

Quick Start Guide



Welcome to Take Shape for Life

Congratulations!

You have taken the important first step in controlling your weight and improving your health. At Take Shape for Life®, we are here to help you. Our goal is to help you change your lifestyle by providing you with the program and support you need to reach a healthy weight, maintain it, and improve your health for life.

Please read this Quick Start Guide carefully. It is designed to give you all the information you need to get started. Your Health Advisor will assist you with any questions you may have, and provide the support you need to achieve success and follow the Take Shape for Life BeSlim™ Philosophy (see page 12).

Why the Take Shape for Life Plan Works

Take Shape for Life is committed to helping you achieve optimal weight loss and maintain your weight with simple strategies for lifelong health. With the personal support of a qualified Health Advisor, we will help you reach your weight goal with Medifast Meals that are low calorie, low fat, and nutritionally balanced. The *5 & 1 Plan* is carefully designed to give you the right amount of food to keep you satisfied while you lose weight. Within a few days of starting the *5 & 1 Plan*, your body will enter a mild fat-burning state of "ketosis." Not only does this fat-burning state help the body achieve rapid weight loss while preserving muscle tissue, but it also helps eliminate physical hunger while providing you with plenty of energy. Along the way, your Health Advisor will be there to provide the care and support you need to succeed and maintain your weight loss and health program for life.

*Medifast has been clinically proven by major research institutions and
has been recommended by over 15,000 physicians.
Visit us at www.tsfl.com to view inspirational weight loss successes from people like you.*

You Should Consult with your Physician

You should consult with your physician or qualified medical practitioner before beginning and during any weight loss program. If you are over the age of 70, under the age of 18, have diabetes, or any other serious medical conditions, or are taking any medications, it is strongly recommended that you participate in the program under your physician's supervision.

Your physician will monitor your progress as well as your medications (such as those for high blood pressure and diabetes), as they may have to be adjusted while you lose weight.

In addition, your Health Advisor or Health Professional is just a phone call away, for support and to help you get started on your plan. But please note, a Health Advisor is not a substitute for a physician or a qualified practitioner.



Now let's get started.

*The first three days are critical to your success, so pick a starting day that makes sense for your schedule. You might want to start when you don't anticipate any special events that involve food. Get ready to commit to your **5 & 1 Plan** and make lasting lifestyle changes to stay healthy for life.*

The Medifast 5 & 1 Plan

Everyday, it's as Simple as:

Any 5 Medifast Meals*



and 1 "Lean & Green" Meal



Any combination of **Medifast Meals may be used on your **5 & 1 Plan**. However, you should limit yourself to one bar per day. With our wide variety of food choices you won't feel hungry or get bored.*

*See our Product Catalog, talk to your Health Advisor or visit www.tsfl.com to find over 50 delicious **Medifast Meals** including shakes, bars, soups, oatmeal, chili, drinks, puddings, and more.*

See page 14 to determine which shake is right for you.

Questions? Call your Health Advisor for assistance.

"Lean & Green" Meal

In addition to your 5 Medifast Meals per day, you should have one "Lean & Green" meal, which includes lean meat plus salad or vegetables.

LEAN MEAT:

- 7 ounces (cooked weight) of chicken, turkey or fish, or
- 5 ounces (cooked weight) of lean beef, pork or lamb.

Grill, bake or poach meats using non-stick spray. Salt, pepper, herbs and spices may be added if desired.

You may also use 1-2 teaspoons of condiments such as ketchup, mustard or barbecue sauce.

Vegetarians may substitute 3/4 - 1 cup low-fat cheese, 2 eggs (limit to 3 times a week), 1/2 - 1 cup of egg substitute, 6 egg whites, 5 ounces firm tofu, 7 ounces soft tofu, 1/2 - 1 cup low-fat cottage cheese, one Boca Burger®, or Morning Star Burger®.

SALAD OR VEGETABLES:

Either

- 2 cups of salad greens and up to 1/2 cup raw vegetables (sprouts, celery, radishes, cucumber, pepper, or tomato); or
- 1 1/2 cups cooked vegetables.

You may also use 1 packet of Medifast Dressing or up to 2 tablespoons of any low-fat and low-carb dressing (6 grams or less of carbs per 2 tablespoon serving).



Vegetable List

Choose from any of the vegetables below as raw or cooked vegetables.

