



# FIT TO GIVE CHALLENGE

## 12 DAYS OF HEALTH, WELLNESS & GIVING

### PROGRAM eBOOK

#### CONTENTS

Program Details:.....	1
Daily Task Overview:.....	2
12-Day Exercise Program Overview.....	6
5 Healthier Recipes & Shopping List:.....	9
Healthy Holiday Wellness Guidance.....	18
Challenge Rules and Regulations.....	21

#### PROGRAM OVERVIEW

Complete 2-3 daily tasks geared to help you have fun, give back to your community, and stay active and healthy during the holidays!

Daily tasks include a mixture of fitness, nutrition, healthy living, and holiday themes.

#### TASK COMPLETION

There will be a variety of ways to complete tasks. They include:

**Check Off:** "I completed this task"

**Proof Picture:** Certain tasks require a proof picture. Ex. To complete this task, post a picture of one of your meals today showing at least 1 serving of vegetables.

**Answer Question:** Answer to earn your points. Ex. "I drank 3 cups of water today."

The task will specify how to mark its completion. All tasks must be completed as described to be eligible to win. If participants do not complete tasks as described (for example, participant fails to add a picture when asked) participant will be ineligible to win.



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## 12 DAYS OF HEALTH, WELLNESS & GIVING

### PROGRAM eBOOK

#### COMMUNICATION AND QUESTIONS

**Challenge Feed:** This is your support group! Use the challenge feed to encourage fellow participants, share your successes and struggles, ask for tips, etc.

**Challenge Coaches:** Need help? Click on the “Feed” icon with Vimify and make sure to tag @Vivecorp. Vivecorp fitness specialists are available to answer questions about the challenge, exercise variations, technical help, etc.

#### POINTS

There are 350 total points available. You’ll earn 10 points per completed task. Set a goal at the beginning of the challenge of how many points you want to earn.

#### PRIZES

To be eligible to win, please complete the Prep Task “Choose a Charity”. Participants who do not complete that task will not be eligible to win. In the event of a tie, Vivecorp will choose winners from the top point earners based on the strength of how they described why they chose the charity.

Vivecorp will donate the following amounts to the winners’ charities named at the beginning of the challenge.

First Place	\$500
Second Place	\$250
Third Place	\$100



# FIT TO GIVE CHALLENGE

## 12 DAYS OF HEALTH, WELLNESS & GIVING

### PROGRAM eBOOK

#### DAILY TASK OVERVIEW

##### Day 1 Tasks - Monday, December 3

- Complete Day 1 of Fit to Give exercise program or your own 20-minute workout.
- Set a SMART goal for the challenge. How many points will you earn?
- Share your favorite holiday tradition.

##### Day 2 Tasks - Tuesday, December 4

- Complete Day 2 of Fit to Give exercise program or your own 20-minute workout.
- Eat at least one serving of vegetables with two meals today. Share a picture of one of your meals.
- Tell us your favorite holiday song.

##### Day 3 Tasks - Wednesday, December 5

- Complete Day 3 of Fit to Give exercise program or your own 15-minute mobility workout.
- Track your water intake today. How much did you drink?

##### Day 4 Tasks - Thursday, December 6

- Complete Day 4 of Fit to Give exercise program or your own 20-minute workout.
- Eat breakfast within an hour of waking up today.
- Find a healthier version of one of your favorite holiday treats. Share the recipe.

##### Day 5 Tasks - Friday, December 7

- Complete Day 5 of Fit to Give exercise program or your own 20-minute workout.
- Compliment someone today.

##### Day 6 Tasks - Saturday, December 8

- Complete Day 6 of Fit to Give exercise program or your own 20-minute workout.
- Make one of the healthy holiday recipes from the Program eBook. Post a picture of the finished recipe.
- Shut down screen time at least one hour before bed tonight.



# FIT TO GIVE CHALLENGE

## 12 DAYS OF HEALTH, WELLNESS & GIVING

### PROGRAM eBOOK

#### Day 7 Tasks - Sunday, December 9

- Plan out your meals for next week.
- Give yourself 10 minutes to meditate and/or reflect.
- Enjoy a holiday activity with your family or friends and share what you did.

