

Lose to Win Team Wellness Challenge

Lose to Win is a team-based employee weight-loss program through BlueCross BlueShield (BCBS) of WNY. Your team “wins” by losing a minimum of 3% body weight. The program will run from January 23 through March 20, 2019. All employees of Niagara University are invited to participate. Weigh-ins will be facilitated by a Health Promotions Specialist from BCBS on a team scale; all team members weigh-in together! Participation is voluntary and all participants must sign a disclaimer.

Grand prizes will be awarded to the top three teams:

1st prize team - \$400 (\$100 per team member)

2nd prize team - \$200 (\$50 per team member)

3rd prize team - \$100 (\$25 per team member)

What you need to do to participate:

1. Form a team of four co-workers and designate one person as Team Captain.
2. Come up with a creative team name.
3. Team Captain registers team on [myNU](#) by January 22.
4. Team participates in initial, mid-way and final on-campus weigh-ins.

Important Dates:

REGISTRATION: December 6, 2018 - January 22, 2019

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

WEIGH-INS:	Date	Time
Initial on-campus weigh-in	January 23 and January 24	1:00pm - 4:00pm
Mid-way on-campus weigh-in	February 20 and February 21	9:00am - 12:00pm
Final on-campus weigh-in	March 19 and March 20	9:00am - 12:00pm

Lose to Win Challenge Sign-up

Questions? Contact Katie Schul, Benefits Manager, at ext. 8693 or kls@niagara.edu.

