

● *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 and maintenance goals a reality.

- ▶ No diet pills
- ▶ Fast results
- ▶ Personal support
- ▶ 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.