#### Day 8 Tasks - Monday, December 10

- Complete Day 8 of Fit to Give exercise program or your own 20-minute workout.
- Do a random act of kindness today.

#### Day 9 Tasks - Tuesday, December 11

- Complete Day 9 of Fit to Give exercise program or your own 20-minute workout.
- Eat a meal with at least 3 different colors of food on your plate. Take a picture and share.
- List three things for which you are grateful.

#### Day 10 Tasks - Wednesday, December 12

- Complete Day 10 of Fit to Give exercise program or your own 15-minute mobility workout.
- Break up your sitting time today. Stand and move for at least one-minute each hour during your work day. Set an alarm as a reminder.

#### Day 11 Tasks - Thursday, December 13

- Complete Day 11 of Fit to Give exercise program or your own 20-minute workout
- Go on a 10-minute walk after lunch today. Invite a coworker. (Or go on your own!)
- Wear a holiday sweater. Share a picture.

#### Day 12 Tasks - Friday, December 14

- Complete Day 12 of Fit to Give exercise program or your own 20-minute workout
- Clean up and organize your workspace today. Share a picture.
- To celebrate the end of the challenge, enjoy a healthy portion of your favorite holiday treat. Share why it's your favorite.





# **FIT TO GIVE CHALLENGE**

12 DAYS OF HEALTH, WELLNESS & GIVING

PROGRAM eBOOK

# **FITNESS**



# FIT TO GIVE CHALLENGE

## 12 DAYS OF HEALTH, WELLNESS & GIVING

### PROGRAM eBOOK

#### 12 DAY EXERCISE PROGRAM

Each day's exercise task comes with a video of each of the exercises along with instructions on how to complete the workout. For additional information, please click below to see Fit to Give Exercise Program.

(WITH EQUIPMENT) (WITHOUT EQUIPMENT)

#### SETS & REPS

Each exercise will have a designated number of sets and reps. For example: Squats, 2x12. That means to perform 2 sets of 12 reps.

Sets refer to how many times to repeat an exercise for the indicated number of repetitions. For example, complete 12 squats and rest. That's one set.

Reps is short for repetitions. Repetitions define the number of times you perform an exercise. For example, do 12 squats, then stop. You've completed 12 reps.

#### How heavy should I lift?

If you're new to weight lifting, go lighter and err on the side of caution. If you're more experienced, you should lift as heavy as you can manage with proper form for the assigned sets and reps.

#### At what intensity level should I exercise?

The RPE scale is one tool you can use to measure the intensity of your exercise. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (maximum effort activity) would feel almost impossible to keep going or how you feel at the end of an exercise stress test. In most cases, you should exercise at a level that feels 5 (moderate) to 8 (vigorous).

- 0 Nothing at all
- 1 Very light activity
- 2-3 Light activity
- 4-6 Moderate activity
- 7-8 Vigorous activity
- 9 Very hard activity
- 10 Maximum effort activity



# FIT TO GIVE CHALLENGE

## 12 DAYS OF HEALTH, WELLNESS & GIVING

### PROGRAM eBOOK

Prefer to use your own exercise program? No problem! Just check that you've completed exercising for that day.

#### 12 Day Exercise Program Overview

Day 1	Total Body Strength
Day 2	Cardio
Day 3	Mobility
Day 4	Total Body Strength
Day 5	Cardio
Day 6	Core
Day 7	Rest Day
Day 8	Total Body Strength
Day 9	Cardio
Day 10	Mobility
Day 11	Total Body Strength
Day 12	Cardio

**Exercise Disclaimer:** You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Vivecorp from any and all claims or causes of action.



