

State of Idaho



CERTIFICATE OF AMENDMENT OF

BONDEREGGER DIET COUNSELORS, INC.

I PETE T. CENARRUSA, Secretary of State of the State of Idaho hereby, certify that
duplicate originals of Articles of Amendment to the Articles of Incorporation of _____

SONDEREGGER DIET CENTERS, INC.

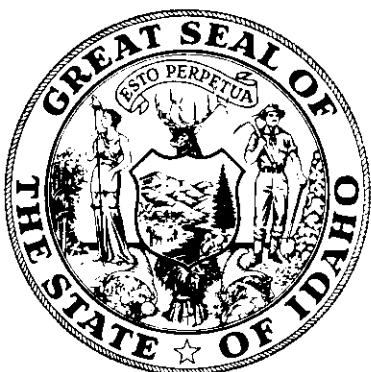
duly signed and verified pursuant to the provisions of the Idaho Business Corporation Act, have
been received in this office and are found to conform to law.

ACCORDINGLY and by virtue of the authority vested in me by law, I issue this Certificate of
Amendment to the Articles of Incorporation and attach hereto a duplicate original of the Articles
of Amendment.

Dated March 16th 1981

Pete T. Cenarrusa
SECRETARY OF STATE

Corporation Clerk



ARTICLES OF AMENDMENT

TO

ARTICLES OF INCORPORATION OF SONDEREGGER DIET CENTERS, INC.

Pursuant to the provisions of Sec. 30-1-161 of the Idaho Business Corporation Act, the undersigned, a corporation, adopts the following Articles of Amendment to its Articles of Incorporation:

FIRST: The name of the corporation is SONDEREGGER DIET CENTERS, INC.

SECOND: The following amendment to the Articles of Incorporation was adopted by the Directors and Shareholders of the corporation at a special meeting on October 29, 1980, in the manner prescribed by the Business Corporation Act:

Article I of the corporation was amended to change the name from Sonderegger Diet Centers, Inc. to SONDEREGGER DIET COUNSELORS, INC.

THIRD: The number of shares of the corporation outstanding at the time of the adoption was 27,674; and the number of shares entitled to vote on the amendment was 27,674, all of whom voted in favor of the same.

DATED Feb. 25, 1981.

SONDEREGGER DIET CENTERS, INC.

ATTEST:

by: Clayton Sonderegger
President

Carol Sonderegger
Secretary

STATE OF IDAHO)
County of Jefferson) ss

CLAYTON SONDEREGGER, being first duly sworn, deposes and states: That he is the President of Sonderegger Diet Centers, Inc.; that he has read the foregoing Articles of Amendment, knows the contents thereof, and verily believes the facts therein stated to be true to the best of his knowledge and belief.

Clayton Sonderegger
Clayton Sonderegger

Subscribed and sworn to before me this 25 day of February, 1981.

(seal)

Ronnie Deane
Notary Public for Idaho, Residing
at Reyburn, Idaho Commission #3-10-88