

The Take Shape for Life Program

Using our 2-phase approach, our 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 5 delicious Medifast Meals a day, plus one “lean and green” meal consisting of chicken, fish, or meat and vegetables or salad.
- Great for anyone who has 25 or more pounds to lose as well as for people with a complicated medical history or those over age 70.

Phase 2 - BeSlim™ for Life!

Using our proven BeSlim™ philosophy, keep the weight off for good! With the help of your Health Advisor, you'll follow our 6 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 Advisor for more information on how you and others can benefit from this rewarding program and business opportunity.

Products



Shakes  
Banana Crème  
Dutch Chocolate  
Orange Crème  
Strawberry Crème  
Swiss Mocha  
Vanilla



Soups  
Chicken Noodle  
Cream of Broccoli  
Cream of Chicken  
Cream of Tomato  
Minestrone Soup



Bars  
Chocolate Divine  
Caramel Nut  
Fruit & Nut Granola  
Lemon Fantasy  
Oatmeal Raisin  
Peanut Butter  
S'mores Granola

Health Management Products

- 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

and More!

Crackers  
Homestyle Chili  
Pudding  
Oatmeal  
Salad Dressings  
Soy Crisps



Mary Jane Medlock lost 152 lbs.

Weight and Health Management Programs

For more info:

Health Advisor \_\_\_\_\_  
HA ID# \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_  
Your Client ID# \_\_\_\_\_

1-800-572-4417 www.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™ philosophy.

Setting lives in Motion & Empowering people to achieve and maintain optimal health.



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 Advisors, who've successfully lost weight themselves, 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 is high quality food formulated with the right amount of vitamins and minerals. It contains no harmful additives or dangerous herbal supplements. Our program has been proven beneficial and successful for those who have high blood pressure, elevated cholesterol, or diabetes.

**Joseph Pecoraro**  
lost 112 lbs. in less than a year.\*

Before June 2005 287 lbs.  
After December 2005 175 lbs.



\* Results may vary.

## Let's get you started!

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

## To Order:

- Simply work with your Health Advisor. He or she will help you design your program and order your products.
- or
- Order online, shop online, using the Health Advisor information on the back of this brochure to get you started. Your Health Advisor 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 Advisor'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 Advisor is not a substitute for a physician or a qualified medical practitioner for monitoring patients using Medifast low calorie products.