# **FIT TO GIVE CHALLENGE**

12 DAYS OF HEALTH, WELLNESS & GIVING

PROGRAM eBOOK

# **NUTRITION**

HOLIDAY NUTRITION SUPPORT  
FROM MICHELLE BABB, RD  
[WWW.EATPLAYBE.COM](http://WWW.EATPLAYBE.COM)



# FIT TO GIVE CHALLENGE

## 12 DAYS OF HEALTH, WELLNESS & GIVING

### PROGRAM eBOOK

#### SHOPPING LIST

##### Produce

- ☐ 1 small yellow onion
- ☐ 4 cloves garlic
- ☐ 1 medium butternut squash
- ☐ 2 large red beets
- ☐ 1 bunch kale (any variety will work – I like to use red kale)
- ☐ 1 bunch Swiss chard
- ☐ 1 bunch parsley
- ☐ 1 red pepper
- ☐ 1 fennel bulb
- ☐ 1-2 small lemons

##### Meat/Poultry/Eggs

- ☐ 16 to 18-pound fresh, organic turkey
- ☐ 2 large eggs

##### Seasonings/Sweeteners

- ☐ Kosher salt
- ☐ Sea salt
- ☐ Fresh ground pepper
- ☐ Cumin
- ☐ Paprika
- ☐ Cinnamon
- ☐ Ginger
- ☐ Nutmeg
- ☐ Ground cloves or allspice
- ☐ Coconut palm sugar



# FIT TO GIVE CHALLENGE

## 12 DAYS OF HEALTH, WELLNESS & GIVING

### PROGRAM eBOOK

#### SHOPPING LIST CONT.

##### Oils

- ☐ Sunflower oil
- ☐ Olive oil
- ☐ Coconut oil

##### Canned/Dried Goods

- ☐ 1 ½ quarts vegetable broth
- ☐ 1 can white beans (cannellini beans work well)
- ☐ Wild Rice
- ☐ Almond meal
- ☐ Arrowroot
- ☐ Baking powder
- ☐ Xanthan gum
- ☐ 2 cups canned pumpkin puree
- ☐ 1 - 14 oz. can coconut milk

##### Frozen Foods

- ☐ 6 oz. container of frozen orange juice concentrate

#### RECIPES

Not only are these recipes delicious and healthy, but they are also safe for people who have gluten, wheat and dairy allergies and for those of you who are following a low-glycemic diet. On the following pages you will find the following five healthy holiday recipes:

- The Holiday Turkey
- Butternut Squash and White Bean Soup
- Wild Rice and Roasted Vegetable Salad
- Winter Greens Salad
- Pumpkin Coconut Pie with Almond Crust



# FIT TO GIVE CHALLENGE

## 12 DAYS OF HEALTH, WELLNESS & GIVING

### PROGRAM eBOOK

#### **The Holiday Turkey** - Adapted from "I'm Just Here for the Food," Alton Brown

I like to take a page from Alton Brown's playbook when it comes to roasting turkey. His favorite method is brining, and I couldn't agree more. It keeps the meat tender and juicy and ushers salt into the meat for the perfect flavor balance. This recipe is inspired by Alton, although I substitute coconut palm sugar for refined sugar in the brine because it has more minerals and it's a lower-glycemic sweetener. Keep in mind that the turkey needs to soak in the brine for 6-8 hours before cooking so plan ahead.

#### **Ingredients**

- ½ cup kosher salt ¼ cup coconut palm sugar
- 1 – 6 oz. container of frozen orange juice concentrate
- 1 gallon water
- 1 – 16 to 18-pound fresh, organic turkey
- 1 gallon of ice cubes
- Sunflower oil

#### **Instructions**

1. Dissolve salt, sugar and juice concentrate in 1 quart of hot water, then add three quarts cold water.
2. Remove the giblets and anything else in the turkey cavity and place in large pot with a lid.
3. Pour the brine mixture to completely cover the bird. If you don't have enough brine to cover the turkey, use chicken broth to finish the job.
4. Cover with ice, close the lid and soak the turkey for a minimum of six hours. If you want to extend the time to eight hours, refrigerate the whole pot for the remaining two hours.
5. Preheat oven to 500° F.
6. Remove the turkey from the brine, pat dry with paper towels and rub the turkey liberally with sunflower oil.
7. Place the turkey on a roasting rack inside a roasting pan and roast at 500° F for 30 minutes to seal in the juices and brown the skin.
8. Remove the bird from the oven and reduce heat to 350° F.
9. Cover the turkey (with a roasting pan lid or aluminum foil), return to oven and roast for approximately 2 – 2 ½ hours. The minimum temperature of the meat should be 165° F when measured in the thickest part of the bird with a meat thermometer.
10. Remove turkey from the oven and let rest 15 minutes before carving.





