

# Lose to Win Team Weight-Loss Challenge

Lose to Win is a team-based employee weight-loss program. Your team “wins” by losing a minimum of 3% body weight. This is an eight week program offered through BlueCross BlueShield (BCBS) of WNY, participation is voluntary and you must sign a disclaimer to participate.

The program will run from January 23 through March 20, 2019. All employees of Niagara University are invited to participate. Weigh-ins will be on a team scale, so all team members weigh-in together.

**Grand prizes will be awarded to the top three teams that lose the highest percent body weight collectively!**

## *What you need to do*

1. Form a team of four co-workers; designate one person as Team Captain
  - Team Captains will be responsible for signing up your team, coordinating team weigh-ins, and encouraging the team throughout the challenge.
2. Come up with a creative team name
3. Team Captain registers team on [myNU](#) by January 22<sup>nd</sup>
4. Team participates in initial, mid-way and final on-campus weigh-ins
  - The weigh-ins will be facilitated by a Health Promotion Specialist from BCBS.

## *Important Dates*

**REGISTRATION:** December 6, 2018 - January 22, 2019  
Team Captains – Sign-up your team on [myNU](#)

**CHALLENGE DATES:** January 23, 2019 – March 20, 2019

<b>WEIGH-INS:</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>
<b>Initial on-campus weigh-in</b>	January 23 and January 24	1:00pm - 4:00pm	To be announced
<b>Mid-way on-campus weigh-in</b>	February 20 and February 21	9:00am - 12:00pm	To be announced
<b>Final on-campus weigh-in</b>	March 19 and March 20	9:00am - 12:00pm	To be announced

## [Lose to Win Challenge Sign-up](#)

## *Questions?*

Contact Katie Schul, Benefits Manager, at ext. 8693 or [kls@niagara.edu](mailto:kls@niagara.edu).