



FREE FITNESS DVD APPLICATION

Print First/Last Name: _____

Mailing Address: _____

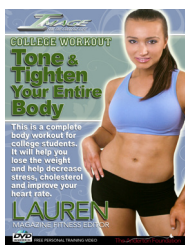
City: _____ State: _____ Zip code: _____

Email: _____

College Name: _____ City: _____

Please attach a copy of your **STUDENT ID**. This is to ensure that a Free DVD is going to an actual student. All information collected will be kept confidential and is solely for the purpose of this fitness project.

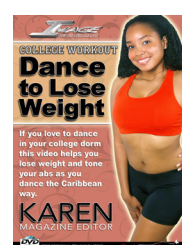
CHOICE OF FITNESS DVD (choose one)



Lauren
The Workout DVD targeting every major muscle group including legs, abdominals, back, glutes, arms, shoulders.



Mary
My workout is to strengthen the core and the chest. Leg curls to strengthen hamstrings. Plyometrics drill help you run faster and stronger; mainly to increase speed.



Karen
It focused on your abs, hips and thighs. Helping to tone and improve the strength of all three.

Please let us know how this fitness DVD will help you: _____

Shipping of DVD's are for free only one copy per household will be made. If you do not receive your DVD within 30 days you can contact us via email. fitnessdvd@imagecollegemag.com Terms: All DVD's are not for resale, duplication, and should not be altered in any manner.

- | | | | |
|------------------------------------|---|---|--------------------------------|
| <input type="checkbox"/> Asian | <input type="checkbox"/> East Indian | <input type="checkbox"/> Middle Eastern | <input type="checkbox"/> Other |
| <input type="checkbox"/> Black | <input type="checkbox"/> Eastern Europe | <input type="checkbox"/> Native American | |
| <input type="checkbox"/> Caucasian | <input type="checkbox"/> Hispanic | <input type="checkbox"/> Pacific Islander | |

The Anderton Foundation



MAIL TO: The Anderton Foundation, Inc.
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