# FIT TO GIVE CHALLENGE

## 12 DAYS OF HEALTH, WELLNESS & GIVING

### PROGRAM eBOOK

#### Butternut Squash and White Bean Soup

I like to serve this soup as a first course. It's warm, rich and hearty. Serve it up in small, hollowed out gourds to make it even more festive.

#### Ingredients

- 1 Tablespoon olive oil
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 1 medium butternut squash, peeled, seeded and cubed
- 1 ½ quarts vegetable broth
- 1 – 15 oz. can white beans (cannellini beans work well) – can use ½ cup soaked dry beans and extend simmering time of the soup
- 1 teaspoon cumin
- 1 teaspoon paprika
- Sea salt and fresh ground pepper to taste

#### Instructions

1. Heat olive oil in large saucepan.
2. Add onions and garlic and sauté until onions are soft.
3. Add squash, broth, beans, cumin and paprika and bring to a boil.
4. Reduce heat to low, cover and simmer for about 35 – 40 minutes.
5. Pour small batches of the soup into a food processor or blender, blend until smooth and then return to the pan to keep warm before serving.
6. Add salt and pepper to taste. Serve warm.

Serves 6-8





# FIT TO GIVE CHALLENGE

## 12 DAYS OF HEALTH, WELLNESS & GIVING

### PROGRAM eBOOK

#### Wild Rice and Roasted Vegetable Salad

This is my favorite winter side dish. The roasted red peppers and mushrooms add so much flavor to this salad, and perfectly compliment the wild rice.

#### Ingredients

- 1 cup wild rice
- 2 cups vegetable or chicken stock
- 1 large red pepper
- 3 medium carrots
- 1 small, sweet onion or 2 scallions
- 1 zucchini
- 1 ½ cups cremini or button mushrooms
- 4 cloves garlic, chopped
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 Tablespoon dried herbs (oregano, basil, thyme, sage or choice of any herbs)
- 3 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar

#### Instructions

1. Preheat oven to 425 F.
2. Pour rice into a fine strainer, rinse thoroughly and drain. Place the rice into a large saucepan and add the stock.
3. Bring to a boil over high heat. Reduce heat to low, cover and simmer for approximately 50 minutes, until the liquid is absorbed and the grain is tender but not mushy.
4. While rice is cooking, chop all vegetables coarsely and place in a roaster pan. Add chopped garlic.
5. Drizzle olive oil over the vegetables and toss until coated.
6. Spread vegetables out in a single layer in the pan. Roast in preheated oven for 20 minutes, turning vegetables after 10 minutes.
7. Combine olive oil and balsamic vinegar.
8. In a large bowl, combine roasted vegetables with cooked wild rice and toss with balsamic vinaigrette while still warm. Serve warm or cold.

Serves 6-8



# FIT TO GIVE CHALLENGE

## 12 DAYS OF HEALTH, WELLNESS & GIVING

### PROGRAM eBOOK

#### Winter Greens Salad

I'm adamant about having something green on the plate at every meal. Don't be afraid to use kale and Swiss chard in a salad but be sure to chop it very fine and make sure it's well coated with dressing. It's best to make this salad the night before to let it bathe in the dressing.

#### Ingredients

- 2 large red beets, washed, scrubbed and chopped into 1-inch chunks
- 2 Tablespoons olive oil
- Kosher salt
- 2 cups finely chopped kale (any variety will work – I like to use red kale)
- 2 cups finely chopped Swiss chard
- 1 cup chopped parsley
- 1 red pepper, chopped
- 1 fennel bulb, white part chopped
- ½ cup flax seed or olive oil
- 3 Tbsp. fresh lemon juice (1-2 small lemons)
- 2 cloves fresh garlic, finely chopped
- salt and pepper to taste

#### Instructions

1. Preheat oven to 375° F.
2. Toss the beets with olive oil and kosher salt, spread out on a baking sheet and roast in the oven for 20-25 minutes, until beets are tender.
3. Place beets, greens, parsley, red pepper and fennel in a large bowl and set aside.
4. In small bowl, combine olive oil, lemon juice and garlic. Pour dressing over vegetables, toss well and add salt and pepper to taste.