Asparagus	Beans (green, waxed, Italian)
Broccoli	Cabbage
Cauliflower	Celery
Cucumber	Eggplant
Greens (collard, turnip)	Kale
Mushrooms	Onions
Peppers (red, green, yellow)	Radishes
Spinach	Sprouts
Summer Squash	Tomatoes
Turnips	Zucchini

Avoid carrots, corn, potatoes, peas and brussels sprouts on the 5 & 1 Plan.

Tips for Success

The First Few Days

It takes 2-3 days for your body to adjust to the 5 & 1 Plan. Until you reach a mild fat-burning state, you may feel hungry, tired, or slightly irritable. You may also experience headaches or lightheadedness. As your body adjusts, these symptoms will disappear, leaving you energized, confident and feeling great.

- If you experience hunger or fatigue, have an extra Medifast shake. It's better to have an extra Medifast shake than to go off your program.
- Stay busy and occupied. Remind yourself that you can do anything for 2-3 days.
- Avoid tempting sights or smells of food as much as possible until you feel strong enough to resist eating.
- Of course, your Health Advisor is always available for support and encouragement.



Space Your Meals Carefully

Plan to have your Medifast Meals every 2-3 hours. Eating consistently will ensure the quick, steady weight loss that comes from the Medifast program. Note: Having a small balanced meal such as Medifast every 2-3 hours is essential. On extra long days, if necessary, have an extra Medifast shake.

Don't Skip Meals

Skipping meals will decrease your nutrient balance and can actually make you lose weight slower, not faster!

Eat Slowly

Spend at least 15 minutes eating a meal. Use a straw for shakes and drinks. Cut bars into small pieces to help you slow down while eating.

Drink Lots of Fluids

Drink at least 6 to 8 glasses (64 ounces) of water a day. In addition, you may drink any non-caloric beverage including hot or iced tea, herbal tea, coffee, diet sodas, Crystal Light®, Diet Kool-Aid®, or instant broth or bouillon. You may use 1-2 tablespoons of skim milk or half-and-half in your coffee or tea, and you may also use artificial sweeteners if desired.

Limit Caffeine

Limit coffee and caffeinated drinks to three per day. The low-calorie level of Medifast Meals may increase your sensitivity to caffeine, which may cause anxiety, shakiness or other symptoms.

Avoid Alcohol

Avoid alcoholic beverages while you are on the 5 & 1 Plan. Alcohol is metabolized similar to a carbohydrate and will decrease ketosis and slow your weight loss. Alcohol also stimulates the appetite.

Exercise

When you begin your 5 & 1 Plan, it is important to listen to your body and not overdo the exercise. If you are not currently exercising, please wait 2-3 weeks. However, as part of Take Shape for Life's BeSlim™ philosophy, we recommend you begin some light to moderate exercise at about week 3. If exercising is new to you, start with low intensity aerobic exercises such as walking, swimming or cycling for about 10 minutes, 3 days a week. If this is comfortable, you may gradually increase time and intensity. Low intensity strength training can also be used. Listen to your body and don't overdo it.

If you are already exercising, you may continue, but listen to your body. In the beginning of your 5 & 1 Plan, you may feel a need to decrease the intensity of your exercise until your body adapts to the Plan. It won't be long before you can gradually increase the intensity of your exercise. Slow or stop exercise if adverse symptoms occur such as increased fatigue, dizziness or light-headedness.



Don't Eat Extra Carbs

Just one slice of bread or piece of fruit can put you out of ketosis (the fat burning state).

Follow the Program

Almost everyone “cheats” at some point on a weight loss program. You may have slowed or halted your weight loss temporarily, but you’ll be back in the “fat burning state” within 3 days of re-starting the 5 & 1 Plan. Don’t give up. Seek advice from your Health Advisor.

Reach Your Goal

By creating a delicious, satisfying and nutritious menu of 800–1,000 calories a day, the 5 & 1 Plan brings quick and steady weight loss. You may stay on the Plan until you have lost your desired amount of weight. Then, transition off the 5 & 1 Plan and begin a healthy new lifestyle. For more information on the transition phase, see page 10.



Medifast Snacks

While on the 5 & 1 Plan, you may add one Medifast snack a day in addition to your regular meals. These snacks include our Crackers, Fast Soups, and Soy Crisps. Note: Medifast snacks are not to be used in place of Medifast Meals.

