

★ Scottish Slimmers Slimmer of the year 2009

in partnership with



sponsored by



Sponsors of the
Healthier Family and
Male Slimmer categories



HOTEL
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your details...

Name _____ Age _____

Address _____

Postcode _____

Telephone numbers

Daytime _____

Evening _____

Mobile _____

E-mail address _____

Occupation _____

Class Manager/Personal Coach _____

Heaviest Weight _____ Weight Now _____

Target Weight _____

Height _____ Total Lost _____

Time taken to lose weight _____

Clothes size before weight loss _____

Clothes size after weight loss _____

send your entry to

Scottish Slimmers Slimmer of the Year,
47 St Mary's Court, Huntly Street, Aberdeen, AB10 1TH.

how to enter

- Complete the entry form opposite
- Write your story on the back of this form, including details of what made you decide to lose weight; what you liked about the Eating Plan you followed; what losing weight means to you and how it has improved your life
- Find two photos of yourself at your heaviest and two recent photos of the new, slim you. Label the photos with your name and address
- Send this form, your story and photos to Scottish Slimmers Slimmer of the Year, 47 St Mary's Court, Huntly Street, Aberdeen, AB10 1TH

WHO CAN ENTER

If you want to take part you must:

- Be over 18 years old
- Have followed a sensible, low fat or calorie counted diet – no pills, patches or potions!
- Have reached target or lost weight in the last 12 months
- Agree to inspire others by appearing in Scottish Slimmers' Boost! magazine and the Sunday Mail, as well as other local and national publicity resulting from the event

CLOSING DATE

Entries must reach us by 24th July 2009

RULES

- Successful entrants will be contacted direct after the closing date
- Entrants must be over 18 years old and have followed a sensible eating plan eg Scottish Slimmers' Positive Eating Plan
- Entrants agree to inspire others by appearing in Scottish Slimmers' Boost! magazine, the Sunday Mail and other media
- The decision of the judges is final and legally binding in all matters relating to the Slimmer of the Year event. No correspondence will be entered into
- Photographs are submitted at your own risk and we cannot guarantee to return them
- Entrants should not contact Scottish Slimmers for results