Serves 6-8



# FIT TO GIVE CHALLENGE

## 12 DAYS OF HEALTH, WELLNESS & GIVING

### PROGRAM eBOOK

#### **Pumpkin Coconut Pie with Almond Crust**

This pie is gluten-free, dairy-free and absolutely DELICIOUS! And since the crust is made from almonds, it's also a fairly low-glycemic dessert.

#### **Ingredients**

*Crust\** (makes two crusts and one can be frozen for future use)

- 2 cups almond meal
- 1/3 cup arrowroot
- 1 teaspoon baking powder
- ½ teaspoon xanthan gum
- 1 teaspoon salt
- 1/3 cup coconut oil

#### *Filling*

- 2 large eggs
- 2 cups freshly cooked or canned pumpkin puree
- 1 ½ cups coconut milk
- ½ cup agave nectar
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon freshly grated or ground nutmeg
- ¼ teaspoon ground cloves or allspice
- ½ teaspoon salt

#### **Instructions**

1. In large bowl, combine almond meal, arrowroot, baking powder, xanthan gum and salt and mix well.
2. Add coconut oil and blend with a fork or pastry cutter until mixture is crumbly.
3. Slowly mix in the water until the dough forms a ball.
4. Divide into two equal size balls, cover and chill for about one hour.
5. In large bowl, whisk eggs then continue to add all filling ingredients. Mix thoroughly.
6. Preheat oven to 375°F.
7. Roll out one dough ball between two sheets of waxed paper (dough tears easily, so roll with caution).





# FIT TO GIVE CHALLENGE

## 12 DAYS OF HEALTH, WELLNESS & GIVING

### PROGRAM eBOOK

8. Carefully transfer rolled dough to 9-inch pie pan. Place in the preheated oven for 8 -10 minutes to warm the crust. (CONT. NEXT PAGE)
9. Pour filling into pie pan and bake for 35 – 45 minutes. You may need to place foil around the edges if the crust starts to get too brown. Remove from oven and cool completely before serving.

Serves 8

Serving tip: For a whipped cream alternative, top with one generous scoop of Coconut Bliss (vanilla or coconut flavor). It tastes like ice cream and it's dairy free!

\* Crust recipe is from "Gluten-Free, Sugar-Free Cooking," by Susan O'Brien



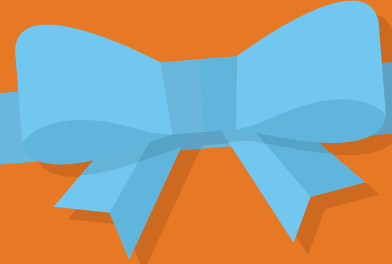
# **FIT TO GIVE CHALLENGE**

12 DAYS OF HEALTH, WELLNESS & GIVING

PROGRAM eBOOK

# **WELLNESS**

HOLIDAY WELLNESS SUPPORT  
FROM ABBE LAKE, RN  
[WWW.ABBELAKE.COM](http://WWW.ABBELAKE.COM)



# FIT TO GIVE CHALLENGE

## 12 DAYS OF HEALTH, WELLNESS & GIVING

### PROGRAM eBOOK

#### **You Can Handle the Holidays!** **(No, really. You got this.)**

##### **Stress:**

We've all heard taking deep breaths can help us to navigate stressful situations. That's because it works! Here's the trick: you have to actually do it. Try this when you start to go into overwhelm: Sit up straight, draw your low belly in, and take a deep, slow inhale through your nose, dragging your breath through the back of your throat so that you sound like Darth Vader. Exhale through your mouth, softening your jaw and relaxing your shoulder blades down your back. As you breathe, try silently counting down "5-4-3-2-1" or saying an anchor word to yourself such as "Calm," or "Peace." Do this several times.