Keep a Journal

It is very important to monitor your progress. The Take Shape for Life “Daily Success Tracker” allows you to clearly track your achievements throughout the program, keeping you focused and motivated. Refer to page 9 for your Success Tracker or consult your Health Advisor for this tool.

5 & 1 Plan Daily Success Tracker

Date: _____

COPY THIS PAGE TO CREATE YOUR OWN SUCCESS JOURNAL.

medifast meals

WRITE TIME OF MEAL IN EACH BOX.

1

2

3

4

5

medifast snacks

fast soups, crackers, or soy crisps

lean & green meal

lean meat

salad/vegetable

glasses of water (8 oz.)

CHECK OFF BOX

☐

1

☐

2

☐

3

☐

4

☐

5

☐

6

☐

7

☐

8

how i felt today:



good



ok



yucky

exercise / activity:

Transitioning after Weight Loss

Once you have successfully reached your goal weight, stick with the 5 & 1 Plan for one additional week prior to beginning the Transition Plan. It is important to not stop the 5 & 1 Plan suddenly but rather to transition carefully to avoid weight gain. The Transition Plan will gradually add calories and give your body time to adjust. Once you have transitioned properly, you then will be able to start a long term Maintenance Plan to keep the weight off permanently.

Giving Yourself Extra Pounds to Play With

Going below your personal goal weight to give yourself extra pounds to “play with” can actually lead to overeating. Pick a goal weight that you feel comfortable with and can maintain.



Some Weight Fluctuation is Normal

At the start of the transition process, you may see the scale drop a few pounds and then move back up to your goal weight, or you may see it even increase by a few pounds. As you move out of ketosis, your fluid levels shift back into muscle tissue, which may cause a slight increase in your scale reading. Don't worry. These changes are temporary, and over time your weight will stay more consistent.

If you have questions about this, you can always consult your Health Advisor.

The key to transitioning from the 5 & 1 Plan is to gradually increase your calorie intake over time.

Transition Plan (after weight loss goal has been met)*

**Days
1 - 4:**
900-1050 calories

5 Medifast Meals
1 "Lean & Green" Meal
1 Additional Cup Vegetables

See page 5 for list of vegetables.

**Days
5 - 8:**
900-1050 calories

4 Medifast Meals
1 "Lean & Green" Meal
1 Cup Vegetables
1 Cup Fruit

Choose fresh fruit over frozen or canned.

**Days
9 - 12:**
1000-1150 calories

4 Medifast Meals
1 "Lean & Green" Meal
1 Cup Vegetables
1 Cup Fruit
1/2 Cup Dairy

Dairy includes yogurt or cottage cheese.

**Days
13 - 16:**
1350-1500 calories

3 Medifast Meals
2 "Lean & Green" Meals
1 Cup Fruit
1/2 Cup Dairy
1 Serving Grain

1 serving grain can be 1 slice of bread, a small potato, or 1/2 cup cereal or pasta. Whole grains preferable.

For at least one month following your transition, please stay with a diet that is about 1,500 calories per day.

*Note: If you have lost 50-100 pounds, allow 20 days to transition and then please follow a meal plan that is 1,500 calories for at least 2 months. If you have lost more than 100 pounds, allow 27 days to transition and then please follow a meal plan that is 1,500 calories for at least 3 months.

Healthy Eating for Life



Portion Control

Studies show that meal replacement and portion control are more effective for weight loss and maintenance. One of the important benefits of being on the Take Shape for Life program is that you have learned to eat smaller meals more frequently. This will help you greatly as you transition from the weight loss program to your healthy new BeSlim™ lifestyle.

After Transition

(the Maintenance Plan)

As a general guideline, we recommend a maintenance menu similar to days 13-16 of the Transition Plan. This healthy menu of about 1,500 calories a day will be the foundation of your maintenance plan for life.

Let Your Health Advisor Help

Let Take Shape for Life and your Health Advisor help you create a healthier lifestyle with our BeSlim™ Philosophy. Many of our most successful clients follow our BeSlim™ philosophy and continue to eat two or three Medifast Meals a day to help continue their healthy eating lifestyle.



