



PROVE IT! PHOTO CONTEST

Prize: 500 POINTS

Submission Period: February 1 - February 6

What to Submit:

Choose to submit proof in 1 of the following 3 categories

Submit 2 photos—before and after—in 1 of the following 3 categories:

1. LAB TESTS

Showing improvement in cholesterol, blood sugar and hormone levels, organ function, immunity, etc.

2. PHYSICAL APPEARANCE

Showing improvement in body shape, proportions, posture, alignment, etc.

3. X-RAY

Showing improvement in problem or condition.

All photos submitted must be high resolution, clear and taken with consistency (e.g., angle, lighting, distance, equipment, clothing) to be comparable. Participants are responsible for the cost of all lab tests and x-rays.

Limitations:

- *The Submission must be a digital photo;*
- *The Submission must be entrant's original creation and owned one hundred percent (100%) by the entrant;*
- *Do not photoshop or alter the original photos digitally. (You can alter the contrast/brightness but not warp/cut the photos).*
- *Points will be given to the proof with the most fan votes & chosen by Irmansyah Effendi. (There will be 1 winner for the one with the most votes and several winners chosen by Irmansyah Effendi).*
- *Points will be averaged out among team members.*



HOW TO COLLAGE YOUR PHOTOS

GO TO THIS WEBSITE:

[HTTP://WEB.PHOTOCAT.COM/PUZZLE/](http://web.photocat.com/puzzle/)

1. Upload 1 **BEFORE photo** and upload 1 **AFTER photo**.
2. Make sure your BEFORE photo is placed on the left hand side.
3. You can drag these photos to move them.
4. You can zoom in, flip and rotate to make sure both photos are comparable
5. Once you are done, click the **SAVE** button on the top right hand corner.
6. Submit the photo on our Secrets of Natural Walking Facebook Page

EXAMPLE:





PROVE IT! PHOTO CONTEST

Hadiah: 500 POINTS

Periode Submisi: February 1 - February 6

Submisi:

Pilih untuk menyerahkan salah satu bukti dari 3 kategori yang tersedia:

Upload 2 Foto –Sebelum dan Setelah–dalam 1 dari 3 kategori berikut:

1. HASIL TES DARI LABORATORIUM

Yang menunjukkan hasil perbaikan dari Kolesterol, Gula Darah dan Level Hormon, Fungsi Organ, kekebalan tubuh, dll.

2. PENAMPILAN FISIK

Menunjukkan perbaikan bentuk tubuh, proporsi, postur, alignment, dll.

3. X-RAY

Yang menunjukkan perbaikan dari masalah / kondisi kesehatan anda.

Catatan Penting: Semua foto yang diserahkan harus dalam resolusi tinggi, jelas, dan dimabil dengan konsistensi (mis: Sudut, cahaya, jarak, alat, pakaian) agar dapat dibandingkan. Semua peserta bertanggung jawab dalam semua biaya hasil tes lab dan X-rays yang dilakukan.

Limitations:

- Fotonya harus digital;
- Submission harus ciptaan asli peserta dan dimiliki seratus persen (100 %) oleh peserta tersebut;
- Foto tidak boleh di photoshop / modifikasi secara digital. (Contrast/brightness boleh di rubah tetapi jangan warp/dipotong fotonya).
- Poin akan diberikan berdasarkan jumlah Like terbanyak & Oleh Irmansyah Effendi (Akan ada 1 pemenang yang mendapatkan votes terbanyak dan akan ada beberapa pemenang lain yang dipilih oleh Irmansyah Effendi).
- Jumlah poin akan dibagi rata kepada seluruh anggota tim.



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EXAMPLE:





DAY CHALLENGE



Prove It!

Important: Please read these rules before entering this Prove it! Contest.

By participating in this Contest, you agree to be bound by these Official Rules and represent that you satisfy all of the eligibility requirements below.

Disclaimer.

Secrets of Natural Walking® will not be responsible for: (a) any late, lost, misrouted, garbled or distorted or damaged transmissions or entries; (b) telephone, electronic, hardware, software, network, Internet, or other computer- or communications-related malfunctions or failures; (c) any Contest disruptions, injuries, losses or damages caused by events beyond the control of Secrets of Natural Walking® or by non-authorized human intervention; or (d) any printing or typographical errors in any materials associated with the Contest.

