

LOSE UP TO 2-5 LBS. PER WEEK!

If you've tried other diets that just didn't work, Take Shape For Life is for you! Our clinically proven programs and personalized support can help make your weight-loss goals a reality.



featuring  **Medifast.**
Meals

- ▶ No diet pills
- ▶ Fast results
- ▶ Safe & effective
- ▶ Clinically proven

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.