

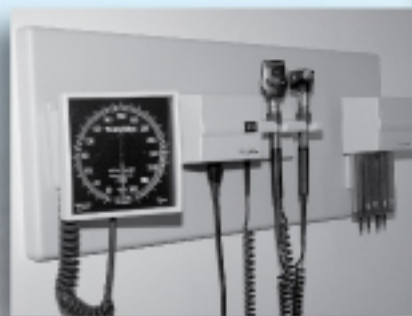
WIN A TRIP TO NEW YORK WITH US\$500 SPENDING MONEY IN THE



SANDY CREST
Medical Centre

'Stay Active. Live Healthy'

COMPETITION



- **First Prize Package includes 1 trip for two to New York plus US \$500.00 spending money.**
- **Fabulous consolation prizes including stayouts, blackberries, hampers, health checks and more to be won.**
- **Competitors must be present at Sandy Crest Medical Centre by 12:30 pm on Sept 24th, 2011 to check in for the competition.**

COMPETITION SEGMENTS:

- 1) **Health Check - (participation segment only)**
- 2) **Stay Active - Aerobics Segment**
- 3) **Knowledge Is Power - Game Show ***

* To prepare for the **'Knowledge Is Power'** segment competitors should pay close attention to the Health tips posted every **Monday, Wednesday, Friday from August 29th to September 23rd, 2011**. The tips will be posted on our website www.sandycrest.net, www.barbadostoday.bb, and in the **Nation Newspaper**.

Competition Details:

1. Entry forms and competition details can be collected from Sandy Crest Medical Centre, Surf Side Wellness Centres, National Sports Council or downloaded from our website www.sandycrest.net.
2. Entries must be submitted to Sandy Crest Medical Centre **ONLY** by **Sunday, 17th September, 2011**.
3. Fifty names will be drawn on the **Saturday, 24th September, 2011** to vie for the Grand Prize.



Sunset Crest, St. James, Barbados
 Telephone: 419-4911, Fax: 432-8859

Sandy Crest Medical Centre 'Stay Active live Healthy' Competition 2011 Entry Form

Name: _____

Address: _____

Telephone: _____ Home _____ Mobile _____

Age Group: 18-29 30-39 40-49

 50-59 60&over

Gender: Male Female

Profession: _____

Do you have any chronic illnesses which would prohibit you from participating in physical activity (cardiac illness, respiratory illness, orthopedic or other Conditions)?

Yes No

If yes please Specify. _____

What time does Sandy Crest close? 5:30 p.m. 9:00 p.m. open 24 hours

Note

Registration ends September 17th 2011.
 Entrants must be 18 years or over.
 Competition rules & details will be available at Sandy Crest Medical Centre, Surfside Wellness Centre and the National Sports Council.
 Completed entry forms must be submitted to Sandy Crest Medical Centre **only**.

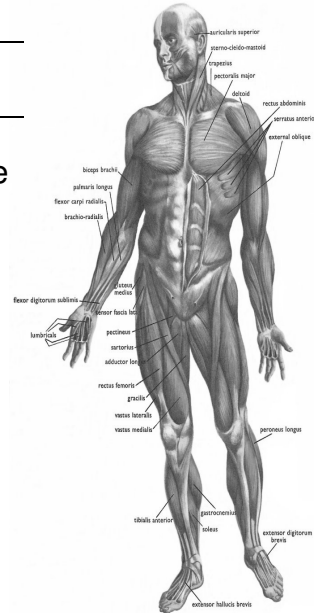
Waiver

I hereby acknowledge that some aerobic activity may result in injury. I accept this risk on my own accord and will absolve Sandy Crest Medical Centre, its administrative staff or Shareholders, or any organiser of this competition from any liability resulting from injury or illness during or consequent to this competition.

.....
 Signature

.....
 Print Name

.....
 Date

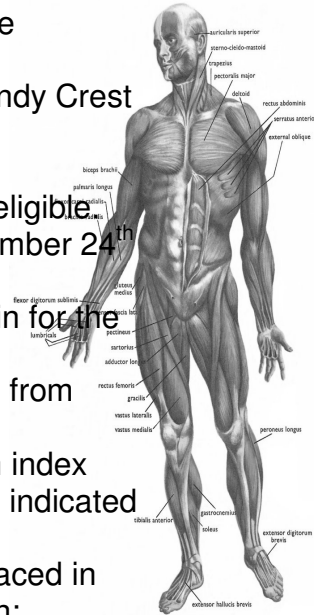


Sandy Crest Medical Centre 'Stay Active Live Healthy' Competition

2011 Competition Rules

The competition will be held on September 24th 2011 during the health fair. The competition rules are as follows;

1. Entrants must complete the entry form in its entirety and submit it to Sandy Crest Medical Centre by 11:59pm on Sunday September 17th 2011.
2. Entrants must be 18 years and over.
3. Medically or paramedically trained persons or professionals will not be eligible.
4. Fifty (50) names will be drawn and posted at the fair on Saturday September 24th 2011.
5. Competitors must be present by 12:30 pm on September 24th to check in for the competition.
6. There are 4 components to the competition judged by a panel of judges from different walks of life;
 - a. **Health Check**; the fifty selected registrants will each be given an index card which must be signed as proof of participation at the booths indicated on the card.
 - b. **Stay Active**; during the aerobics segment, participants will be placed in five categories based on **age** and **gender**. They will be judged on;
 - i. Form and technique
 - ii. Stamina and endurance
 - iii. Energy and Enthusiasm
 2 semi-finalists from each category will be selected to move on to the next stage.
 - c. **Knowledge is Power CPR demonstration**; a 20 minute demonstration and teaching session will be done on cardiopulmonary resuscitation. The 10 semifinalists will then demonstrate CPR techniques and the 5 best will go on to the finals.
 - d. **Knowledge is Power Finals**; the winner and runners up will be judged by a game show where the finalist are required to answer questions based on Health tips posted every Mon, Wed, Fri from Aug 29th –Sept 23rd 2011. The tips will be posted on our website www.sandycrest.net, www.barbaodstoday.bb, and in the Nation Newspaper.



The grand prize includes a trip for 2 to New York with USD\$500 spending money. Other prizes include local staycations, blackberry mobile phones, Health checks, hampers and more.