



## *Diabetes Challenge* Requirements

**Condition:** Every challenger must have been diagnosed with Type II, adult onset diabetes by a licensed physician. This **free** Diabetes Challenge has been designed for people with this condition, not for any other type of medical condition or Type I diabetes.

**Age:** Every challenger must be a legal adult.

**Commitment:** Every challenger must be able to come to at least **3** classes a week. Failure to show for the minimum number sessions may result in loss of membership in the **free** Diabetes Challenge.

If a session must be cancelled, the challenger must inform the Active Bodies Personal Fitness & Nutrition Specialists at least one day in advance. A make-up session or other substitute may then be organized.

**Physician Approval:** Every challenger must show proof of their general practitioner's approval of participation in the Diabetes Challenge. This proof must be made in writing and included with the application form.

**Image and Information Release:** Every challenger must agree to release his or her image, name and other information for promotional purposes. Other information, like average weight loss or glucose count, will be used to create statistics where the information cannot be tied to one single individual.