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## **The United States Marine Corps Reserve Toys for Tots Foundation Directors and US Marines Will Ring the New York Stock Exchange Closing Bell on December 1, 2010**

OWINGS MILLS, Md., Nov. 30, 2010 /PRNewswire/ -- Medifast, Inc. (NYSE: MED), a leading provider of clinically proven, portion-controlled weight-loss programs, today announced Colonel Burke W. Whitman USMCR, Commanding Officer of the 25th Marine Regiment, Marine Forces Reserve; Colonel Bradley T. MacDonald USMCR (Ret), Vice Chairman of the Marine Corps Reserve Toys for Tots Foundation and Executive Chairman of the Board of Medifast, Inc.; and the U.S. Marines who conduct the 2010 program will celebrate the annual start of the National Toys for Tots program and ring the New York Stock Exchange closing bell on December 1, 2010.

"The United States Marine Corps Reserve Toys for Tots program is an incredible mission that brings the message of hope to so many children," said MacDonald. "We're honored that the New York Stock Exchange recognizes the Toys for Tots effort and is helping the Marine Corp kick-off another successful year of distributing toys to those less fortunate."

Lieutenant General H. P. "Pete" Osman USMC (Ret.), the President and CEO of the Toys for Tots Foundation appreciates the support of the New York Stock Exchange in the 2010 launch of the program by allowing Marines to close the Stock Exchange to mark this special occasion as Americans begin the Christmas and Holiday season.

General Osman noted that "last year our Marines and volunteers distributed over 16.3 million toys to over 7.4 million less fortunate children. Importantly, local campaigns were conducted in over 691 communities covering all 50 states, the District of Columbia, Puerto Rico and the Virgin Islands, the most extensive coverage ever. The Foundation supplemented the local toy collections with 5.2 million toys valued at 67 million dollars. Because of the tremendous support of the Marine Corps Forces Reserve, Marine Corps League units, other Veteran organizations and volunteers, the Toys for Tots Foundation could spend 96 cents of every dollar collected on program support."

Special thanks are extended to the Toys for Tots National Corporate Sponsors who go beyond the call of duty to support the children who are the beneficiaries of this program. Finally, we are grateful to the First Lady of the United States, Mrs. Michelle Obama, for her hands-on support in helping us get the message to the American public and personally assisting our Marines and volunteers collecting and distributing toys.

We wish all a Merry Christmas and Happy Holiday season and please remember the millions of less fortunate children by assisting the Marine Corps Reserve Toys for Tots program or visit us on our website at [www.toysfortots.org](http://www.toysfortots.org).

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### **About Medifast**

Medifast, Inc. (NYSE: MED) is a leading provider of clinically proven, portion-controlled weight-loss programs. Medifast has been recommended by over 20,000 doctors and used by over one million clients since 1980. The Company is committed to enriching lives by providing innovative choices for lasting health. Medifast programs have been proven effective through studies by major universities. 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) Medifast Weight Control Centers, and 4) a national network of wholesale physicians and medical practices. Medifast was founded in 1980 and is located in Owings Mills, Maryland. For more information, please visit <http://www.choosemedifast.com>.

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