



**Take Shape  
For Life**  
*Life in Motion*

featuring  
**Medifast.**

## **The #1 Physician Recommended Weight Loss Program in America**

Endorsed by over 15,000 doctors

### What are the challenges with obesity?

- According to the U.S. Surgeon General, obesity will soon take over as the number one cause of preventable deaths in the U.S.
- According to the *Journal of the American Medical Association*, over 324,000 people a year die from illnesses directly caused or worsened by obesity.
- According to the *National Health and Nutrition Examination Survey*, over 64% of adults in the U.S. are overweight, and over 30% are obese.
- According to the journal *Health Affairs*, being obese increases health care costs by 36% and increases medication costs 77%.
- **The Centers for Disease Control** states the obesity is linked to: some forms of cancer (including endometrial, breast, prostate, and colon), type II diabetes, high blood pressure, high blood cholesterol, coronary heart disease, congestive heart failure, sleep apnea, gout, osteoarthritis, gallstones, strokes, complications of pregnancy, infertility, bladder control problems, depression, and eating disorders.

### Medifast Meals are the answer!

#### **What are Medifast Meals?**

Medifast Meals are clinically proven, nutritionally complete, low calorie, and low fat – providing everything your body needs to lose weight quickly and safely.

#### **Do they contain harmful herbs or additives?**

No, Medifast Meals do not contain any added caffeine, stimulants, Ephedra, or other herbs that might be harmful to your body.

#### **Medifast Meals and Heart Disease**

Medifast Meals qualify as Heart Healthy products by the FDA and “may reduce the risk of heart disease.” (25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease)

#### **Medifast Meals are clinically proven**

Medifast Meals have been clinically proven in studies conducted by the Johns Hopkins University School of Medicine and the National Institute of Health. In a study conducted by the Johns Hopkins University School of Medicine, males lost an average of 67.41 pounds and females lost an average of 47.5 pounds over a sixteen-week period.

#### **Medifast Meals are physician recommended**

For over 8 years, the Johns Hopkins Weight Management Center in Baltimore, Maryland, one of the premier medical/research institutions in the world, has chosen Medifast Meals for their very-low-calorie diet (VLCD) program patients.

**For more information about Medifast, contact your Take Shape For Life Independent Health Coach.**

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



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## Getting Started

Getting started is as simple as calling your Take Shape For Life Health Coach for guidance as to what Medifast Meals will best aide in your success! Your Health Coach can even place your orders for you. Or, you can place your orders through the Shopping Cart on your Health Coach's personal website. Should you have additional questions about getting started, the Client Contact Center (1-800-572-4417) has representatives standing by for your assistance.

When you place your order, be sure to have the following information – a shipping address, the Medifast Meals you would like, a valid credit card, and your Health Coach's ID #. This will ensure that your order will get to you as soon as possible. Your order will be processed and shipped the next business day after placement. Transit time is typically 3 – 5 business days.

Regardless of how you choose to place your order, make sure you have available the information of the Health Coach who provided you with this flyer, as you will need their Take Shape For Life (TSFL) ID number to place your first order.

## What does your food really cost?

How much do you think you spend on food a month? Most people greatly underestimate how much they really do spend. To break down the cost of how much it takes for a man, woman, or family to eat, it helps to have a guideline, such as the one developed by the *United States Department of Agriculture's Center for Nutrition Policy and Promotion*.

In the following examples, the numbers represented do not account for any meals from a restaurant. All of the food costs are based on buying food in stores and preparing meals at home.

	<b>Female 12-19 yrs</b>	<b>Female 20-50 yrs</b>	<b>Female 51+ yrs</b>	<b>Male 15-19 yrs</b>	<b>Male 20-50 yrs</b>	<b>Male 51+ yrs</b>	<b>Family of Two</b>	<b>Family of Four</b>
<b>One Week</b>	\$48.20	\$53.60	\$49.40	\$56.80	\$59.30	\$55.20	\$124.20	\$206.00
<b>Two Weeks</b>	\$96.40	\$107.20	\$98.80	\$113.60	\$118.60	\$110.40	\$248.40	\$412.00
<b>One Month</b>	\$192.80	\$214.40	\$197.60	\$227.20	\$237.20	\$220.80	\$496.80	\$824.00

Remember that if you eat out once or twice a week, you could easily add \$10 to \$20 a week to your food cost.

With Americans spending over \$34 billion on weight loss programs that are unsafe, including products that are not clinically proven, and that claim weight loss of only one to two pounds a week, how affordable are Medifast Meals? Here's what you might expect to spend on the Medifast Meals:

	<b>Medifast 4-Week Kit</b>
<b>One Month</b>	\$275.00
<b>Price per Meal</b>	\$1.96

These are some simple examples of how you will be spending about the same amount of money as the average American. Wouldn't you rather lose 15 – 30 pounds a month instead of gain 10 pounds a year?

Compliments of:

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www.tsfl.com  
1-800-572-4417