

I did it with...fitness

Be featured in FITNESS magazine!

If you've lost weight in a healthy way and kept it off for at least 12 months, we want to hear from you. Please send full-body before-and-after photos and fill in the following information (if you want to add any details, we've provided space below).

Hi, my name is _____ and I lost _____
YOUR NAME AND YOUR AGE AMOUNT OF WEIGHT YOU LOST
and have kept it off for _____ years. At my heaviest, I weighed _____, and I decided to
LENGTH OF TIME YOUR HIGHEST WEIGHT
get healthy after _____
NEGATIVE OR POSITIVE INCIDENT OR TURNING POINT

My old eating habits included _____
TWO DIETARY PITFALLS

My get-healthy strategy included _____
TYPE OF EXERCISE AND DIET PLAN

Since losing weight I feel _____
FAVORITE BENEFIT OF WEIGHT LOSS

PLEASE INCLUDE:

- Contact Information _____
- Current weight _____ • Typical day's diet: Breakfast _____
- Height _____ Lunch _____
- Snacks _____
- Dinner _____
- Comments _____

SUBMIT THIS FORM...

- **by email:** Type your responses in the fields provided and save the form to your hard drive. Then send an e-mail to fitnessmail@meredith.com with this PDF, plus a "before" and "after" photo, as attachments. Please include "I Did It" in the subject line.
- **by snail mail:** Print this form, fill it out, and mail it, along with a "before" and "after" photo, to: "I Did It!" Fitness Magazine, 375 Lexington Ave., 9th floor, New York, NY 10017

CONSENT AND RELEASE

I, , consent to the publication by the Meredith Corporation of the story of my make-over (the "Story") to be published in Fitness Magazine, subject to the following terms:

1. For good and valuable consideration, receipt of which is hereby acknowledged, I hereby grant the Meredith Corporation, its parents, subsidiaries, affiliates, agents and licensees, and Fitness Magazine (collectively, "Meredith") the right to use, and to permit others to use, the Story and my name, photographs and likeness, including any photographs of me taken by Meredith or its authorized representative in connection with the Story, for editorial purposes in an article to be published in Fitness Magazine (the "Article") in any media now known or hereafter developed, throughout the World, and for advertising and promoting the Article and Fitness Magazine in all such media, throughout the World.
2. The facts stated by me in the Story are true. I have not discussed these facts with, or given any interview to, any other magazine, and will not do so or appear on radio, television or speak in public about the Story, until after the issue of Fitness Magazine that contains the Article appears on the newsstands. Members of my family also understand that they should not speak in public or allow themselves to be interviewed on the subject of the Story during that time.
3. I understand that Fitness Magazine is under no obligation to publish my Story. I also understand that Meredith shall own all rights in connection with the Article including, without limitation, all copyrights to the Article.
4. I will not make any claims against Meredith arising out of the publication of the Story, including, but not limited to, claims for defamation, invasion of privacy, emotional distress and copyright infringement. I agree that Meredith shall own all rights in connection with the Article and any photographs of me taken by Meredith or its authorized representative in connection with the Story. My heirs, executors, administrators and assigns shall be bound by this consent and release, which is irrevocable.

I am over the age of 18. I have read this Consent and Release before signing it, and I am fully familiar with its contents.

Signature	<input type="text"/>	Address	<input type="text"/>
Print name	<input type="text"/>		<input type="text"/>
Telephone	<input type="text"/> <input type="text"/>	Date	<input type="text"/>
Social Security #	<input type="text"/>		

IF SUBJECT IS NOT OF LEGAL AGE: I represent that I am the parent/guardian of the above-named person. I hereby consent to the foregoing on his/her behalf and waive all rights we may have in the premises.

Signature	<input type="text"/>	Relationship	<input type="text"/>
Print name	<input type="text"/>	Date	<input type="text"/>
Telephone	<input type="text"/> <input type="text"/>		
Social Security #	<input type="text"/>		