##### **Food:**

The holidays surround us with temptations that can derail our nutrition plans. To maintain healthy eating habits amidst workplace treats and parties, set specific, realistic goals, and focus on what you will do versus what you don't want to do. Instead of "I won't eat a cupcake," try "I will brush my teeth right after lunch." Or "I will eat a full serving of fruits and veggies, and then allow myself one cocktail and one treat at the party," rather than "I won't drink too much or eat poorly at the party." Your brain will laser in on the object of your attention, whether or not you want it to (DON'T THINK ABOUT A PINK ELEPHANT RIGHT NOW!). That's why it's easier to act on the thing you do want to do than it is to prevent yourself from doing the thing you don't want to do.

##### **Family:**

The holidays sometimes put us into close quarters with family, which can be triggering. If the thought of sitting down to a holiday dinner makes you want to lock yourself in a closet and not come out until January, try this: Think of yourself as a researcher studying dysfunctional families. Be fascinated by the habits of the people around you. Make it a game. The worse their behavior, the more material for you! This helps to put you into observer mode, rather than participant mode. You might even find yourself so busy being interested in what's going that you forget to be upset about it.



# FIT TO GIVE CHALLENGE

## 12 DAYS OF HEALTH, WELLNESS & GIVING

### PROGRAM eBOOK

#### **Most of all:**

Whatever the challenge, it's important to get SUPER CLEAR about your vision. What do you want from the day, the week, the whole holiday season? Is it your intention to stay productive on a big work project? To stick to your nutrition plan? To enjoy the festivities, regardless of family dynamics? The first thing to do is to get clear on what your priorities are. Then, sculpt your goals around those priorities. If you're grounded in YOUR vision, you're less likely to be derailed by challenges that come your way.

Good Luck and Happy Holidays!  
-Abbe



# **FIT TO GIVE CHALLENGE**

12 DAYS OF HEALTH, WELLNESS & GIVING

PROGRAM eBOOK

# **RULES & REGULATIONS**





# FIT TO GIVE CHALLENGE

## 12 DAYS OF HEALTH, WELLNESS & GIVING

### PROGRAM eBOOK

#### OFFICIAL CHALLENGE RULES

##### 1. Eligibility

Fit to Give Challenge (“Challenge”) is open to residents of the Continental United States, who are 18 years or older at the time of registration. Employees of Vivecorp, Inc. (“Vivecorp”) or its subsidiaries, and affiliates, and the immediate family members of, and any persons domiciled with, such employees may participate in the Challenge but are not eligible to win. An individual eligible under this Paragraph is hereby referred to as “Participant”.

##### 2. Entry

To enter the Challenge, the Participant must download the Vimify app or go to [www.vimify.com](http://www.vimify.com), create an account, complete all of the required information, register the account, and complete daily tasks. Limit one registration per Participant. All Federal, State, Local and Municipal laws and regulations apply. By entering this contest, you are opting-in to becoming a member of our e-mail newsletter database, meaning you will receive our Vivecorp Newsletter once a month, or similar. This e-mail newsletter database is used strictly by Vivecorp, Inc. and will not be sold or re-distributed in any way. Challenge is void where prohibited by law. Winners will be announced by December 21, 2018.

##### 3. Refund and Transfer Policy

Refunds are not allowed. No Participant may transfer the registration fee to anyone else.

##### 4. Task Completion

All tasks must be completed as described and on the day assigned to be eligible to win. If Participants do not complete tasks as described (for example, Participants fails to add a picture when asked), then Participants will be ineligible to win.

##### 5. Challenge Winners

First, second, and third place winners will be selected based on the total number of points earned. All decisions are final and at the discretion of Vivecorp. There will be three winners selected and three prizes awarded. Vivecorp will make a donation on behalf of the winning Participants to a charity of their choice, as set forth in Paragraph 6.



# **FIT TO GIVE CHALLENGE**

## **12 DAYS OF HEALTH, WELLNESS & GIVING**

### **PROGRAM eBOOK**

Prior to the start of the Challenge, each Participant must select and name the charity of their choice and describe why they chose the charity. In the event of a tie, Vivecorp in its sole discretion will choose the winners from the top point earners based on the strength of how they described why they chose the charity.

