



truestarhealth

Community Health Challenge

2013

Cobourg, Ontario & Surrounding Area

Presented by



Welcome!

Congratulations for accepting the Truostar Health Challenge! This is your opportunity to make a commitment to yourself, your health and your life!

15 years ago we faced a similar challenge. We were out of shape, sidelined by injuries and mentally defeated. A local nutrition shop sponsored a 90 day health challenge. 90 days that transformed our health, our spirits and our lives. It altered the course of our future.

Now we live everyday hoping to inspire others to accept the challenge and make their health a priority. This community health challenge is the fruition of a dream that was born during our first 90 day challenge. We hope it as positively life-transforming for you as it was for us!

Just a couple of tips:

- Reach out to your community, friends and family. Create a solid support system.
- Enlist the assistance of the wealth of incredible fitness and health professionals in Cobourg and the surrounding area. You don't have to do this alone!

You have the strength within you to live the life you want. You deserve it!

Welcome and best wishes!

Dave & Julie Avery



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Starting Stats	
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Start Date of Challenge	
Starting Weight (Mandatory)	
Height	
Other Vital Info (Blood Pressure, etc.)	

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Finishing Stats	
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End Date of Challenge	
Finishing Weight (Mandatory)	
Other Vital Info (Blood Pressure, etc.)	

- Signature below indicates that you have read, reviewed and understand the rules and guidelines of the challenge and consent, and comply.

Signature: _____ **Date:** _____

Before & After Pictures

“Before” Picture ____/____/_____

“After” Picture ____/____/_____

Affix Front Facing
“Before” Photo
Here

Affix Front Facing
“After” Photo
Here

Before & After Pictures

“Before” Picture ___/___/_____

“After” Picture ___/___/_____

Affix Back
Facing “Before”
Photo

Affix Back
Facing “After”
Photo

What made you decide to take the Truostar Health Challenge?

What goals did you set for yourself?

Did you accomplish your goals?

OFFICIAL RULES AND REGULATIONS

The **Truestar Health Community Challenge 2013 (“Challenge”)** is a self-improvement Challenge combining a body transformation, written questions, and an essay. The Challenge will be conducted in the Cobourg, Ontario (and surrounding area) and will be open only to residents within that geographic area, and is hosted by Avery’s Body By Design. ONE Champion will be chosen from those all entrants who have successfully completed a 30, 60 or 90 day health challenge.

Timelines and Deadlines

****To officially enter the Challenge you must first register online by visiting www.CobourglBodyProud.com and complete the required information to become officially entered. **If you have already previously created an account on ANY Truestar site, other than Team Avery, you will need to create a new account to qualify for the challenge.**

Upon completing the 90, 60 or 30 day Challenge, Challenge participants must send completed entry paperwork by April 11, 2013 midnight, which must be completed in English. A completed Official Entry Kit is required to be eligible to win a prize package. All Official Entry Kits must be postmarked or couriered on or before April 11, 2013 midnight, and within 15 days of the completion date of their 90, 60 or 30 day program. Incomplete and illegible entries will be disqualified. All essays and “before” and “after” photos must be your own original and unpublished story. We cannot be held responsible for mail delays, misplaced or lost entries.

Participants may enter the Challenge only once, per calendar year. Participants that attempt to enter the challenge more than once per calendar year will be disqualified.

Champion will be announced on April 27, 2013 at the INBA Natural Championships, Cobourg Ontario, 1:00-800pm. Tickets will be available online 30 days prior to the show at www.teamavery.ca.

How You Will Be Judged

The Challenge judges will select ONE Champion. Judging panel will be compiled of Cobourg Fitness professionals. The Champion will be chosen based upon the following criteria: outer transformation (“before” and “after” pictures)—50% of total score, and written (essay and questions)—50% of total score. The likelihood of winning depends upon the number of entries received, and the quality of your entry compared to the quality of all other entry submissions as determined by the judges. In the event of a tie, a Champion will be selected based solely on the written essay and questions.

Who's Eligible?

Challenge participants must be at least 18 years of age and residents of the Cobourg and the surrounding area before starting their 90, 60 or 30 day Challenge.

Participants may not use anabolic steroids or any strength-enhancing prescription drugs or medications unless prescribed by a physician to treat an existing medical condition (medication and medical condition must be noted in the written portion of your packet). A medical note from the prescribing physician may be required. All prize winners will be required to sign an affidavit of eligibility, and may be drug and/or polygraph tested. If any winner is under the age of 21, Avery’s Body By Design reserves the right to require the signature of a parent or legal guardian on any documents.

