



# Quick Start Chart

## To lose weight effectively:

- ▶ Follow the Medifast 5 & 1 Plan as outlined in the Quick Start Guide.
- ▶ Discuss any challenges with your Health Coach.
- ▶ Participate in weekly Support Calls as outlined in the Quick Start Guide.
- ▶ Register and participate on the Support in Motion website.
- ▶ Learn about the BeSlim® lifestyle.  
Recommended readings: Chapters 6 – 7 in Dr. A's *Habits of Health and Lesson 8 in Living a Longer Healthier Life.*

## Support for your journey:

### Take Shape For Life Client Contact Center

Monday – Friday ..... 8:00 a.m. – 10:00 p.m. (Eastern)  
Saturday ..... 8:00 a.m. – 6:00 p.m. (Eastern)  
Sunday ..... 12:00 p.m. – 6:00 p.m. (Eastern)  
**(800) 572-4417**

### Nurses' Support Call (Interactive)

Monday ..... 8:30 p.m. – 9:00 p.m. (Eastern)  
**(646) 519-5860 enter pin: 0971#**

### Maintenance Call

Wednesday ..... 8:00 p.m. – 8:30 p.m. (Eastern)  
**(512) 225-9427 enter pin: 77421#**

### Doctors' Support Call

Wednesday ..... 8:30 p.m. – 9:00 p.m. (Eastern)  
**(646) 519-5860 enter pin: 0971#**

### Nutrition Support

Email: [NutritionSupport@tsfl.com](mailto:NutritionSupport@tsfl.com)

## BeSlim Lifestyle

At this point it's essential to learn the BeSlim lifestyle and the behavior modifications that will support lasting change and improved health.

When he was creating Take Shape For Life's program, Dr. Wayne Andersen investigated behaviors of the people most successful at long-term weight control, and uncovered core habits that these men and women incorporated into their routine.

The BeSlim lifestyle is composed of six of these core behaviors that have been proven to help maintain a healthy weight. They are easy to remember using the acronym "BESLIM."

### BREAKFAST

- Breakfast really is the most important meal of the day; don't skip it.
- High-quality fuel gives you the energy and clarity you need to handle whatever your day brings.
- Medifast Meals make it easy to have a fast, filling, and nutritious breakfast every day.

### EXERCISE

- Exercise increases your metabolism so you burn more fuel.
- Purposeful movement helps your bones and muscles get stronger, your joints become more flexible, and your posture improve.
- Regular exercise helps you manage stress better and increases both your mental clarity and your resistance to disease.

### SUPPORT

- Research shows that personalized support is a key factor in the success of a healthy lifestyle.
- A Health Coach provides encouragement, education, and tools to help their Clients achieve their healthy weight goals.
- In addition, the Take Shape For Life Bio-Network, which includes doctors, nurses, and dietitians, can answer questions and provide professional insights on healthy living.

### LOW-FAT MEALS 5 TO 6 TIMES A DAY

- Eating frequently, controlling your portion sizes and your total calorie intake, and limiting excess fat are essential for Optimal Health.
- Take Shape For Life makes this possible even for the busiest of Clients with a simple plan and pre-portioned, highly nutritious Medifast Meals.

### INDIVIDUAL PLAN

- An informed, individualized eating plan, including Medifast Meals, can help you stay on course with your weight-loss and other health goals.
- Your Health Coach will help you address your triggers and unhealthy behaviors to help you replace them with the Habits of Health.

### MONITORING

- Up to 85% of people who lose weight gain it back, but it doesn't happen overnight.
- The most effective way to keep what you've worked so hard to achieve is to frequently monitor your weight and size.
- Weighing yourself regularly is one solution; an even better method is trying on a pair of snug jeans once a week to make sure they still fit.

# Where do you fit in?

Body Mass Index (BMI) Table																					
Height	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
	Weight (in pounds)																				
4'10" (58")	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186
4'11" (59")	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193
5' (60")	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199
5'1" (61")	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206
5'2" (62")	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213
5'3" (63")	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220
5'4" (64")	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227
5'5" (65")	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234
5'6" (66")	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241
5'7" (67")	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	218	223	230	236	242	249
5'8" (68")	125	131	137	144	151	157	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256
5'9" (69")	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263
5'10" (70")	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271
5'11" (71")	136	146	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279
6' (72")	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287
6'1" (73")	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	258	265	272	280	288	295
6'2" (74")	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303
6'3" (75")	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311

Body Mass Index (BMI) is the measure of health and fitness endorsed by the Surgeon General of the United States. It takes into consideration the height and weight of a person to give an accurate index of what his/her weight should be. A BMI of up to 25 is considered healthy. Any number between 25–29 means the person is overweight. A reading between 30–39 is an indication of obesity, placing the individual at high risk of developing heart disease, high blood pressure, diabetes, and other ailments. A reading of 40+ is an indication of extreme obesity, placing a person at highest risk of health problems.



**BMI Below 25**  
*Healthy Weight*

Candidate for BeSlim® lifestyle and meal replacements for Optimal Health.



**BMI 25-29**  
*Overweight*

At high risk to develop cardiovascular disease, diabetes, etc. Great candidate for the 5 & 1 Plan and BeSlim® lifestyle.



**BMI 30-39**

*Obese*

At higher risk to develop cardiovascular disease, heart disease, diabetes, etc., without intervention. Our 5 & 1 Plan can be lifesaving in helping to lower your weight. You may potentially lower or eliminate many medications such as diabetes, blood pressure, and lipid-lowering drugs. By using our BeSlim® lifestyle of permanent weight control, you can return to a healthy weight and remain there!



**BMI 40+**

*Extremely Obese*

At highest risk to develop cardiovascular disease, heart disease, diabetes, etc., without intervention.

