NUS Steps Challenge Photo Contest

Theme: Fit in 150! – My Weekly Step Count with 150 minutes of Moderate to Vigorous Physical Activities!

Rules:

1. Follow University Health Centre on Instagram / Facebook
2. Post a picture of how you achieve 150 minutes of moderate to vigorous physical activities each week using the following hashtag: #nussc #fitin150
3. Alternatively, you could also forward your submission to uhc_wellness@nus.edu.sg
4. Increase your winning chances with a creative caption!

Prizes:
$20 Decathlon shopping vouchers for the top 50 entries

Entry Period:
27 October 2018 – 30 June 2019

Eligibility
This contest is open to all current NUS Staff and Students.
Limited to one submission per individual.
A valid staff card or matriculation card must be presented at the point of redemption.

Terms and Conditions

1. UHC reserves the right to publish entries, winners’ names, images and captions on its public social networking platforms the purpose of any announcement or promotional and intent.
2. Although entries are handled with the greatest possible care, the UHC does not accept responsibility for accidents, damage or loss during upload.
3. UHC does not accept liability for damages or other harm suffered by participants as a result of their participation in the contest.
4. Participants are required to obtain the prior permission and consent of individuals who are portrayed in their work or who hold the copyright or other intellectual property rights to the works or items portrayed therein.
5. Participants agree to fully indemnify the UHC and accept full responsibility for any third-party complaints or objections concerning copyright, intellectual property rights infringement or damages arising from submitted work.