

**The 12 types of health screening available. Participants can select specific health screenings depending on which challenge they wish to enter:**

1. Random blood glucose
2. Total blood cholesterol
3. Body fat analysis
4. Blood pressure
5. Stress level
6. HDL & LDL cholesterol level (Fasting required, limited to first 500 checks)
7. MDI microscopic blood viscosity
8. BMI
9. Bone density
10. Fitness test
11. Skin condition
12. Hair condition

**Type of Challenges:**

**A. All-rounder challenge**

This is a challenge for healthy participants. Judging is based on the best health screening results for the following nine tests: blood glucose, total blood cholesterol, body fat, blood pressure, stress level, BMI, skin condition, hair condition & bone density.

Participants will be split into 4 groups: 25 – 39 yrs old (female & male) categories and 40 - 60 yrs old (female & male) categories. The winner for each group will walk away with \$1,000 cash, and the top consolation prize winners will be awarded \$200.

**B. Fittest Challenge – AIBI Treadmill Challenge**

This is the challenge for fit attendees, as judging is based on the best fitness test results on the AIBI treadmill. 5 finalists will compete in the final round at the “Health & U” Mega Health Exhibition at the Suntec Convention Hall on 5 & 6 July.

Participants will be split into female & male categories. 5 finalists per category will each get \$200 cash and the winner of each category walks away with an AIBI CTX4000 Cross-trainer worth \$1,488.

**C. Most Significant Improvement Challenge**

Those who do not qualify for the above challenges are encouraged to adopt a holistic healthy lifestyle or seek treatment to improve their current health state in this challenge.

Judging is based on how much participants improve on their current health status. Participants will undergo 6 health screening tests (blood glucose, total blood cholesterol, microscopic blood test, body fat, blood pressure & BMI). 2 months later, they will be assessed in the same health areas at the “Health & U” Mega Health Exhibition at the Suntec Convention Hall on 5 & 6 July

Participants will be split into 4 groups: 25 – 39 yrs old (female & male) categories and 40 - 60 yrs old (female & male) categories. The winner for each group will walk away with \$1,000 cash, and the top consolation prize winners will be awarded \$200.

#### **D. Omega Plus® Cholesterol Challenge**

This challenge is based on the most significant blood cholesterol improvement. Challengers will go through a detailed blood cholesterol check and 50 selected candidates with high blood cholesterol level (LDL) will be given 2 months supply of Nestle Omega Plus. After 2 months, they will be assessed at the “Health & U” Mega health exhibition at Suntec Convention Hall on 5 July 2008.

Participants will be split into 2 groups: female & male category. A cash prize of \$650 plus half year’s supply of Nestle OMEGA PLUS® ActiCol™ worth \$240 will be awarded to the winner of each category. The top consolation prize will be awarded \$200 (in) cash and hampers.