

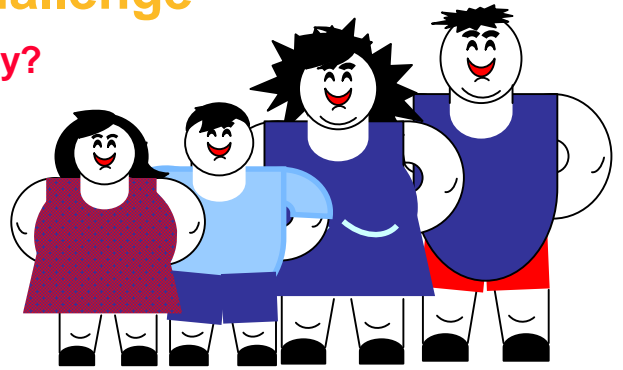
The Family Weight Loss Challenge

Is your family struggling to stay healthy?

Well, this is your chance to get fit, have fun and lose weight.

About the TV show:

FOX8 and Granada Productions are giving five (5) overweight families, from around the country, a once in a lifetime opportunity.



Over a six (6) month period your family will work with a personal trainer to lose weight, improve your family lifestyle and develop healthy eating and exercise habits that will last a lifetime.

You will be instructed in many different areas of health and fitness – from incorporating exercise that’s not only fun but gets results, to cooking up a delicious healthy feast. We will encourage, guide and motivate your entire family to get into tip-top shape.

The aim of the TV program is to follow your family training and getting healthy in your normal everyday environment, so the majority of filming will occur at your residence on weekends and will not interfere with work or school commitments.

As well as getting fit there will be prizes up for grabs. At the end of the six (6) months the family who has lost the most combined weight (calculated as a percentage of their starting weight) will win a two week luxury holiday and a major cash prize.

Who we're looking for:

We are seeking families from five different capital cities. We hope that each family will reflect a different aspect of Australian family life. We want all ages represented including young kids, teenagers and adults.

Each family group will be made up of four (4) people. This should be a mixture of adults and children, but doesn't have to be two (2) parents and two (2) children. We encourage single parents and extended families to apply.

What you need to do:

- Go to the website complete the [Contestant Application Form](#) and send it to
FAMILY WEIGHT LOSS CHALLENGE
Granada Productions
Locked Bag 5000
Paddington NSW 2021
- Attach at least three of your favourite photos of your family (or you can send in a VHS video of no longer than 5 minutes if you have access to one) with your application form
- **Applications close 17th July 2006**

For detailed eligibility requirements see the privacy policy and eligibility requirements and terms on the application form.

FOX8



All enquiries should be emailed to reception@granadaproductions.com.au