

# Smart Bodies Smartest Loser Contest Rules & Regulations

1. The prizes will be awarded to the top male and top female who has the best percentage of change in a twelve-week period.
2. There is a \$50.00 entry fee that is non-refundable.
3. Participants will be judged on the best percentage of change (not the best body).
4. The application requires before and after photos and before and after fitness analysis along with a set of goals for the 12 week period.
5. Fitness analysis will consist of weight, body fat and body measurements. All fitness analysis will be conducted at Smart Bodies within one week of entering the contest and within one week of their scheduled ending date.
6. Only Smart Bodies will take before and after photos. Photos should be taken in basic fitness apparel.
7. Any contestant suspected of intentionally gaining water weight and purposely depleting themselves of all water for the after picture will be automatically disqualified.
8. The participant must workout with a Smart Bodies Trainer a minimum of eight sessions per month. If a participant does not fulfill the 6 sessions per month, they will be disqualified.
9. The participants who win the contest must allow Smart Bodies to use their story and their testimonials in future ads and promotions.
10. Current and former employees and immediate family members of Smart Bodies are not eligible. Also, anyone who has competed in a national and/or professional bodybuilding or fitness competition is not eligible.
11. No enhancement drugs will be permitted. If Smart Bodies suspect's drugs were used to win, the winner will be required to undergo a urine test.

**IF A PARTICIPANT DOES NOT ADHERE TO ANY OF THE ABOVE RULES, THEY WILL BE DISQUALIFIED IMMEDIATELY AND THEIR ENTRY FEE WILL NOT BE REFUNDED. NO EXCEPTIONS OR EXTENSIONS WILL BE GRANTED.**

I have read and understand the above rules and regulations associated with the contest. I agree to adhere to these rules as part of the Smart Bodies vacation giveaway contest. To the best of my knowledge, I believe the information contained in this application to be true.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_ E-mail Address \_\_\_\_\_

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