

NO PURCHASE NECESSARY TO ENTER OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING.

The Better Lean Teens Contest (the “Contest”) begins February 20, 2012, and ends March 19, 2012. Entries must be postmarked on or before March 19, 2012, and received by March 21, 2012, and will not be acknowledged or returned. WFSB/Meredith Corporation, 333 Capital Blvd, Rocky Hill CT (“Sponsor”) assumes no responsibility for lost, late, illegible, stolen, incomplete or misdirected entries or mail.

ELIGIBILITY: The Contest is open to legal residents of Hartford County, CT, who are between 14 and 18 years of age at time of entry, have signed parental approval and have obtained their physician written approval to participate, pursuant to restrictions below.

Entrants must be out of shape and in need of a lifestyle change, must be healthy enough to participate in a rigorous exercise program, and must be free of any physical limitations, medical ailments, physical or mental conditions that would limit or prevent entrant from participating in the Contest.

Any entrant who undergoes any of the following surgical or medical procedures or comparable weight reducing procedures after submitting an entry will be disqualified: gastric bypass (must have been done one year prior to entry), liposuction, breast reduction or any other weight reducing surgical procedure.

Female entrants may not be pregnant during any part of the Contest.

Entrants are not eligible to enter the Contest if any of the following have been used: Ephedra or any other weight loss/gain supplements, laxatives, diuretics, metabolic enhancers, steroids, or anything else that will or could have the possibility of affecting the rate of weight loss or any strength-enhancing prescription drugs or medications, unless prescribed by a physician to treat a pre-existing medical condition.

Any entrant who participates in any commercial weight loss program or pre-packed food service after submitting an entry will be disqualified.

Employees of Sponsor, Accelerated Fitness and any other organizations affiliated with the sponsorship, fulfillment, administration, prize support, advertisement or promotion and/or their respective agents, affiliates, subsidiaries, and members of their immediate families or persons residing at the same address. Winners of a prize from Sponsor within the past thirty (30) days from the beginning date of this Contest are not eligible.

ENTRY: To enter, send a 3-4 minute DVD along with the completed parent authorization and consent form found on wfsb.com to Better Lean Teens, WFSB, 333 Capital Blvd, Rocky Hill CT 06067. DVD entry must answer the following questions: How has your weight negatively affected you? How would losing weight impact your life? What do you think you need to do to successfully lose weight? Also include your name and telephone number.

LIMIT: One entry per person. No group entries.

Videos must be taken by entrant or at entrant's direction (non-professional), unpublished and may not have won any prize or award. Videos must not contain material that violates or infringes the rights of another, including but not limited to privacy, publicity or intellectual property rights, or that constitutes copyright infringement. Videos must not contain brand names or trademarks.

Sponsor reserves the right, in its sole discretion, to request additional information from entrants, reject, disqualify, modify, edit, and revise any videos that contain nudity, are obscene, defamatory, profane, offensive, lewd, pornographic, false, misleading, deceptive, or otherwise inconsistent with its editorial standards, audience expectations, or reputational interests or that Sponsor believes may violate any applicable law or regulation or the rights of any third party. Sponsor reserves the right, in its sole discretion, to verify any element of any entry or related materials and to disqualify any entrant whose participation may subject the contest, Sponsor, or Sponsor's advertisers, clients, or customers to controversy, negative publicity, scorn, or ridicule.

JUDGING: On or about March 22, 2012, a qualified panel of judges selected by Sponsor will judge eligible entries received based on the most compelling responses to the questions (50%), likelihood of success with the workout routines and nutritional advice (30%), adherence to theme (20%) and the ability to fulfill the requirements of the Contest and comply with all other terms and conditions of these Official Rules. In the event of a tie, the winner will be the entrant with the highest score in most compelling responses. Sponsor reserves the right to cancel the Contest and/or select both male/female winners if, in its sole discretion, it does not receive a sufficient number of eligible and qualified entries. Decisions of judges are final and binding in all respects.

PRIZES: One (1) male and one (1) female will each receive 12 weeks training/nutritional advice with a personal trainer at Accelerated Fitness in Glastonbury or Cromwell, retail value \$1,440 and a \$250 gift card to Westfarms Mall. Gift card subject to issuer restrictions.

