

News release

2016 OPTIFAST® “New You” Weight Loss Winners Announced

Patients from California, Ohio, and Missouri Honored for Commitment to Healthy Lifestyle Changes

Florham Park, N.J. (December 7, 2016) — Nestlé Health Science announced today the three winners of the seventh annual OPTIFAST® “[New You](#)” contest, which is designed to recognize patients for their commitment to good health and emotional well-being. These remarkable individuals are living proof that healthy lifestyle changes and physical activity can help achieve a better quality of life.

“Approximately one-third of adults in the United States are obese¹,” said David Green, General Manager, U.S. OPTIFAST business. “It is a problem faced by many, and we know that being overweight or obese can affect basic health and quality of life. The OPTIFAST program aims to provide individuals the opportunity to achieve long-term health and well-being goals and get back to doing some of the simple things they once enjoyed.”

To celebrate their amazing accomplishments, the winners, with a guest of their choice, were treated to a fun-filled weekend in New York City where they enjoyed a day at the spa for a head-to-toe makeover.

The 2016 OPTIFAST New You weight loss contest winners are:

- **Jeffrey Lavelle from Castaic, CA:** A hard working husband and stepfather, Jeff had been surrounded by the constant temptations of food and poor eating habits for years. In January of 2016 when his on-the-go lifestyle started to show on the scale, Jeff and his wife Lisa decided it was time for a change and joined the OPTIFAST program together. As a result of Jeff’s active participation in the program, he had lost approximately 95 pounds and had helped support Lisa as she lost approximately 54 pounds while actively participating in the program*. Following Jeff’s personal success with the OPTIFAST program, Jeff strives to maintain his goal of living a better lifestyle by seeking out healthier food options. As a result of his weight loss, Jeff experienced improvements in his blood pressure and cholesterol levels*. The couple hopes to participate in a marathon at Disneyland one day, as it is their favorite place to visit together.
- **Tara Trigg from Westerville, OH, who joined Central Ohio Nutrition Center at Columbus, OH:** Throughout her early 20s, college life sent Tara down a path of inactivity and unhealthy eating habits. Afterwards, as an employee for the city of Westerville and a part-time manager at the community dance studio, Tara found herself not following her life’s motto to “choose happy.” After failing to keep up with the active lifestyle she once had through childhood competitive dance, she realized her weight had hit an all-time high. She was discouraged and embarrassed after not participating in her studio’s annual recital because she felt she was too overweight to dance. After trying numerous diets, her family doctor referred her to the OPTIFAST program. Through actively participating in the program, Tara lost 54 pounds and learned to improve her lifestyle*. She was able to dance at the most recent recital and take back control of her life.

¹ Center for Disease Control and Prevention(CDC). *Overweight and Obesity. U.S. Obesity Trends: Trends by State 1995-2009.* Available at: <http://www.cdc.gov/obesity/data/trends.html>.

- **Emily Wayman from Kirksville, MO, who joined Complete Family Medicine at Kirksville, MO:** Having to commute three hours a day for a teaching job left Emily passing the time by eating on the road. When she became overweight and could no longer fit into large clothing sizes, Emily believed she was too far gone and thought surgery was her only way out. When she agreed to attend an OPTIFAST® informational meeting with her parents, she thought it could be a great first step before a surgery. The OPTIFAST program helped Emily change her lifestyle and achieve her weight goals. Today, Emily continues to maintain an active and healthy lifestyle through her roles as a health coach and in the Missouri National Guard. Emily has also completed four Tough Mudder races, a series of hardcore 10-12 mile obstacle races.

To view the contest winners' before and after pictures, please visit www.OPTIFAST.com.

**The success stories of these OPTIFAST New You Contest winners are representative of these individuals only and do not represent all OPTIFAST patients. OPTIFAST patients who actively participate in a 26-week program typically lose approximately 50 pounds with weight loss related improvements in blood pressure and cholesterol levels.*

About OPTIFAST®

OPTIFAST was developed in 1974 to fill the growing need to address obesity in a healthy, effective way. As diseases related to obesity became more prevalent, and more people began taking drastic measures to treat the problem, OPTIFAST was introduced as a sensible option for lifestyle transformation. The program combines support and counseling, lifestyle education, and medical monitoring with meal replacements to help people lose weight which can, in turn, reduce weight-related health risks. A team of dedicated medical professionals provide support. The OPTIFAST Program is available in over 400 clinics nationwide. OPTIFAST is a business segment within Nestlé Health Science. For more information, to see patient stories and to find a clinic, visit www.optifast.com.

About Nestlé Health Science

Nestlé Health Science, a wholly-owned subsidiary of Nestlé S.A., is a health-science company engaged in advancing the role of nutritional therapy to change the course of health for consumers, patients and its partners in healthcare. Nestlé Health Science's portfolio of nutrition solutions, diagnostics, devices and drugs targets a number of health areas, such as inborn errors of metabolism, pediatric and acute care, obesity care, healthy aging, and gastrointestinal and brain health. Through investing in innovation and leveraging leading edge science, Nestlé Health Science brings forward innovative nutritional therapies with proven clinical, health economic value and quality of life benefits. Nestlé Health Science employs around 3,000 people worldwide and is headquartered in Epalinges (near Lausanne), Switzerland. For more information, please visit www.nestlehealthscience.us.

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