Winners may be required to complete an affidavit of eligibility, and a liability and publicity release (except where prohibited by law) which must be returned within ten (10) days of date of postmark. Failure to sign and return the affidavit or release within ten (10) days, or to comply with any term or condition of these Official Challenge Rules, may, at Vivecorp's sole discretion, result in a winner's disqualification, the forfeiture of his or her interest in the prize, and the award of prize to an alternate winner. Before receiving the prize and as a condition of receiving the prize, winners must provide valid photo identification featuring his or her name and address as it appeared on the entry supplied, provide proof of proper age and residency, and sign an affidavit of eligibility and release supplied by Vivecorp which, among other things, (a) releases Vivecorp, its subsidiaries, directors, agents, agencies, affiliates, promoters, officers, directors, employees, and related persons from any and all liability related to the Challenge and the receipt and choice of charity recipient, and (b) grants Vivecorp the right to publish the winner's name, city/state, photograph(s), voice, testimonial, approved biographical information, or other likeness and/or prize information or personal exposition (and/or any edited portion thereof) for promotional, advertising and/or publicity purposes in any media, now or hereafter known throughout the world in perpetuity, without compensation or notice to, or further consent of, the winner to the extent permitted by law.

#### **6. Prizes**

Participants must inform Vivecorp of the charity they wish to have their prize money donated to at the beginning of the challenge. Participants who do not name a charity will not be eligible to win. Winner of First Prize will have \$500 donated to named charity, Winner of Second Prize will have \$250 donated to named charity, and Winner of Third Prize will have \$100 donated to named charity. Winners will be notified by return email during the duration of the Challenge. The charity selected by the winner must be registered as a 501(c)(3) in the Continental United States. Return of prize notification as undeliverable may result in disqualification and an alternate winner may be selected. Unclaimed prizes may not be awarded. In the event: (a) potential winner cannot be reached for whatever reason after a reasonable effort has been exerted based on the information stated in the entry form, (b) of noncompliance with the above or within any of the aforesaid time periods, (c) potential winner is found to be ineligible



# **FIT TO GIVE CHALLENGE**

## **12 DAYS OF HEALTH, WELLNESS & GIVING**

### **PROGRAM eBOOK**

to enter the Challenge or receive the prize, (d) potential winner cannot or does not comply with the Official Challenge Rules, (e) potential winner's prize notification or Affidavit is returned as undeliverable for whatever reason, or (f) potential winner fails to fulfill the Affidavit-related obligations, the potential winner shall be disqualified from the Challenge and an alternate potential winner may be selected, at Vivecorp sole discretion, from among the other eligible entries received.

#### **7. Assumption of Risk, Waiver of Liability, and Indemnification**

Participants acknowledge that there are risks associated with their participation in the Challenge. Participants knowingly agree to those risks with full knowledge and appreciation for them. Participants also acknowledge that they have had the opportunity to ask questions about those risks or consult with a medical professional about their ability and fitness to participate in the Challenge and decided in their sole discretion to voluntarily participate in the Challenge. Participants further acknowledge that Vivecorp has not provided any advice, feedback, recommendations, or other input whatsoever about the Participants' ability and fitness to participate in the Challenge. Participants further acknowledge that they are not relying on any representation, implicit or explicit, by Vivecorp to determine their ability and fitness to participate in the Challenge.

In consideration for participating in the Challenge, each Participant agrees to release and forever discharge Vivecorp, any promotional sponsors, and each of their respective affiliated companies, directors, officers, employees, representatives, partners and agents from any liability whatsoever arising out of or relating to the Challenge. This includes, but is not limited to, claims, costs, injuries, losses or damages related to personal injuries, death, damage to, loss or destruction of property, rights of publicity or privacy, defamation or portrayal in a false light.

