



Medifast, Inc. to Announce Third Quarter Fiscal Year 2009 Financial Results on Thursday, October 29, 2009

OWINGS MILLS, Md., Oct 22, 2009 /PRNewswire-FirstCall via COMTEX News Network/ -- Medifast, Inc. (NYSE: MED) announced today that it will release third quarter fiscal year 2009 financial results for the period ended September 30, 2009 on Thursday, October 29, 2009 prior to the opening of the market. The Company will hold a conference call and web cast to discuss the results on Thursday, October 29, 2009 at 11:00 a.m. ET.

Interested parties can access the call by dialing (877) 407-0782 or (201) 689-8567, or can listen via a live Internet web cast, which can be found at www.choosemedifast.com in the section marked "Investor Relations." A replay of the call is available via web cast at www.choosemedifast.com until January 29, 2010 or by playback at (877) 660-6853 or (201) 612-7415 through November 15, 2009. Please use account #286 and conference #335591 for the replay.

About Medifast:

Medifast (NYSE: MED) is the leading easy-to-use, clinically proven, portion-controlled weight-loss program. Medifast has been recommended by over 20,000 doctors and used by over one million customers since 1980. It is committed to enriching lives by providing innovative choices for lasting health. Medifast programs have been proven effective through studies by major university teaching hospitals. The company sells its products and programs via four unique distribution channels: 1) the web and national call centers, 2) the Take Shape For Life personal coaching division, 3) medically supervised Medifast Weight Control Centers, and 4) a national network of physicians. Medifast was founded in 1980 and is located in Owings Mills, Maryland. For more information, log onto <http://www.choosemedifast.com>. MED-F

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