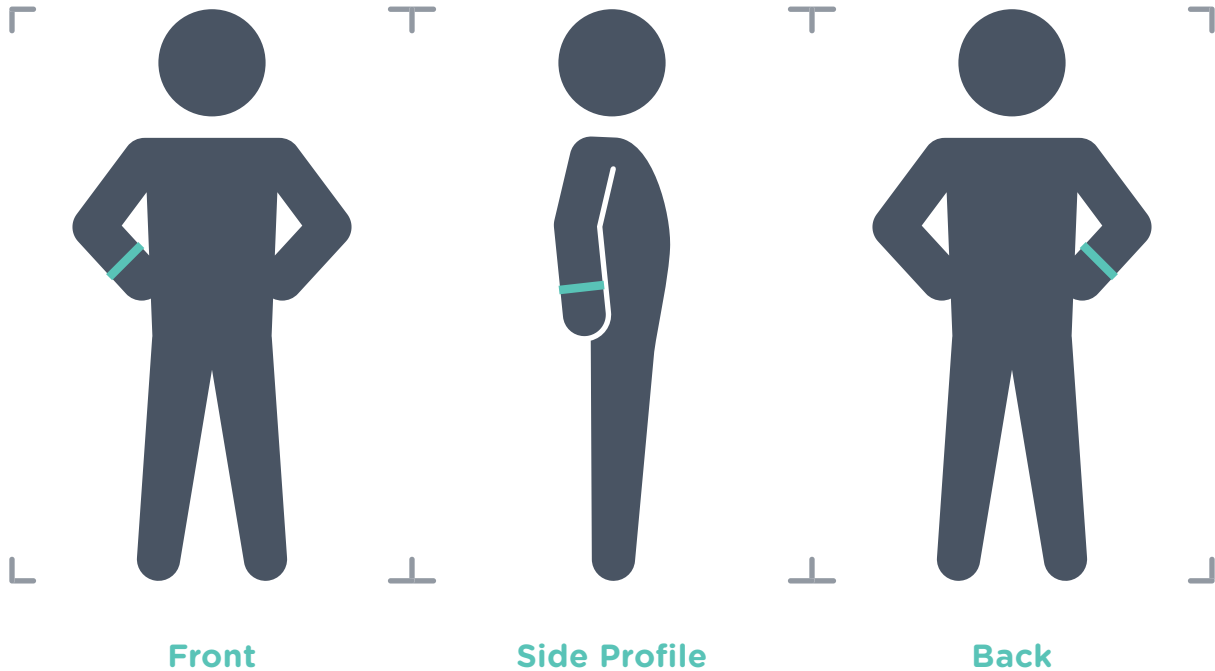




How to take Win-Worthy Before and After Photos

Photo Submission: To enter and receive full points for your photographs, you must submit three (3) “before” and three (3) “after” photographs, along with your 800-word or less essay through the lifetimefitness.com/mystory website between May 1 and May 11, 2015. Please use the following as a guideline:



Front

Side Profile

Back

For best results, though not required, the photographs should be 3/4 body or full body to show full weight loss and body transformation. The front view should clearly show the 90-Day Challenge colored wrist band to ensure the photographs are recent. You should be in a bathing suit or similar clothing to receive full maximum points for the photograph section. You must also submit three (3) “after” photographs with the same requirements as the “before” photographs no later than 9:00 p.m. CST May 11, 2015. Life Time reserves the right to request resubmission of one or more of the “before” or “after” photographs or request additional images. Any entries submitted by someone other than you or professional produced or enhanced will be rejected.

- **Use red-eye reduction** if your camera has this feature, or try to shoot your photo in an area with sufficient light and no flash.
- **Stand comfortably**, without pushing out or sucking in your stomach.
- **Be confident!** In your before photo, remember you’ll only get better from here. In your after photo, smile and show off your hard work and amazing transformation!