Contest Period.

The Contest starts on January 17 to February 1, 2016. All entries must be received during the Contest Period to be eligible to win a prize.

How to Enter.

During the Contest Period (1) visit the Secrets of Natural Walking® Facebook page at <https://www.facebook.com/naturalwalking/>; and (2) follow the instructions on how to submit your entry. Secrets of Natural Walking® may display all Submissions on the Secrets of Natural Walking® Facebook page. By uploading your Submission, you agree that your Submission conforms to the Submission Guidelines and Content Restrictions listed below and that Secrets of Natural Walking®, in its sole discretion, may remove your Submission and disqualify you from the Contest if it believes, in its sole discretion, that your Submission fails to conform to the Guidelines and Restrictions. By uploading your Submission, in addition to rights granted below, you: (a) grant to Secrets of Natural Walking® all rights necessary to display your Submission on Secrets of Natural Walking®'s Web site and Secrets of Natural Walking®'s Facebook page; (b) hereby waive any so-called moral (e.g., creative rights) in your Submission; (c) represent and warrant that you have the right to grant the rights granted in these Official Rules; and (d) represent and warrant that your Submission and its use as contemplated in these Official Rules does not and will not violate, misappropriate, or infringe upon any law or regulation or the rights of any third party, including any copyright, trademark, or any rights of publicity or privacy, or any other intellectual property or proprietary rights.

Submission Guidelines:

The Submission must be a digital photo;

The Submission must be entrant's original creation and owned one hundred percent (100%) by the entrant;

The Submission cannot have been submitted previously in a promotion of any kind or exhibited or displayed publicly through any means.

The Submission must demonstrate a photo of themselves in his/her favourite place doing his/her favourite Secrets of Natural Walking key; and the Submission may not be photoshopped or altered digitally besides altering the contrast/brightness, submissions may not be warped/cut. Points will be given according to number of fan votes. (Only the top 3 will be rewarded points. Points will be averaged out among team members.

Content Restrictions:

The Submission must not contain material that violates, misappropriates, or infringes upon any law or regulation or the rights of any third party, including any copyright, trademark, or any rights of publicity or privacy, or any other intellectual property or proprietary rights;

The Submission must not disparage any person or entity;

The Submission must not contain material that is inappropriate, indecent, obscene hateful, tortious, and/or defamatory;

The Submission must not contain material that promotes bigotry, racism, hatred or harm against any group or individual or promotes discrimination based on race, gender, religion, nationality, disability, sexual orientation or age; and

The Submission must not contain material that is unlawful, in violation of or contrary to the laws or regulations in any jurisdiction where Submission is created.

For All Submissions:

You may submit no more than a total of one Submission during the Contest Period. Submissions received from any person or email address in excess of the stated limit, whether through multiple or different Facebook accounts or other applicable accounts or means, will be void. Entrant must have signed permission from all individuals (parents/legal guardian of children, if featured and if not your own) that appear in the Submission to use their name and image in the Submission and to grant the rights set forth herein. If requested by Secrets of Natural Walking®, entrant must be able to provide such permissions in a form acceptable to Secrets of Natural Walking®. By uploading a Submission, entrant grants to Secrets of Natural Walking® (and Secrets of Natural Walking®'s licensees and assigns) a royalty-free, irrevocable, perpetual, non-exclusive license to use, reproduce, modify, publish, create derivative works from, and display



DAY CHALLENGE



Prove It!

such Submissions in whole or in part, and otherwise exploit the Submission in all media now known or hereafter devised, throughout the universe, in any way Secrets of Natural Walking® sees fit including, but not limited to, entertainment, instruction/education, promotional, advertising and/or marketing purposes. In connection with all rights granted herein, Secrets of Natural Walking® (and Secrets of Natural Walking®'s licensees and assigns) shall also have the irrevocable right to incorporate Submissions, in whole or in part, into other works, in any form, media or technology now known or hereafter developed. If necessary, entrant will sign any necessary documentation that may be required for Secrets of Natural Walking® or its designees to make use of the non-exclusive rights entrant is granting to use the Submission. Proof of submission will not be deemed proof of receipt by Secrets of Natural Walking®.

