



## **New Straits Times Body Makeover Challenge in collaboration with Fitness First**

### **Terms and Conditions**

1. The contest is open to all New Straits Times readers age 20 - 40 years old, except employees of The New Straits Times Press (Malaysia) Berhad, its group of companies and their immediate family members.
2. NSTP shall reserve the right to end or extend the contest period at any time without prior notice.
3. The New Straits Times Body Make-over Challenge in-collaboration Fitness First consists of thirteen (13) weeks, three (3) session a week and two (2) hours each session beginning November 1, 2010 until January 31, 2011.
4. Interested candidates are required to fax or email the entry form and a full body picture to the given fax no. or email address.
5. Shortlisted candidates are required to bring along the original entry form to attend an audition at selected Fitness First outlet.
6. All selected participants are committed to attend three (3) training session a week for thirteen (13) weeks. Failure to that, New Straits Times remains the right to disqualify the participant.
7. Successful candidates are required to:
  - I. Complete a "PAR-Q & YOU" form and clear the "Physician Approval Form" with his/her physician if deemed necessary.
  - II. Sign a "Informed Consent ad Waiver of Liability" Agreement.
  - III. Sign a "Waiver of Liability, Indemnity Agreement, and Assumption of Risk" form.(All the above will be provided on audition day)
8. Winners will be selected based on the total body weight loss..
9. NST reserves the right to disqualify participants that are illegible, incomplete, damaged or for any reason whatsoever as NSTP may in its absolute discretion, deem fit to be disqualified.
10. NST reserves the right to place selected participants at whichever location it deems fit.

11. NSTP reserves the right to publish and display the names of the participants, their photographs and audio and/or visual recording for advertising and publicity purposes without compensation and prior notification to participants.
12. NSTP shall reserve the right at its absolute discretion to substitute any of the prizes with that of similar value at any time without prior notice. All prizes are non-transferable, and not exchangeable for cash.
13. By participating in this contest, participants agree to be bound by these Contest Terms and Conditions and the decision of the panel of judges. The decision of judges is final and conclusive. No correspondence, queries, appeals, protests or objections for any reason whatsoever will be entertained.
14. For further enquiries, please call the NST Brand Management Unit at 03-2056 7107 (Mon-Fri, 10am – 5pm).