

May is National Osteoporosis Month. Lakeshore Bone & Joint Institute (LBJI) is helping to raise awareness by taking the Jumping Jack challenge set up by the National Osteoporosis Foundation to assist in raising awareness about bone health.

1. Film yourself, your children, family, friends (or all of them) doing 10 jumping jacks in less than 10 seconds
2. Send the video, along with your name and contact information to: jjchallenge@LBJI.com
 - a. Videos will be reviewed by LBJI Staff; appropriate videos will be posted on the Lakeshore Bone & Joint Institute Facebook page
 - b. All participants whose videos are posted on the LBJI Facebook page will be entered in a drawing for a chance to win a \$50 Visa gift card
3. For those who wish to make a donation to the National Osteoporosis Foundation rather than accept the challenge, you may do so at: <http://www.nof.org/support-nof/donate/>
 - a. Send a copy of the confirmation for your donation to: jjchallenge@LBJI.com along with your name and contact information and you will also be entered in a drawing to win a \$50 Visa gift card

Winners will be notified on or before June 6, 2017

Full Contest Rules

- 1.) Contest open only to legal residents of the United States and the District of Columbia. Participants must also be at least eighteen (18) years of age. If you do not meet these requirements then you are not eligible to participate in this contest.
- 2.) All videos must be submitted digitally to: jjchallenge@LBJI.com.
- 3.) By entering this contest, you warrant and represent that any videos you submit are your own original work, do not infringe upon any copyright, invade any right of privacy, contain any defamatory, libelous or slanderous material, or violate any other right of any person or entity, and are not otherwise contrary to law.
- 4.) Videos must not depict any unsafe procedure or practice.
- 5.) Videos must not endorse or be perceived to endorse a commercial product or service. This includes but is not limited to the display of brand names or trademarks on any people, equipment or other objects visible in the photograph.
- 6.) For any photograph submitted in which a person is recognizable, you must secure a release from the subject or, in the case of a minor, the subject's parent or guardian and, upon request, provide it to LBJI. A sample release for your use is available at any of our LBJI locations and on our LBJI website.
- 7.) LBJI has no obligation to publish or use or retain any videos you submit or to return any videos to you.
- 8.) Each participant may submit a **maximum of one (1) video**. Any video received after the limit is reached will be disqualified.

9.) **Disclaimer.** Lakeshore Bone & Joint Institute will not be responsible for: (a) any late, lost, misrouted, garbled, distorted, or damaged transmissions or entries; (b) electronic, hardware, software, network, Internet, or other computer or communications related malfunctions or failures; (c) any contest disruptions, injuries, losses or damages caused by events beyond the control of LBJI or by non-authorized human intervention; or (d) any printing or typographical errors in any materials associated with the contest.

10.) Odds of winning a prize depend on the number and quality of eligible entries received.

11.) All videos must be received between 12 a.m. Monday, May 1, 2017, and 11:59 p.m. Wednesday, May 31, 2017.

12.) You further grant LBJI the right to use information that you provide as part of your submission, including your name, city, state and contact information for the following purposes: 1) Contact information will only be used to notify you in the event that you are selected a winner for this contest; and 2) Name, city, and state may be announced to the public in connection with winning on LBJI's webpage and Facebook page.

13.) **No Confidentiality.** Videos submitted to LBJI will not be treated as confidential, and by entering this contest and submitting videos, you represent and warrant that the videos do not include or disclose any trade secrets, proprietary information or other confidential information.

14.) **General Release.** By entering the contest, you release and hold harmless Lakeshore Bone & Joint Institute from any liability whatsoever, and waive any and all causes of action, related to any claims, cost, injuries, losses, or damages of any kind arising out of or in connection with the contest or delivery, misdelivery, acceptance, possession, use of or inability to use any prize (including, without limitation, claims, costs, injuries, losses and damages related to personal injuries, death, damage to or destruction of property, rights of publicity or privacy, defamation or portrayal in a false light, whether intentional or unintentional), whether under a theory of contract, tort (including negligence), warranty or other theory.

15.) **Miscellaneous.** The contest and these Full Contest Rules will be governed, construed and interpreted under federal laws. Entrants agree to be bound by these Full Contest Rules and by the decisions of LBJI, which are final and binding in all respects. LBJI reserves the right to change these Full Contest Rules at any time, in its sole discretion, and to suspend, cancel, postpone or extend the contest or any entrant's participation in the contest should viruses, bugs, unauthorized human intervention or other causes beyond LBJI's control affect the administration, security or proper play of the contest or LBJI otherwise becomes (as determined in its sole discretion) incapable of running the contest as planned. Entrants who violate or fail to comply with these Full Contest Rules, violate any law, rule or regulation in connection with participation in the contest, tamper with the operation of the contest, or engage in any conduct that is detrimental or unfair to OSHA, the contest or any other entrant (in each case as determined in OSHA sole discretion), are subject to disqualification from entry into the contest.

16.) This contest is open to the public, including LBJI Contractors and Vendors. LBJI employees and LBJI contracted employees are eligible to participate in this contest but are not eligible to be awarded prizes.