If You Regain Weight

Anytime you regain five or ten pounds, consider going back on the 5 & 1 Plan for a few weeks. Approach it as a short-term treatment plan that puts you back where you want to be. Also, evaluate your current life issues and see if there are areas where you need to make changes. Have you let your exercise program slip? Are you allowing stress or other emotional issues to affect your eating patterns? Are your portions too big? Ask your Health Advisor about the BeSlim™ Assessment.

Some helpful hints:

- Continue to eat 5-6 small meals a day.
- 4 oz. of meat is about the size of a deck of cards.
- Read food labels for serving size information.
- In restaurants, the food portions can be 2-4 times larger than the normal serving size. At the beginning of the meal, ask for a “To-Go” box and put at least half of the meal in the container. Or split your meal with someone. Order two appetizers instead of a big dinner.

A New Beginning

Make the Take Shape for Life weight-loss program and BeSlim™ Philosophy a part of your new, healthier self. Use it as a springboard to a stronger level of learning and healthy living. This is your chance to create a better future. Be determined to take good care of yourself from now on and truly Take Shape for Life!

The BeSlim™ Philosophy!

- **Breakfast every day!**

High quality fuel, such as our delicious Medifast oatmeal, cappuccino, or chai latte, is essential to start your day right.

- **Exercise**

Continued exercise increases metabolism, provides strength, flexibility, and mental clarity.

- **Support**

Your Health Advisor is here to help you reach and maintain your goals, providing the coaching, tools, education and caring support you will need along the way.

- **Low-fat meals 5-6 times a day**

Eating frequently, controlling portion and total calories, especially those from fat, are critical for success.

- **Individual Plan**

Create an individual plan to help you achieve an optimal healthy lifestyle and build the skills and strategies you need to cope with modern life.

- **Monitor**

Weigh yourself on a regular basis to maintain optimal weight. Catch it before it becomes a challenge!

Which Medifast Shake Is Right for You?



All Medifast Meals may be used in the 5 & 1 Plan. However, Medifast has created shakes that are designed for specific individual needs.

Medifast 55 Shakes

Medifast 55 shakes are specially formulated for women. These great tasting shakes are soy-based, heart healthy, low lactose, high in fiber and contain 11 grams of protein and 24 essential vitamins and minerals per serving. They are also available in ready-to-drink containers.

Medifast 70 Shakes

Medifast 70 shakes are formulated for men or active women who prefer more protein. The great tasting shakes are soy-based, heart healthy, high in fiber and contain 14 grams of protein per shake.

Plus for Appetite Suppression Shakes

Medifast Plus for Appetite Suppression shakes contain of Super CitriMax®, a natural appetite suppressant, designed to curb appetite while maintaining consistent weight loss.

If you have questions about which shake is best for you, consult your Health Advisor..

Health Management

Medifast has created shakes to help with weight control and specific health-related conditions. For more detailed information, please reference our Product Catalog. Check with your physician before altering medications.

Plus for Women's Health Shakes

These shakes contain black cohosh, echinacea and chaste tree berry, which may help reduce the symptoms of menopause. They may be used as a safe and effective alternative to Hormone Replacement Therapy (HRT) or other medicinal remedies. For maximum results, take 1-3 Women's Health Shakes each day, either as part of your 5 & 1 Plan or for general nutrition.

Plus for Joint Health Shakes

These shakes contain glucosamine and chondroitin which may reduce pain and help repair the damage caused by arthritis. For maximum results, take 3 Joint Health Shakes each day, either as part of your 5 & 1 Plan or for general nutrition.

Do not combine the use of the various types of health management shakes. If you have diabetes, please consult your physician if you wish to take Women's Health Shakes, Joint Health Shakes, or Coronary Health Shakes.



Plus for Coronary Health Shakes

These shakes contain Coenzyme Q10, amino acids and Pycnogenol, which provide a natural defense against heart conditions. For maximum results, take 1-3 Coronary Health Shakes each day, either as part of your 5 & 1 Plan or for general nutrition.

A Take Shape for Life Success Story

From Mary Jane Medlock, one of
Take Shape for Life's Health Advisors

“Medifast is a serious weight loss program. I am talking about rapid, continuous weight loss and tremendous energy. No pills, no stomach surgery, NO KIDDING.

I spent over \$20,000 on products, programs and pills with little or no success. Finally, I found the Medifast Program. I had extraordinary results.

I lost 170 pounds and went from a size 56 to an 8, but more important, I am going into my fourth year without gaining one pound back. That is truly a miracle in itself.

