

# Zone 51 East Weight Loss Challenge

From October 8, 2009 to April 16, 2010

I, Denis Vinette, is committing to lose at least **40 pounds** for my personal health and for the Diabetes Awareness concerns in Lions District A-15. (*Starting Weight : 228.5 LBS*)

Dear Potential Sponsors,

I have recently been diagnosed with Diabetes; one of the District A-15 Lions core concerns. I am participating in a medically recommended weight loss program. All proceeds from this challenge will be donated to the Canadian Diabetes Association. I ask you to sponsor me for an amount per pound. You can state a maximum amount that you are willing to contribute.

I have undertaken this project to make Diabetes Awareness a personal concern and to do something practical to deal with my condition. I am no poster child for diabetes. I was, what I consider, a typical Type-II Diabetes denier. I am over 50, overweight and believed myself invincible. I have failed to admit that this silent killer is as dangerous as is claimed.... Well, no more. You see ... I am just 8 weeks older than my father was when he died from a heart attack caused primarily by his diabetic condition. While taking appropriate medication, he never recognized that Diabetes requires a personal commitment to improve one's overall health. He depended on the medication to take care of all of the nuances of the disease. As a result of this undertaking, I hope this challenge will help me commit myself to improving my overall health and to allow me to serve our organization for many more years than I could otherwise expect.

My primary goal here is to promote awareness for Diabetes amongst the members of our clubs and organization and to help others recognize that medication alone is no answer to this serious ailment. During this challenge, I intend to provide dynamic updates of my weight loss and of our Zone membership numbers from our <http://Zone51e.org/challenge.html> website.

After the sponsored event, at the District convention in Stratford, I will weigh-in and report to you the number of pounds I lost and collect your contribution. All contributions are cash or cheque only and may be prepaid for the maximum amount. In addition to individual contributions, clubs in the District may also consider making a pledge to this fund raiser. (NOTE: Prepayments of your maximum pledge will be accepted; no refunds though...)

NOTE: This campaign is in conjunction with a membership challenge that I have presented to the members of Zone 51 East. For more details on this and any further updates, please consult our Zone website at

<http://Zone51e.org/challenge.html>

Thank you!

	Name of Sponsor (address required for receipt)	Pledge per pound (Example: .25, .50 cents)	Maximum Pledge	Amount Collected from Sponsor	Provide Receipt ? (Y/N)
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For more pledges, please print as many copies as required of page 2. Thank you.

Please return the completed form to : Denis Vinette, 20 Skeen St, Belwood, On N0B 1J0

Or email me a scanned copy to : [dvinette@zone51e.org](mailto:dvinette@zone51e.org)

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