

Dear Members of the Edison High School Class of 1979,

Greetings from Dateline NBC. Where did the 25 years go? What will everyone look like at your reunion? Somebody must be dieting for this event, right? After all, the reunion's not until November 27, 2004. We have an idea: Dateline NBC would like to invite several members of your class to participate in the 2nd "Dateline Diet Challenge."

Here's what we need: five volunteers from the Class of 1979 to start five different weight loss approaches beginning March 15, 2004 to see how much weight they lose before the big day. We're deliberately selecting a school with a late fall 2004 reunion so there's plenty of time for a diet to work.

This is our second time offering the Dateline Diet Challenge. The first was a huge success. Our dieters lost more than 300 pounds in nine months! We want to see if it will work again with new dieters. We also hope to offer good information and insight by following five new people. Who knows, if you've tried and failed other diets, maybe this will work.

Here are our criteria:

- 1) You have to be at least 30 pounds above what you feel is your ideal weight.
- 2) You must have no major health issues - although we understand if you are overweight you may have high blood pressure, high cholesterol, high triglycerides or diabetes.
- 3) You must consult with your physician and receive his/her approval to proceed on one of Dateline's diets.
- 4) You cannot be participating in any other clinical or research trial.
- 5) You must provide Dateline with a baseline lipid profile, a blood test with cholesterol & triglyceride levels at the beginning and end of the diet.
- 6) You must agree to be videotaped and interviewed throughout the year and weighed on camera for the length of the diet.
- 7) You must be available on Sunday March 14th, 2004 for a group (5-person) interview. Dateline will cover travel reasonable travel expenses if necessary.
- 8) You can live anywhere in the United States, but you must have been a member of the Edison High School Class of 1979.

9) And most important...

You must be prepared to have fun with this. Whatever happens, happens. We want to know about your progress and/or setbacks, but overall, we want you to enjoy the experience and have viewers enjoy watching it as well.

On the attached form we ask for your diet preference and have a more detailed description of each one. You can choose from:

the Atkins diet
the South Beach Diet
the Vegetarian Diet
Get With The Program (Diet used by Oprah)
the intense exercise diet – Climbing Mt. Rainier

If this idea interests you, please fill out the attached form and mail it to me **no later than February 13 (not much time)** Feel free to fax it to me as well 212-664-7864 or you can also find this letter, the diet descriptions and the form on your high school website: EDISON1979.com . You can fill out the form there and e-mail it to me at Susan.Adams@NBC.com .

When we receive your forms we will begin contacting you by phone. By contacting us you are not committing yourself to this. We'd like to talk to you on the phone first, meet you and then make our final selections. Also, before we begin production, you would also need to sign an agreement/release form that specifies the terms of this arrangement.

We think this will be a great way to spice up your 25th reunion!

Thank you.

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