Selection and Notification of Winner.

A panel of judges, determined by Secrets of Natural Walking® in its sole discretion, will select three (3) Submissions as the prize winner. Selection of the winning Submission by Secrets of Natural Walking® will be based on the following criteria: (a) number of fan votes (b) how creative it is; (c) the extent to which it is inspirational; (d) how well it fits the Contest Themes; and (e) the quality of the Submission.

Prize.

The prize is a 50 points that goes towards the 21 Day Challenge. Three (3) Prize winner will be selected.

No Facebook Endorsement.

This Contest is in no way sponsored, endorsed or administered by, or associated with Facebook, Inc. Any information you provide in connection with the Contest is to Secrets of Natural Walking® and/or its sponsors/administrators and not to Facebook. You understand that by using and interacting with www.facebook.com, you are subject to the terms, conditions, and policies that govern the use of www.facebook.com. You should therefore review the applicable terms and policies for www.facebook.com, including privacy and data gathering practices, before using or interacting with Facebook.

General Release.

By entering the Contest, you release Secrets of Natural Walking® and all Released Parties from any liability whatsoever, and waive any and all causes of action, for any claims, costs, injuries, losses, or damages of any kind arising out of or in connection with the Contest or delivery, mis-delivery, acceptance, possession, or use of or inability to use any Prize (including, without limitation, claims, costs, injuries, losses and damages related to personal injuries, death, damage to or destruction of property, rights of publicity or privacy, defamation or portrayal in a false light, whether intentional or unintentional), whether under a theory of contract, tort (including negligence), warranty or other theory.

Use of Winner's Name, Likeness, etc. Except where prohibited by law, entry into the Contest constitutes permission to use winner's name, Facebook name, likeness, persona, hometown, and/or Prize information in all media now known or later devised throughout the universe in perpetuity for all purposes Secrets of Natural Walking® deems appropriate - including, without limitation, for promotional and publicity purposes - without further permission or compensation. As a condition of being awarded any Prize, except where prohibited by law, winner may (in Secrets of Natural Walking®'s sole discretion) be required to execute a written consent, confirming Secrets of Natural Walking®'s right to use such winner's name, Facebook name, likeness, persona, hometown, and/or Prize information without further permission or compensation.

Affidavit and Release.

As a condition of being awarded any Prize, winner may (in Secrets of Natural Walking®'s sole discretion) be required to execute and deliver to Secrets of Natural Walking® a signed affidavit of eligibility, acceptance of these Official Rules, release of liability, and any other legal, regulatory, or tax-related documents required by Secrets of Natural Walking® in its sole discretion.

The Contest and all accompanying materials are copyright 2016 by Secrets of Natural Walking®. All rights are reserved.

Miscellaneous.

Secrets of Natural Walking® reserves the right to change these Official Rules at any time, in its sole discretion, and to suspend or cancel the Contest or any entrant's participation in the Contest should viruses, bugs, unauthorized human intervention, or other causes beyond Secrets of Natural Walking®'s control affect the administration, security or proper play of the Contest, or Secrets of Natural Walking® otherwise becomes (as determined in its sole discretion) incapable of running the Contest as planned, in which event all Prizes will be awarded via the judging process outlined in these Official Rules, from among all eligible entries received prior to cancellation. Notwithstanding the foregoing, Secrets of Natural Walking® reserves the right to amend, modify, or cancel the Contest at any time without notice. Entrants who violate these Official Rules; violate any law, rule, or regulation in connection with participation in the Contest; tamper with the operation of the Contest or engage in any conduct that is detrimental or unfair to Secrets of Natural Walking®, the Contest, or any other entrant (in each case as determined in Secrets of Natural Walking®'s sole discretion) are subject to disqualification from entry into the Contest. Secrets of Natural Walking® reserves the right to lock out persons whose eligibility is in question or who have been disqualified or are otherwise ineligible to enter the Contest. Any provision of these Official Rules deemed unenforceable will be enforced to the extent permissible, and the remainder of these Official Rules will remain in effect. If you have any questions about these Official Rules or the Contest, please email them to info@natural-walking.com.

Contest Sponsor: Natural Way of Living, Secrets of Natural Walking®