

## One You Hounslow Walking Warrior Platinum Challenge 2018 rules

1. No purchase necessary to join the challenge.
2. The prizes in this challenge are available to anyone over the age of 18 years who lives or works in the London Borough of Hounslow.
3. The challenge will run from Thursday 6<sup>th</sup> September until Thursday 6<sup>th</sup> December.
4. Prizes must be claimed by Friday 21<sup>st</sup> December 2018.
5. Maximum of 1 prize per person.
6. To enter the challenge, you will need to have a smart phone and download the Active 10 app. Next you will need to set the goal of doing 3 x Active 10s on the app – i.e. 3 x 10 minutes of brisk walking a day. You then need to meet the goal of 3 x 10 brisk minutes of walking every day for 30 days. By doing the above the Active 10 app will give you the Walking Warrior Platinum reward. You then need to take a screenshot of this reward and e-mail it to [oneyou.hounslow@nhs.net](mailto:oneyou.hounslow@nhs.net)
7. All prizes are awarded on a first come first served basis.
8. The prizes for the first five people to send in their Walking Warrior Platinum reward screenshots will be offered one of the following prizes (if the prize has not already been taken by another person that has completed the challenge). The prizes are: 2 x tickets to Osterley House and Gardens, 1 x Fusion Lifestyle gym membership for 1 month (excludes existing Fusion members), (date that 1 month membership begins to be agreed with Fusion Lifestyle), 1 x £50 donation to a charity of your choice, 1 x £50 of high street vouchers
9. Prizes are subject to availability. In the event of unforeseen circumstances, the Promoter reserves the right (a) to substitute alternative prizes of equivalent or greater value and (b) in exceptional circumstances to amend or foreclose the promotion without notice. No correspondence will be entered into.
10. The winners will be notified via email or telephone as soon as is reasonably possible upon receipt of a mobile phone screenshot of the Walking Warrior Platinum reward. The winner must claim their prize within 14 working days of the Promoter sending notification. If the prize is unclaimed after this time, it will lapse and the Promoter reserves the right to offer the unclaimed prize to a substitute winner selected in accordance with these rules.
11. To obtain details of the winner please email [oneyou.hounslow@nhs.net](mailto:oneyou.hounslow@nhs.net) stating the name of the challenge in the subject heading 4 weeks after the closing date.

12. The Promoter will use any data submitted by entrants only for the purposes of running the challenge, unless otherwise stated in the entry details. By entering this challenge, all entrants and their parents/guardians consent to the use of their personal data by the Promoter for the purposes of the administration of this prize draw and any other purposes to which the entrant has consented. Any personal data relating to the winners will be used solely in accordance with current [UK] data protection legislation and will not be disclosed to a third party without the entrant's prior consent. For the avoidance of doubt submission of a screenshot is deemed consent for the winners' details to be disclosed in accordance with 11 above and 13 below.
13. The winners agree to take part in reasonable post event publicity and to the use of their names and photographs in such publicity.
14. By entering the challenge each entrant agrees to be bound by these terms and conditions.
15. The Promoter's decision in respect of all matters to do with the competition will be final and no correspondence will be entered into.
16. The Promoter is One You Hounslow, an integrated health and wellbeing service provided by Hounslow & Richmond Community Healthcare NHS Trust.
17. These terms and conditions are governed in accordance with the laws of England and Wales.
18. We are committed to protecting your personal information. Please see our [Privacy Policy](#)