With Medifast I didn't have to count calories, fat grams or mess with portion sizes. This program is GOOF-PROOF!! I now live my life with complete passion and fulfillment.”

I lost 170 pounds and went from a size 56 to an 8.

~ Mary Jane Medlock

Medifast Diabetes Program

Medifast Plus for Type 2 Diabetics

The Medifast Plus for Diabetics program is intended for people with Type 2 Diabetes. The program may be used for weight loss, weight maintenance, or as part of a healthy meal plan. While Type 2 Diabetes is not curable, it is often manageable. Often, people with Type 2 Diabetes can improve their condition, reduce medications and lower blood sugar levels by controlling their diet and their weight.



Clinically Proven

Results of a recent clinical study show that people with Type 2 Diabetes on the Medifast Plan lost twice as much weight as those following an American Diabetes Association recommended food diet and were twice as likely to stick with Medifast. Also, the first 34 weeks of the study noted significant improvements in health, including insulin levels, cholesterol, and blood pressure, along with a reduced need for some medications. You can download the results at tsfl.com.

Diabetic Nutrition

Medifast has a large variety of foods that are formulated for people with diabetes. The following are just a few of our products.*

- Medifast Plus for Diabetics Shakes
- Medifast Plus for Diabetics Bars
- Medifast Fruit Drinks
- Medifast Creamy Soups
- Medifast Oatmeal

*See our Product Catalog or website for more details. Any of the foods designated for people with diabetes may be used in our 5 & 1 Plan (limit 1 bar/day).

IMPORTANT

If you have diabetes:

It is essential that you see your physician or diabetes specialist prior to starting and during your Medifast program to discuss blood sugar monitoring, potassium monitoring, oral diabetes agents, calorie levels and changes to your medications. Because Medifast is a low calorie, low carbohydrate program, you may have to adjust your diabetes medications prior to starting the program. If you have Type 1 Diabetes, Medifast does not recommend this program for weight loss; however, it can be used for weight maintenance or as part of a healthy meal plan.

Questions & Answers

What If I Run Out of Medifast?

If you ever run out of Medifast Meals, you may use an 8-ounce glass of skim or low-fat milk for each meal you miss. However, don't do this for more than one day. If you will be away from your Medifast Meals for longer than a day, focus on eating meals that are high in protein and low in carbohydrates, fat and calories until you can return to your program.

What If I Hit a Plateau?

If you have been following the 5 & 1 Plan and have hit a plateau:

- Drink more fluids (at least 64 ounces daily) and increase activity.
- Limit Medifast bars to one per day (or possibly every other day, and substitute a Medifast shake instead).
- Contact our Nutrition Support for assistance.

Issues for Women

Rapid weight loss may cause an increase in the level of estrogen in the bloodstream, which may affect the regularity of menstrual cycles, possibly change PMS symptoms, and can also increase fertility.

If you are pregnant or breastfeeding and wish to eat 1-2 Medifast Meals/day, you must consult your physician first. Women who are pregnant or breastfeeding should not use Medifast as a weight loss program.

What If I am Lactose Intolerant?

Medifast offers a variety of lactose-free and low lactose products. Please call 800.572.4417 to find out more or visit tsfl.com. Lactaid® pills, a non-prescription enzyme that helps your body digest milk components, can also be used.

When Should I Call My Doctor?

Call your doctor if you have any of the following symptoms or other medical problems while you are on the Medifast plan: nausea, vomiting, hives, heart palpitations, shortness of breath or other unusual symptoms. Severe leg cramps, especially in the calf area can indicate a low potassium level. However, do not add additional potassium supplementation without checking with your physician first.

Is Medifast Safe for Seniors?

If you are over the age of 70, this program must be done with your physician's supervision. Your physician may recommend a higher caloric intake based on your individual needs. Please refer to the Medifast Senior Meal Plan for additional information. The Medifast Senior Meal Plan can be obtained free of charge by calling 800.572.4417 or by contacting your Health Advisor.

Can I Continue Medifast If I Have a Cold?

If you become ill with a cold or the flu, you can stay on the 5 & 1 Plan provided your symptoms are not too severe. Taking antibiotics (prescribed by your doctor) won't harm your Medifast Plan but may temporarily slow your weight loss.

