



General Information about Take Shape For Life

What is Take Shape For Life? Take Shape For Life, a division of Medifast, Inc., is a nationwide network of Health Coaches and Health Professionals committed to and driven by a mission of making Optimal Health a Reality for the lives of millions of people across America. Take Shape For Life's comprehensive approach seeks to promote healthy lifelong changes in your life, by helping you lose weight quickly and safely, while providing you the personalized coaching, tools (our BeSlim™ philosophy) and support to keep the weight off for life. We do this by combining a clinically proven plan of Medifast Meals in an easy-to-follow program with the added support of a caring, knowledgeable Health Coach.

What makes Take Shape For Life unique? Take Shape For Life is committed to helping you achieve optimal weight loss and maintaining that weight loss with simple strategies for lifelong health. With Take Shape For Life, you have the added benefit of free personal support and coaching from a qualified independent Health Coach who will help guide you through our program, which includes our BeSlim™ philosophy, and help you achieve and maintain Optimal Health.

What is the role of a Health Coach?

A Health Coach is a knowledgeable, caring, supportive individual who will be there all along the way, during your weight loss phase and through your transition and maintenance, to provide the support you need to succeed and maintain your weight loss and Optimal Health for life.

What are some of the benefits of choosing Take Shape For Life?

- A personal Health Coach will help you get the most out of your program, help you reach your goals, and can save you money with our BeSlim™ Club!
- Your Health Coach can help design the program that is right for you, assist you with ordering products, track your packages, answer your questions, support you along the way and teach you strategies for long-term success!
- Take Shape For Life provides weekly interactive support calls for clients and Health Coaches to provide you with additional support and knowledge, right from the comfort of your own home!
- As you learn more about Take Shape For Life from your Health Coach, you may want to join us in our mission to get America healthy! You can make a difference and help others get healthy by becoming a Health Coach as well!

General Info about Weight Loss Phase of TSFL

Explain the Take Shape For Life Program using Medifast Meals

- It's an easy, safe, and rapid way to lose weight, using clinically proven Medifast Meals
- You are provided with the FREE support of a Take Shape For Life Health Coach to help support, educate and guide you on your program
- You'll learn long-term weight control with Take Shape For Life's BeSlim™ philosophy
- You'll eat a total of 5 Medifast Meals (1 meal every 2 – 3 hours), plus 1 lean and green meal of meat and vegetables daily
- Your Medifast Meals are premeasured so you don't have to count calories or carbs
- You'll consume between 800-1000 calories each day
- On average, you can lose 2 – 5 pounds per week
- Medifast Meals have been clinically proven in studies conducted at Johns Hopkins

What are Medifast Meals?

Medifast Meals are low-calorie, pre-measured, nutritionally balanced meal replacements, designed to help you lose weight and improve your health. These delicious low-calorie, low-fat fortified meals come in a wide variety of flavors and choices. Medifast Meals come in individual packets that you mix with water, microwave, and/or refrigerate. Medifast Meals are available in a wide variety of foods and flavors including shakes, puddings, soups/stew, chili, oatmeal, bars, and hot beverages. Quick and easy to prepare, they offer a healthy fast food alternative to a busy lifestyle! Plus, Medifast Meals have been clinically proven and recommended by over 15,000 physicians.

How does it work?

During your weight-loss phase, Take Shape For Life recommends the 5&1 plan. The 5&1 Plan was medically designed to create a calorie deficit, allowing your body to burn fat for energy. Each nutritionally balanced Medifast Meal is formulated with a proven combination of carbohydrates and protein, allowing you to successfully lose weight while maintaining lean muscle mass.

How often do I eat?

You will eat every 2-3 hours. Throughout the day you will have a total of 5 Medifast Meals and 1 Lean & Green meal.

What does the Lean & Green meal consist of?

The **LEAN** portion of the Lean & Green meal consists of either:

- five (5) ounces of cooked lean beef, pork, lamb, **or**
- seven (7) ounces of cooked chicken, turkey, fish or seafood.

The **GREEN** portion of the Lean & Green meal consists of:

- 2 cups of salad greens, with 1/2 cup of raw vegetables and 1-2 tbsp of low-carb salad dressing – **or**
- 1-1/2 cups of low-carbohydrate cooked vegetables