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WEIGHT-LOSS SUCCESS

Featured Story

Under 30 lbs

30-39 lbs

40-49 lbs

50-59 lbs

60-69 lbs

70-79 lbs

80-99 lbs

100+ lbs

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SUBMIT STORY

* Results not typical

Typical weight loss is up to 2 to 5 lbs per week.



JESSICA WESTMORELAND

"My relationships have changed in a positive way because I am happier, more confident, and - for once - feel deserving of love and friendship."

When I was 218 lbs, I ached all over. I had difficulty breathing and was too bulky to do any of the activities that I wanted to enjoy, like mountain biking and yoga. I dreaded going out in public and covered up my entire body with oversized clothing, even though my obesity was very obvious.

A cardiologist confirmed that I had inappropriate tachycardia as my rest heart rate was over 100 beats per minute. After she suggested that I seriously consider losing weight, I searched online and found only positive reviews of Medifast. The Medifast 5 & 1 Plan offered me quick, healthy, long-term results with tasty food and an easy-to-follow plan. I saw drastic results in the first 10 days; others commented on my loss, as well. It only took six months to shed 85 lbs!

At 133 lbs, my heart rate is normal, I'm not out of breath, my knees went from crunching and buckling when I walked to being pain-free, and I can touch my toes during yoga!

My mental health and confidence has drastically improved. When I was overweight, I hid in my cubicle at my law firm. Now I've started my own law practice! My first marriage ended because of my weight, but I am now marrying a man who loves me regardless of my size!

**Results not typical. You should not expect to experience these results. Typical weight loss on the Medifast 5 & 1 Plan is up to 2 to 5 lbs per week.*



Before photo



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TESTED DAILY 20-JULY

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Medifast makes no claim that these results are representative of all participants on the Medifast Program. Medifast recommends you consult with a physician before starting a weight-loss program. Individual results not typical. Fullness Index is a satiety calculation based on a food's fiber, protein, and calorie content. The equation is: (grams of protein per serving + grams of fiber per serving) x 100, divided by number of calories per serving. The higher the number, the more fullness is derived from each calorie. Medifast has been recommended by more than 20,000 doctors since 1980. Medifast Advantage: Minimum purchase of \$150 required to qualify for free standard shipping offer. First orders over \$250 receive 28 free meals. Second orders over \$250 receive an additional 28 free meals. See Medifast Advantage [terms and conditions](#) for complete details.