results will vary.





# Rhoda Waiss lost 36 lbs\*!

"I was so depressed from being so over my normal weight that I did not want to leave my home or go to work.

"With Take Shape For Life<sup>®</sup>, I saw results in one week and I get compliments every day. I look beautiful and my relationship with myself has improved so much. I'm more confident and on-purpose with my life. **I live in the now moment.**"

\*Results will vary.



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featuring  **Medifast.**  
Meals