

The **Take Shape For Life** Program

Using our 2-phase approach, the 5 & 1 Plan fits any lifestyle easily whether you work, travel, or stay at home!

Phase 1: Reaching a healthy weight

The 5 & 1 Plan

(Medifast 55 / Medifast 70 / Plus for Diabetics)

- Eat five delicious Medifast Meals a day, plus one Lean & Green Meal consisting of lean protein and non-starchy vegetables.
- Great for anyone who has 25 or more pounds to lose, as well as people with type 2 diabetes or those over age 70.

Phase 2: BeSlim® for life!

Using our proven BeSlim® lifestyle, keep the weight off for good! With the help of your Health Coach, you'll follow our six easy steps to long-term weight control and Optimal Health.

Interested in joining our team?

Would you enjoy helping people become healthy and live a life of Optimal Health? Then contact your Health Coach for more information on how you and others can benefit from this rewarding program and business opportunity.



Products



Bars

- S'more Crunch Bar
- Caramel Crunch Bar
- Chocolate Crunch Bar
- Strawberry Crunch Bar
- Fruit & Nut Crunch Bar
- Peanut Butter Crunch Bar
- Cinnamon Roll Crunch Bar
- Oatmeal Raisin Crunch Bar
- Chocolate Mint Crunch Bar
- Lemon Meringue Crunch Bar
- Caramel Nut Maintenance Bar
- Oatmeal Raisin Maintenance Bar
- Chocolate Mint Maintenance Bar

Shakes

- Banana Crème
- Dutch Chocolate
- Orange Crème
- Strawberry Crème
- Swiss Mocha
- French Vanilla
- Ready-to-Drink and more

Soups & Chili

- Chicken Noodle
- Cream of Broccoli
- Cream of Chicken
- Cream of Tomato
- Homestyle Chili

Health Management Products and More!

- Medifast Plus for Appetite Suppression
- Medifast Plus for Joint Health
- Medifast Plus for Women's Health
- Medifast Plus for Coronary Health
- Medifast Plus for Diabetics

- Puddings
- Oatmeals
- Scrambled Eggs
- Pretzel Sticks
- Cheese Puffs
- Cold Drinks
- Hot Drinks

For more info:

Health Coach

HC ID#

Phone

Email

Your Client ID#



Take Shape For Life®

featuring **Medifast Meals**



Rhoda Waiss lost 36 lbs

Results will vary.

Weight and Health Management Programs

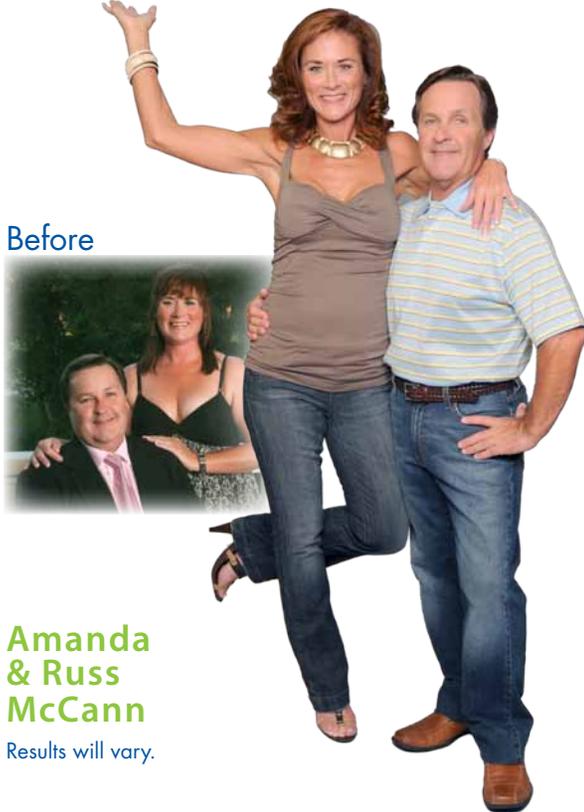
(800) 572-4417 | TSFL.com

Our Mission and Vision

Take Shape For Life is dedicated to helping people set their lives in motion and empowering them to achieve lifelong Optimal Health. We show you simple, proven weight-loss strategies and teach you easy lifestyle changes to keep the weight off for life, with our BeSlim® lifestyle.

Setting lives in motion and empowering people to achieve and maintain Optimal Health.

We lost
155 pounds!



Before

**Amanda
& Russ
McCann**

Results will vary.

We provide a comprehensive, medically based program, featuring satisfying, great-tasting Medifast Meals, that brings long-term weight-loss results.



We'll help you all along the way!

Backed by clinically proven research, our program is physician-directed and medically based. Our trained and qualified Health Coaches coach you throughout your program, providing encouragement and support (in the comfort of your home—no group meetings or clinic visits).

A safe, effective, balanced program

The Take Shape For Life program features Medifast Meals. Medifast Meals are high-quality and formulated with the correct balance of protein, carbs, fiber, vitamins, and minerals. They contain no harmful additives or dangerous herbal supplements. Our program has been proven beneficial and successful for those who have high blood pressure, elevated cholesterol, and type 2 diabetes.

Let's get you started!

First, contact your Health Coach (contact information on the back of this brochure) for guidance and information regarding our programs for lifelong weight control. Your Health Coach will answer any questions you have and help you create a successful program.*

To order:

- Simply work with your Health Coach. He or she will help you design your program and order your products.
or
- Shop online using the Health Coach information on the back of this brochure to get you started. Your Health Coach will be notified and will contact you.
or
- Call the Take Shape For Life Client Contact Center at (800) 572-4417. Please be sure to provide your Health Coach's ID#.

Remember to ask about special savings for first-time Clients! After your 1st order, be sure to join our BeSlim® Club for additional savings!

What are you waiting for?

Our program provides lifelong solutions to manage your weight and improve your health.

* A regular or Certified Health Coach is not a substitute for a physician or a qualified medical practitioner for monitoring patients using Medifast programs.