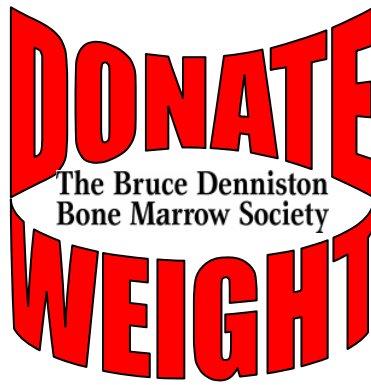


- 1. Make a pact with yourself or three friends, to become healthier and leaner in 2010.**
2. Set a goal and develop a plan of action.
- 3. Collect pledges in support of your resolve to adopt a healthier lifestyle.**
4. Begin the New Year by visiting **Avid Fitness** to be measured and register for Donate the Weight. Enter to win a draw-prize for gym membership or the services of a personal trainer.
- 5. Follow a healthy diet and exercise routine.**
6. Arrange to have your final measurements taken again no later than March 31st, the closing date of the campaign. Submit pledge receipts by no later than April 6th.
- 7. Prepare to enjoy exciting individual and group prizes for body fat lost and pledges collected.**

Continued...



Registration and initial measuring: Starts January 2nd.

Registration fees: **\$20 per person or \$60 for a team of 4.**

Contest Categories:

- 1. Most body fat lost by an individual (who may also be a member of a team)**
- 2. Most pledges obtained by an individual** (who may also be a member of a team)
- 3. Most body fat lost by a team**
- 4. Most pledges obtained by a team**

Final measuring: **Ends March 31st.**

Final submission of pledges: No later than April 6th.

Prizes to be Won:

For Each Winning Individual: \$500 cash to be spent locally

For Each Winning Team: Their choice of group experiences costing \$500 in total, such as the following.

Escorted dive for 4 from Alpha Dive

Home-cooked and served dinner for 8 by chef Xavier Bauby

Pristine Charters trip for 4 to Desolation Sound

Terra Centric Kayaking , or Zodiak Adventure, for 4

1/2 hour Helicopter Tour for 4 with Oceanview Helicopters

Draw prizes for people who pledge \$25 or more,
and for participants who collect \$150 or more in pledges.