Can I Replace All Food with Medifast?

Replacing all food with Medifast is an option, but must be done under a doctor's supervision during weight loss and transition because it is lower in calories than the 5 & 1 Plan.

CONTRAINDICATIONS

Significant medical conditions and/or certain medications may prohibit you from using the 5 & 1 weight loss program. In some cases, you may be able to use Medifast products as an occasional meal replacement. However, if you have any of the following conditions, you must consult with your physician before using Medifast products.

THESE CONDITIONS INCLUDE:

- heart attack within the past three months
- recent or recurrent strokes or mini-strokes
- severe liver or kidney disease
- clotting disorders
- active cancers
- eating disorders
- severe psychiatric disturbances
- chronic use of Corticosteroids > 20 mg per day
- current use of lithium
- Type 1 Diabetes
- peptic ulcer disease

Are There Any Side-Effects?

Most people feel great and don't experience physical discomfort on the Medifast program. However, some have experienced the following:

Dizziness, light-headedness, fatigue: If you feel dizzy, light-headed or extra tired, have one Medifast Fast Soup snack, or drink bouillon (regular, not unsalted). Fatigue is often related to dehydration. If you feel tired, increase your water intake and limit caffeinated drinks.

Feeling cold: Don't worry if you're feeling cold. It's not uncommon to feel cold on any diet.

Dry skin or hair: Increase fluid intake. Use extra lotion and hair conditioners. Take a daily vitamin B-complex or 1000 mcg of biotin, which can be found in any health food store.

Diarrhea: If you experience gurgling stomach, abdominal cramping, bloating or diarrhea, you may have a lactose intolerance or it may be a reaction to some of the nutrients in the products. Try over the counter preparations such as Pepto Bismol® or Immodium®. Or you may try Lactaid® pills (1-3 Regular strength) with each Medifast Meal to control symptoms. If severe diarrhea persists more than two days, contact your physician.



Constipation – You will probably have bowel movements less frequently than normal because of the decreased food intake. If you have hard stools or feel constipated, try the following solutions:

- Drink more fluids and increase activity.
- Take a sugar-free fiber supplement such as Metamucil® or psyllium husk.
- Use stool softener pills or laxatives if necessary.
- Take 1-2 tablespoons of oil (canola or olive) per day.

The 5 & 1 Plan is easy to follow and support from your Health Advisor makes it simple to stay on the plan. Your success will keep you motivated to reach your weight loss goals.

Can I Continue Other Medications While on the Take Shape for Life Program?

Most prescription medications will not interfere with the 5 & 1 Plan. However, as you lose weight, dosages may need to be adjusted. Make sure your physician is consulted prior to and while you are on the Take Shape for Life program.

- Antacids such as Maalox®, Rolaids®, etc. are acceptable. You may also use acid-blockers and related medications.
- If possible, avoid arthritis medications, such as Indocin® or Naprocin®, which may cause stomach irritation.
- We do not recommend using Medifast as a weight loss program if you are using over 20 mg of steroids per day such as Cortisone® or Prednisone®.
- If you are currently taking a diuretic, check with your doctor before making changes.
- Blood pressure medications usually need to be adjusted as you lose weight. Call your doctor if you experience any of the following symptoms: feeling tired or “washed out,” legs feeling rubbery or weak, headaches, feeling dizzy or light-headed.
- If you are currently taking anti-seizure or thyroid medications, check with your doctor.
- If you have diabetes, please see instructions on page 17.



Ordering Suggestions

Order a two- or four-week supply of Medifast Meals. In addition to picking individual foods, you may choose:

- **MEDIFAST PACKAGES**
(2- or 4-week) give you a variety of the most popular Medifast foods, [or](#)
- **CONSULT YOUR HEALTH ADVISOR**
to help you design an order customized to your needs.

Make sure to re-order at least one week before your supply runs out. Allow a minimum of 3 to 5 business days for shipping. For orders needed quickly, you may request expedited shipping by calling the Client Contact Center at 800-572-4417.

