



2019 TOSF Fitness Challenge

Join in the Taste of Shiloh Festival (TOSF) Fitness Challenge!

TOSF has developed a few simple activities for our fitness challenge at the Taste of Shiloh this year to encourage healthy eating and an active lifestyle – as well as an opportunity to win some great prizes.

How to Participate: Tickets will be awarded for participating in various activities on the day of and during Taste of Shiloh. The more activities you participate in, the more tickets you'll receive, increasing the odds for your number to be drawn during the fitness prize drawings. **Tickets will be awarded as follows:**

- Completing the Fitness Challenge form 1 ticket
- Attending one or more of the demonstrations held on stage:
 - Fitness session 1 1 ticket
 - Fitness session 2 1 ticket
 - Active Shooter presentation 1 ticket
- Completing the Discover Your Health Age Booth 1 ticket

We will have two (2) active challenges at different times throughout the day, ending with a prize drawing. Two (2) names will be drawn at the end of each challenge. See additional rules below:

Fitness Challenge Rules

- No purchase necessary.
- Participants must be 10 years or older to participate.
- At a minimum, participants must complete the Fitness Challenge form and receive one (1) ticket) to be eligible to win prizes. Only one form per person can be submitted.
- TOSF Planning Committee and volunteers are not allowed to compete for prizes in the Fitness Challenge.
- Cutoff time to participate in the first fitness challenge is 1:30pm. Cutoff time to participate in the second fitness challenge is 3:30pm.
- Drawings will take place at designated times only on November 17th, 2019. Winners will be selected at random from tickets submitted by the drawing times. *You must be present to win. **Only one prize will be awarded per person, per day.***
- Events will be managed and scored by the TOSF Planning Committee and assigned volunteers/staff.
- Prizes include (but are not limited to): Store gift cards, restaurant gift cards, gas cards, and other donated items.
- Odds of winning depend on the total number of participants in each drawing.
- In case of dispute, TOSF Planning Committee will make final determination.

Come join Shiloh for some fitness and fun!!