Winners must be able to meet with trainers at either Glastonbury or Cromwell locations of Accelerated Fitness and work out 3 times per week for 12 weeks. Winners will also come to the WFSB studio twice to tape segments of the Better Connecticut show. Sponsor may also tape a segment at the home of each winner.

Potential winners and potential winners' parent/legal guardian will be notified by phone and/or mail on or about March 23, 2012. Prize(s) may not be assigned, transferred, changed or redeemed for cash, except at Sponsor's sole discretion. Sponsor reserves the right to substitute a prize of equal or greater value if prize cannot be awarded as described. Prize is awarded "as is" with no warranty or guarantee express or implied by Sponsor. Sponsor disclaims all and any liability for the actual provision, quality or nature of any third-party product or services accepted by the winners. The awarding of any prize is contingent upon full compliance with these Official Rules. Entrants agree to be bound by Official Rules and agree that if any winners' parent/legal guardian fails to provide proof of identity, refuses to provide required documentation, is found to have violated the Official Rules or otherwise does not meet eligibility criteria, prize will be

forfeited and awarded to an alternate winner. Entrants understand that Sponsor is not liable for injuries, losses or damages of any kind arising from participation in this promotion and acceptance, possession and use of prize. Sponsor is not responsible for any typographical or other error in the printing of the offer, administration of the Contest or in the announcement of the prize. Decisions of Sponsor are final and binding in all respects.

GENERAL: Except where prohibited by law: (i) entry constitutes permission for Sponsor to use winner's entry, name, hometown, likeness, photograph, voice and statements regarding this Contest for editorial, public relations, promotional and advertising purposes on behalf of Sponsor without compensation; (ii) potential winners' parent/legal guardian must complete and return an Affidavit of Eligibility/Ownership/Liability Release, medical waiver for health club, list or current medications, Publicity Release, and Release/Certification and obtain a physician release, within five (5) days of notification. A potential winner will be disqualified if required documentation is not provided or if a potential winner is in non-compliance, or, if in Sponsor's sole discretion, participation may subject the Contest, Sponsor, or Sponsor's advertisers, clients, or customers to controversy, negative publicity, scorn, or ridicule . If a potential winner or potential winners' parent/legal guardian cannot be contacted, fails to claim prize or fails to respond to the winner notification, the potential winner is disqualified and the prize is forfeited. If forfeited, another winner may be determined.

Sponsor has no obligation to include each winner's footage in, or feature each winner in any on-air segments relating to the Contest. Except as otherwise specifically set forth in these Official Rules, winners are responsible for paying all costs and expenses related to participation in the Contest, including but not limited to transportation to and from the fitness center, Sponsor's studio and any parking expenses or other expenses related thereto. Sponsor may disqualify any winner if, in its sole discretion, it determines that further participation may be detrimental to the winner's health. Such disqualification may occur, for example, if Sponsor determines that a winner's weight loss is too extreme, or is accomplished through any means that are detrimental to the winner's short-term or long-term health. Sponsor also reserves the right, in its sole discretion, to disqualify any winner who fails to comply with the Contest requirements or any other requirements set forth in these Official Rules, or with any other instructions or requirements communicated to the winners by Sponsor. In addition, Sponsor may terminate any winner's participation in the Contest for editorial, legal, business or other reasons, including, but not limited to, Sponsor's reasonable determination that a winner is not committed to the Contest.

By participating and winning a prize, winners' parent/legal guardian assume all liability and release Sponsor, its parents, affiliates, subsidiaries and agents, and their respective officers, directors, employees and agents from any and all liability with respect to the prize won and participation in the Contest. Subject to all U.S. federal, CT state and local laws and regulations. Void where prohibited. Applicable taxes are the sole responsibility of the winners' parent/legal guardian. Winners' parent/legal guardian will receive an IRS 1099-MISC tax form in the amount of the prize retail value as stated herein. For the winners' list, send a self-addressed, stamped envelope after April 3, 2012 to Winners' List/Better Lean Teens at the Sponsor address above.