Regulations and Requirements

Your challenge hosts reserve the right to interpret these rules and, if necessary, to amend the rules at its sole discretion and without notice to individual Challenge participants. Any amendments to the rules or changes in prizes will be published online at www.teamavery.ca. Rule interpretations and all judging decisions are final. All information and materials submitted along with your Official Entry Kit become the sole and exclusive property of Avery’s Body By Design. Challenge participant scores are proprietary to Avery’s Body By Design and will not be disclosed. Avery’s Body By Design shall have the sole right in its sole discretion to disqualify any Challenge participant without explanation for any reason at any stage of the Challenge, and Avery’s Body By Design shall be fully and completely released and discharged from any liability or responsibility in this regard.

Each Challenge participant assumes all risk of injury, harm or loss of any kind arising from participation in the Challenge. Consult with your physician or health care provider before starting any new exercise, nutrition or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. If

you are not experienced with strength training, or if you are changing your exercise program, consult with a qualified trainer or coach. Challenge participants expressly release Avery's Body's By Design, its owners, and all representatives from all and any risk, loss, injury, damage or harm that may arise from participating in the Challenge.

Challenge participants must notify Avery's Body By Design in writing of any change of address or phone number. Any Champion who cannot be reached within ten (10) days at the address or phone number in their completed Official Entry Kit will be disqualified.

Submission of your completed Official Entry Kit in the Challenge constitutes your express consent and permission for Avery's Body By Design and Truestar Health, and any of its affiliated companies, to use your name, photographs and written responses (in whole or in part) for promotional and advertising purposes to promote products, its business, and Health worldwide, in any media and in any manner whatsoever, without limitation or restriction or further consideration of any kind, and such consent is deemed given by your entry and participation in the Challenge. Submission of your completed Official Entry Kits shall be deemed your acceptance of these Rules and Regulations (as may be amended) and your voluntary transfer to Avery's Body By Design of all right, title, and interest, including copyright, of your photographs and written responses.

Prizes and Approximate Retail Values

Prizes will be announced within 30 days of being awarded on www.teamavery.ca. This is in addition to the \$250.00 cash prize.

Prize values state approximately the recommended retail value as provided by the supplier(s) and are correct at time of printing. All prize values (or where relevant, possible maximum value), are in CAD dollars. Avery's Body By Design takes no responsibility for any variation in prize values.

Champion is responsible for all applicable taxes; prizes are not transferable; and there will be no substitutions for the prizes except at the option of Avery's Body By Design in the event of unavailability. All winners must sign a declaration and release form confirming compliance with the contest rules, acceptance of the prize as awarded and releasing Avery's Body By Design, Dave & Julie Avery (jointly and separately), and its affiliates, its advertising and promotion agencies, the contest judges and their respective officers, directors, agents, representatives, successors and assigns from any liability in connection with Challenge, the entrant's participation therein and/or the awarding and use of the prize or any portion thereof. Champions will become an exclusive endorser for Truestar products and related products and services.

Arbitration and Choice of Law

Except where prohibited by law, as a condition of participating in the Challenge, participant agrees that: (1) any and all disputes and causes of action arising out of or connected with the Challenge, or any prizes awarded in connection therewith, shall be resolved individually, without resort to any form of class action, and exclusively by a sole arbitrator in a binding, non-reviewable and non-appealable proceeding (2) any such proceeding shall be held in Cobourg Ontario and (3) judgment upon such arbitration award may be entered in any court having jurisdiction. Under no circumstances will participant be permitted to obtain awards for, and participant hereby waives all rights to claim, punitive, incidental or consequential damages, or any other damages, including attorneys' fees, other than participant's actual out-of-pocket expenses (i.e., costs associated with entering this contest), and participant further waives all rights to have damages multiplied or increased. All issues and questions concerning the construction, validity, interpretation and enforceability of these Official Rules, or the rights and obligations of participants and Avery's Body By Design in connection with the Challenge, shall be governed by, and construed in accordance with, the laws of the Ontario, Canada.

Avery's Body By Design does not necessarily adopt or endorse, and does not accept any liability for, any statements or claims that are made by any retailer or partner or associate, or website content that is posted on retailer or partner or associate sites. Failure by Avery's Body By Design to enforce any of its rights at any stage does not constitute a waiver of those rights.

Consult with your physician or health care provider before starting any new exercise, nutrition or supplementation program.

Signature below indicated I have read and understood these rules:

Signature _____ Date _____

