



Dear Dr. \_\_\_\_\_

Your patient, \_\_\_\_\_ has enrolled in the Take Shape for Life Program (TSFL). TSFL is a 1,000 calorie/day weight loss and Optimal Health Program using nutritionally balanced Medifast replacement meals providing balanced amounts of carbohydrates, soy and whey protein, vitamins and minerals. Following the weight loss phase of this program there is a transition and maintenance phase designed to help patients stay at their optimal body weight.

Men typically lose 3.5 to 4.5 pounds/week on this program, while women lose more slowly, averaging 2.4 to 3.5 pounds per week. This program provides a great deal of on line support in the form of literature, nutritional support, weekly doctor and nurse support calls and myself, a TSFL Health Coach who will assist your patient to understand and adhere to the program for optimal results.

Blood pressure medications will need to be followed and adjusted as patients lose weight and blood pressure improves on this program. Patients with diabetes will see improvements in their blood glucose. Their blood glucose levels should be followed closely and their diabetic medications should be adjusted as blood glucose levels fall as they lose weight on the Take Shape for Life program. Patients on blood thinners can participate in this program provided their blood work is followed closely.

I have requested your patient, \_\_\_\_\_ contact you regarding the TSFL program so that his/her prescription requirements as he/she lose the weight they are working towards. I look forward to working with you to help \_\_\_\_\_ improve his/her health on our Take Shape for Life Program.

To visit my web site, please go to [www.\\_\\_\\_\\_\\_.tsfl.com](http://www._____.tsfl.com); and should you have any questions about this program please do not hesitate to contact me at

Sincerely,