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My Decade My Health My Journey: Video Contest

Posted on [January 25, 2010](#) by [earthfare](#)

My Decade – My Health – My Journey

The decade has just begun and it's time for a new journey – a journey to health. How will you make that journey?

Just think about it. You will make over 73,000 food choices this year. You will make over 730,000 food choices this decade. How will you choose?

A single serving can't change much...a single bite can't change much...a single choice can't change much...

But, with 730,000 food choices this decade, **Earth Fare wants to know how you will choose!** Tell us how you will journey to health.

Take a short, funny, hilarious or serious video of your food choices, your fitness regimen or just that one first stride towards cutting out that fast food value meal for lunch for life.

It's time for YOU. It's time for...

My Decade – My Health – My Journey

Rules:

1. Take video of how you plan on journeying to a healthier you.
2. The video should be between 1-5 minutes in length.
3. **BE BOLD – BE CREATIVE – BE HONEST**
4. **Upload the video to our YouTube Contest Group Page** (<http://www.youtube.com/channel/myjourneycontest>) ****Note: If you are unable to upload your video to the group page, please just upload it to YouTube and email the link to misty.faucheux@earthfare.com ****
5. Email video link to information@earthfare.com (include first name, last name, phone & email)
6. Contest deadline December 31, 2010
7. Winners will be notified Jan 15, 2010

Prizes:

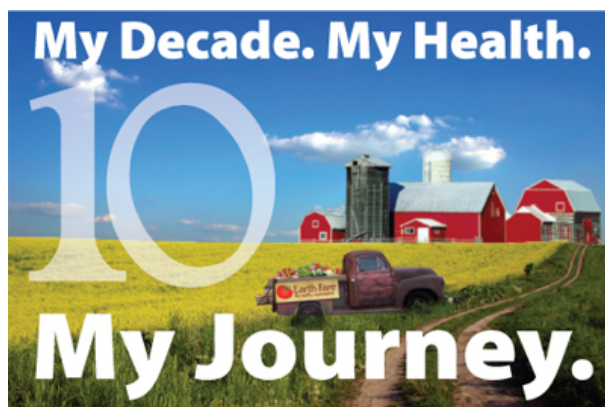
Grand Prize: \$1,500 Gift Card to Earth Fare

Second Prize: \$1,000 Gift Card to Earth Fare

Third Prize: \$500 Gift Card to Earth Fare

3 Honorable Mentions: \$100 Gift Card to Earth Fare

So, it's time to start. It's time to change. It's time to tell us – show us – entertain us – on how will you journey to health!



DISCLAIMER: No purchase necessary to enter Earth Fare's My Decade – My Health – My Journey contest. Contest candidate must be over the age of 18. In submitting video and/or acceptance of prize constitutes permission to use winner's name and/or likeness and video submitted for purposes of advertising and trade,

worldwide in perpetuity, without future compensation. Prize winners will be required to verify address and phone number prior to awarding the prize. There will only be one winner for grand prize, second and third places. Contest winners will be selected at the sole discretion of Earth Fare's staff.

This entry was posted in Uncategorized and tagged [challenge](#), [contest](#), [Earth Fare](#), [exercise](#), [Food](#), [food choices](#), [General Health](#), [Health Journey](#), [healthy](#), [healthy food](#), [healthy habits](#), [inspiration](#), [journey](#), [makeover](#), [supermarket](#), [video contest](#), [YouTube](#). Bookmark the [permalink](#).

12 Responses to My Decade My Health My Journey: Video Contest

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charleston personal trainer says:

[January 26, 2010 at 10:37 pm](#)

I am so excited about this! I already have my mind churning on what I can do and how I can bring out my creative side.

[Reply](#)



earthfare says:

[January 26, 2010 at 11:03 pm](#)

We are excited, too, Charleston Personal Trainer! We look forward to how the decade will look for you!

[Reply](#)



Family of 5 says:

[February 3, 2010 at 8:07 am](#)

We are so excited to have an EarthFare within 30 miles or so now!! We have already given a lot of stuff 'the boot' and could really use this prize to get in the race for better health. We're planning something for the WHOLE family, and we're in it to WIN!

[Reply](#)



G Wright says:

[February 4, 2010 at 8:05 pm](#)

Earthfare makes me feel so good like no other store in our area. Thanks Earthfare.

[Reply](#)

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Helena Gray says:

[February 5, 2010 at 3:24 pm](#)

I recently learned about Earth Fare, and so far, I am happy that I could get me some bulgar wheat, and other healthy items that I have been looking. I like to eat healthy, and I am glad to know Earth Fare

[Reply](#)



Heather M says:

[February 7, 2010 at 5:03 pm](#)

This should be fun!

[Reply](#)



crestere potentia says:

[March 1, 2010 at 9:56 am](#)

wow. that `s my comment: Woow. loved this one. now i perfectly know why i love this website.

[Reply](#)

Pingback: [uberVU - social comments](#)



Lucy says:

[April 2, 2010 at 12:28 pm](#)

Where do we post a video to?

[Reply](#)



earthfare says:

[April 2, 2010 at 2:34 pm](#)

Thanks for asking! Post it to the group contest page here (<http://www.youtube.com/channel/myjourneycontest>).

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