

News release

2015 OPTIFAST® “New You” Weight Loss Winners Revealed

Dedicated Patients from Illinois, California and Georgia Celebrate Healthy Lifestyle Changes

Florham Park, N.J. (July 29, 2015) — Nestlé Health Science today recognized three extraordinary individuals who succeeded in their journey to healthier, happier lives. The winners of the sixth annual OPTIFAST® “[New You](#)” weight loss contest, whose combined weight loss totals approximately **300 pounds***, embody the life-changing power of a commitment to a healthy lifestyle.

The “New You” weight loss contest is designed to recognize OPTIFAST patients for their pursuit of and dedication to long-term weight management. This year’s “New You” weight loss contest winners are living proof that lifestyle changes – mindful eating and physical activity – can help achieve a better quality of life.

“Nearly four decades of clinical research from the Preventive Medicine Research Institute and University of California, San Francisco, proved the benefits of comprehensive diet and lifestyle changes,¹” said Maureen Monahan, General Manager, U.S. OPTIFAST business. “These changes include a well-balanced diet, social and community support and moderate exercise – all of which are key pillars of OPTIFAST’s mission to help individuals achieve long-term health and well-being.”

The 2015 OPTIFAST “New You” weight loss contest patient winners are:

- **Emily Clapsaddle from Lombard, IL:** Following the birth of her son, Ethan, in 2008, Emily suffered from post-partum depression. In 2012, she tragically delivered a stillborn baby named Elijah Joseph at 19 weeks. Her weight climbed. Moved by her responsibility as a mother to Ethan, Emily turned her life around with the OPTIFAST program in 2013 and has lost 59 pounds on the program*. An emergency department nurse and full-time mom, Emily has more energy than ever. In June, she completed her first women’s “Esprit de She” Triathlon in Naperville, Illinois – a 0.5 mile swim, 13.3 mile bike ride and 3.1 mile run – in 2 hours and 8 minutes. Ethan, now age 7, recently received a cub scout medal for the 100 miles he has walked with his mom over the last year.
- **Loran Hollander from San Francisco, CA:** A physical therapist for more than a decade, Loran is a strong believer in the link between physical and emotional well-being. Active for as long as she can remember, Loran played soccer and swam competitively in college. When she stepped on the scale in early 2014, she was hit hard with the reality that she had reached an all-time high of 240 pounds. Amidst coping with the loss of her father over the last two years, Loran had lost her true self. Determined to find an evidence-based program that would support long-term weight management and her active lifestyle, Loran chose the OPTIFAST program after careful research and discussion with her doctors. A hundred pounds lighter today*, she has regained her health and feels her own lifestyle is back in line with the information she shares with her patients. With her physical and mental health in harmony once again, Loran is training to hike Mt. Kilimanjaro in Tanzania.
- **Tawni Taylor from Atlanta, GA:** Less than a year ago, Tawni’s 5’3” frame carried 324 pounds. A walk up three stairs left her breathless. Now 144 pounds lighter*, Tawni exercises regularly. She won’t forget the monumental moment on September 26, 2014 when she chose to make a

¹ “The Secrets to a Healthy Life,” *Fortune*, Jun. 21, 2015.
<http://fortune.com/2015/06/21/the-secrets-to-a-healthy-life/>

lifelong commitment to herself and started the OPTIFAST program. As Tawni says, “It takes an OPTIFAST village.” She attributes the success of her ongoing journey – from a size 24/26 to a size 10 – to the endless compassion and support of her medical team and fellow patients who helped to build back the self-love and care. The OPTIFAST program gave Tawni’s life the structure she needed. At 180 pounds, Tawni is committed to continuous success and is working towards her goal weight of 150 pounds.

In honor of their achievements and dedication to living a healthier lifestyle, the 2015 “New You” weight loss contest winners will celebrate with an all-expense paid trip to New York City this summer. The weekend of rest, relaxation and rejuvenation will include a spa day, makeover and night out on the town with a loved one.

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

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 our partners in healthcare. Our 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, we bring 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 Vevey, Switzerland. For more information, please visit www.nestlehealthscience.us.

**The typical OPTIFAST patient loses over 50 pounds in 18-24 weeks. For many dieters, weight loss is temporary.*

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