In consideration for participating in the Challenge, each Participant further agrees to defend, indemnify, and hold harmless Vivecorp, any promotional sponsors, and each of their respective affiliated companies, directors, officers, employees, representatives, partners and agents, from any and all claims for liability whatsoever, related to or in any way arising out of their participation in the Challenge or the Official Challenge Rules.

#### **8. Limitations of Liability**

In consideration for participating in the Challenge, Participant agrees that (1) any and all disputes, claims, and causes of action arising out of or in connection with the Challenge, or any prizes



# **FIT TO GIVE CHALLENGE**

## **12 DAYS OF HEALTH, WELLNESS & GIVING**

### **PROGRAM eBOOK**

awarded, shall be resolved individually without resort to any form of class action; (2) any claims, judgments and awards shall be limited to actual out-of-pocket costs incurred, including costs associated with entering the Challenge, but in no event noneconomic damages or future economic damages, attorney's fees, and costs of any kind; and (3) under no circumstances will Participants be permitted to obtain any award for, and Participants hereby waives all rights to claim, punitive, incidental or consequential damages and any and all rights to have damages multiplied or otherwise increased and any other damages, other than damages for actual out-of-pocket expenses.

#### **9. Disclaimer of Warranty**

Vivecorp makes no representation, warranty, or guarantee of the suitability of the services for Participants purposes. That the use of the community shall be secure, uninterrupted or error-free, or that the services shall function properly in combination with any third party technology, hardware, software, systems or data. The services are provided "as is" and all conditions, representations and warranties, whether express, implied, statutory or otherwise, including, without limitation, any implied warranty of merchantability, title, fitness for a particular purpose, or non-infringement are hereby disclaimed to the maximum extent permitted by applicable law. The services may be subject to interruption, limitations, delays, and other problems inherent in the use of internet applications and electronic communications and Vivecorp is not responsible for any such delays, delivery failures, or any other damage resulting from events beyond Vivecorp's reasonable control.

#### **10. General**

All interpretations of these Official Challenge Rules shall be made by Vivecorp whose decisions and interpretations shall be final and binding. Vivecorp reserves the right to cancel, terminate or suspend the Challenge or any part of the Challenge for any reason. Vivecorp reserves the right, at its sole discretion, to disqualify any Participant it reasonably suspects or believes to be tampering with the entry process, any part of the Challenge itself, or the award mechanism by any means or suspected to be acting in violation of these Official Challenge Rules or any other term or condition of the Challenge. If Vivecorp determines, in its sole discretion, that unforeseen events have compromised the integrity or viability of the Challenge, Vivecorp reserves the right to void the entries at issue, and/or terminate the relevant portion of the Challenge, including the entire Challenge, and/or modify the Challenge and these rules. Vivecorp shall not be responsible for incomplete, lost, late or misdirected registrations or for failure to receive registration due to transmission failures or technical failures of any kind, including, without limitation, malfunctioning of any network, hardware or software, whether originating with



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sender or sponsor or for any registration that is not received by Vivecorp by the applicable deadline for any reason whatsoever.

#### 11. Construction.

All issues and questions concerning the construction, validity, interpretation and enforceability of these Official Challenge Rules, or the rights and obligations of any contestant and Sponsor, shall be governed by, and construed in accordance with the laws of the State of Washington, without giving effect to any choice of law or conflict of law rules or provisions (whether of Washington, or any other jurisdiction) that would cause the application of the laws of any jurisdiction other than Washington. If any portion of the Official Challenge Rules is deemed illegal or invalid, the rest of Official Challenge Rules shall not be affected and shall be enforceable.

#### 12. Sponsor and Winner List.

The sponsor of the Challenge is Vivecorp, Inc., 14208 SE 77th St, Newcastle, WA 98059, whose decisions regarding the selection of winners and all other aspects of the Challenge shall be final and binding in all respects. Vivecorp will not be responsible for typographical, printing or other inadvertent errors in these Official Challenge Rules or in other materials relating to the Challenge. To receive a notification of the Challenge winner, please submit your request in writing by February 28, 2019 to Vivecorp, Inc., 14208 SE 77th St, Newcastle, WA 98059, Attn: Winner List Fit to Give Challenge.



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# **GOOD LUCK!**