Client Care & Support

WEEKLY TAKE SHAPE FOR LIFE SUPPORT CALLS

Take Shape for Life holds three interactive calls each week for all Take Shape for Life clients, to help them achieve their goals and maximize their success on our program. Please join us on any of these calls, for valuable information and helpful hints:

Nurses Support Call: Join this informative support call every Monday evening at 8:30 p.m. ET (5:30 p.m. PT). To listen and participate, dial 1-646-519-5860 followed by the pin code: 0971#

Stay in Shape! Maintenance Call: Join this fun and interactive call every Wednesday evening at 8:00 p.m. ET (5:00 p.m. PT). To listen and participate, dial 1-512-225-9427 followed by the pin code: 77421 #

Doctors Support Call: Please join Shape for Life every Wednesday evening at 8:30 p.m. ET (5:30 p.m. PT), to discuss current topics regarding health and wellness and answers to callers' questions. To listen and participate, dial 1-646-519-5860 followed by the pin code: 0971#

KNOW YOUR HEALTH ADVISOR'S ID#

Know your Health Advisor's ID# and refer to it and your client ID# each time you order.

PLACING AN ORDER

To order from Take Shape for Life, choose from the options below (*Make sure you have your client ID#*):

1. **Call** our Client Contact Center toll-free at 800-572-4417.
2. Order **online** at www.tsfl.com.
3. **Fax** your order into 866-220-8714
4. **Mail** your completed order form, obtained from the Product Catalog, to:

Take Shape for Life
11444 Cronhill Drive
Owings Mills, Maryland 21117
Attn: Client Care

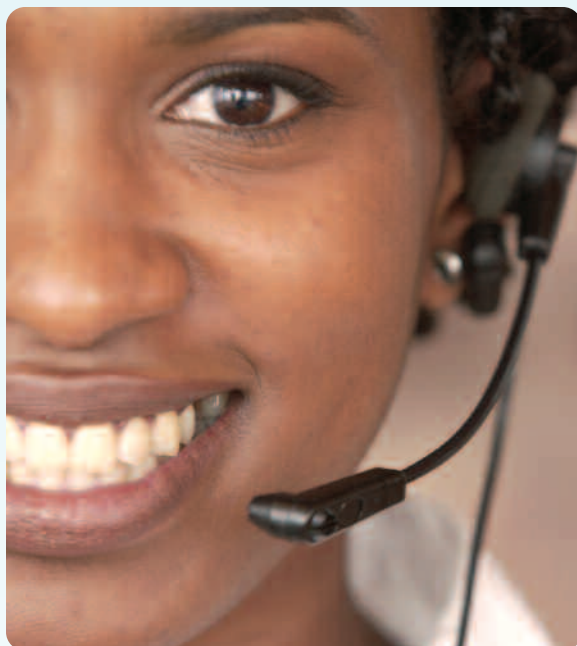
If you would like assistance or have questions about ordering, please contact your Health Advisor.

PAYMENT

When placing an order by phone, please have your order and credit card ready. Take Shape for Life honors the following payment options: Visa, MasterCard, American Express, Discover and Money Orders. Sorry, we do not allow CODs.

SHIPPING INFORMATION

Allow a minimum of 3-5 business days for shipping. Take Shape for Life premium shipping options include Next Day, 2nd Day, and 3rd Day. Please call Take Shape for Life for shipping prices.



FREE SHIPPING

Orders of \$200 or more (total after coupons and discounts) receive free shipping anywhere in the U.S.

QUESTIONS

If you have any questions regarding product, program information, orders, or returns, contact your Health Advisor. You can also contact our Client Contact Center at 800-572-4417.

THE BESLIM™ CLUB

Be sure to sign up for the BeSlim™ Club. Following your first order, you will automatically begin saving 5% for your next 3 months of orders, 8% for the 4th - 6th month on the program and then 12% for month 7 and beyond. Talk to your Health Advisor about the great benefits of this program!

You can change your order (or cancel it) up to 2 days before it ships and you only need to order \$75 per month to save.

RETURN POLICY

Receive a full refund on unused products within 30 days of purchase. Shipping charges will not be refunded. Client is responsible for the cost of shipping returned items, and package must be postmarked within 30 days of purchase date to receive a refund. Please allow 4-6 weeks for return to be processed.

Please include in the returned package the following:

- Your Name, Address, City, State, Zip
- Your Order #

SHIP RETURNED PRODUCT TO:

Take Shape for Life

Attn: Returns

601 Sunrise Ave.

Ridgely, MD 21660

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Your Health Advisor

Health Advisor: _____

HA ID#: _____

Phone: _____

Email: _____

Your Client ID#: _____

