

LOSE UP TO 2-5 LBS. PER WEEK!



**Take Shape
For Life**
Life in Motion

featuring  **Medifast**
Meals

Lose weight quickly, safely, and easily with clinically proven, great-tasting Medifast Meals. Then, keep the weight off with personalized support from your Health Coach.

To learn more

A Health Coach is not a substitute for a physician or qualified medical practitioner for monitoring those using Medifast® Meals. Consult your physician before starting a weight-loss program.

Safe & effective • Clinically proven
No Counting calories, carbs, or
points • Fast results