Healthy&Fit
healthyandfitmagazine.com

2009 Healthy Lifestyle Challenge Application

(Please print neatly or type)

Name: _____ Age: _____

Address: _____

Phone: _____ E-mail: _____

Best way to reach you: _____ Best time to reach you: _____

PERSONAL INFO **(Please use additional sheets of paper if necessary)**

Do you have any health issues that would prevent you from changing your diet or working with a personal trainer? If so, please tell us what they are:

Current weight: _____ Current height: _____ Current pant size: _____

Describe your diet:

Describe your activity level:

Why should we pick you to participate in this contest?

Have you ever tried a diet before? If so, what diet and what kind of success did you have?

Do you own a digital camera? YES NO Do you understand how to shoot high-resolution photos YES NO

PLEASE NOTE: To participate in this contest you must be available for interviews by phone or e-mail and you must meet all deadlines set forth by Healthy & Fit Magazine. You will also be required to attend all magazine sponsored photoshoots, take your own digital pictures for e-mail submission and wear clothing deemed appropriate by Healthy & Fit Magazine. If you are selected to participate in this contest, you will also sign a hold harmless agreement. If at any time you are unable to meet Healthy & Fit Magazine's requests, you may be dropped from the contest.

Please mail this application to **2009Healthy Lifestyle Challenge, Healthy & Fit Magazine, Box 26, Mason, MI 48854. All entries must include a color photo of the person who is entering the contest. Photo submitted for the contest will not be returned. Entries must be received by November 1. Participants for the 2009 Healthy Lifestyle Challenge will be announced in the January 2009 issue of Healthy & Fit Magazine.**