

Rules & Regulations for Live Light Live Right's "Six Weeks to Fitness" Challenge

Registration Period:

Online or via Phone no later than Friday, March 1, 2013

Contest Period:

Wednesday, March 6, 2014 to Wednesday, April 17, 2013

1. To enter: Register online or via phone on or before Friday, March 1, 2013. Registration forms are available to download online at <http://www.livelightobesity.org> and can also be picked up at our offices at Brookdale Hospital, Room 300 CHC. Classes will meet twice weekly for six weeks, and registrants will receive dvd copies of two nutrition documentaries, and a "Six Weeks to a Six Pack" book by Vincent Ferguson, NYC Fitness Czar and President of Body Sculpt of New York, Inc. *(All federal, state, local & municipal laws and regulations apply.)*
2. Eligibility:
 - a. The parent of the child in the Live Light Live Right Program is 18 years of age or older
 - b. The child in the Live Light Live Right Program is 12 years of age or older
 - c. Submission of Registration Form, including:
 - i. **"Before"** photograph of yourself in form fitting exercise gear (no sweat pants) to be taken by Live Light at the time of registration on-site.
 - ii. Starting weight and body fat, which will also be recorded at registration.
 - d. Live Light Live Right staff, board members, and the immediate family members of such employees **are not** eligible to enter to win. (Immediate family includes: spouses, parents, siblings, children, and grandchildren)
 - e. Mandatory attendance to at least ten classes.
3. To Win:
 - a. Eligible entries will be judged by Live Light Live Right Staff.
 - b. Winners will be judged by the amount of weight and body fat loss over the six-week period.
 - c. Final weight and body fat measurements will be recorded at the final class with 60% of the final score based on body fat lost and 40% based on weight lost during the contest period.
 - d. **"After"** photograph will be taken by Live Light at the final class.
4. Winners will be notified no later than two weeks after the end of the final class (Wednesday, May 1, 2013) at the e-mail address provided on the registration form.
**Sponsor's inability to reach the winner, the return of any prize notification as undeliverable, and/or the winner's failure to respond within 48 hours may result in the contestant's disqualification, the forfeiture of all interest in the prize, and the selection of a substitute winner from among all remaining contestants.*

5. Award:
 - a. Grand Prize: \$500.00 (Winner must agree to appear at a future Live Light Live Right events)
 - b. Second place: \$250.00
 - c. Third place: \$100.00

6. Maximum one (1) registration per person
7. All entries will become the exclusive property of the Sponsor and will not be acknowledged or returned. Sponsor shall have the right to edit, adapt, and publish any or all of the contest photos and use them in any media without attribution or compensation to the entrant or any other person or entity.
8. Winner may waive his or her right to receive prize, in which case, the sponsor reserves the right to reassign the prize. No substitutions are permitted by the winner. Winners are solely responsible for the payment of any taxes on the prize.
9. Winners will be required to complete an affidavit of eligibility, as well as a liability and publicity release (except where prohibited by law) which must be returned within seven (7) days of date of personal delivery or sender's postmark. Failure of a timely signature and return of the affidavit or release, or to comply with any terms or conditions of these Official Rules, may result in the winners' disqualification, the forfeiture of the prize, and the award of the prize to a substitute winner.
10. Except where prohibited, acceptance of a prize constitutes the winner's consent to the sponsor's publication of his or her name, biographical information, and likeness in any media for any commercial or promotional purpose, without limitation or further compensation
11. The Sponsor reserves the right to disqualify persons found tampering with or otherwise abusing any aspect of the contest. In the event of the fairness or proper administration of the contestant is compromised by a virus, tampering, or other cause beyond the reasonable control of the Sponsor, the Sponsor has the sole discretion to suspend, modify, or terminate the contest.

By participating, contestants agree to be bound by these Official rules and the decisions of the Sponsor and Judges, which shall be final in all respects.

*All "Six Weeks to Fitness Challenge" contestants should seek expert medical care and consult their own physicians for any specific health issues. (Read our full legal disclaimer.)

DISCLAIMER

Participants in the contest agree to indemnify and hold harmless Live Light Live Right and Body Sculpt of New York, Inc., its subsidiaries, sponsors and affiliates, partners, officers, directors and employees from all risk, loss, injury, damage, or harm that may arise from participating in the contest. Always consult with a physician or health-care provider before starting any new exercise, nutrition, or supplementation program; particularly those who suffer from any medical condition or regularly use prescription or over-the-counter medications. If an entrant is not experienced with dieting or strength training, or changing their exercise program, they are advised to consult with a qualified trainer or coach.