

# 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 February 3 through March 27, 2020. 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:***

**1<sup>st</sup> prize team - \$400 (\$100 per team member)**

**2<sup>nd</sup> prize team - \$300 (\$75 per team member)**

**3<sup>rd</sup> prize team - \$200 (\$50 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 31.
4. Team participates in initial, mid-way and final on-campus weigh-ins.

## ***Important Dates:***

**REGISTRATION:** January 15, 2020 – January 31, 2020

**CHALLENGE DATES:** February 3, 2020 – March 27, 2020

<b>WEIGH-INS:</b>	<b>Date</b>	<b>Time</b>
<b>Initial on-campus weigh-ins</b>	Monday, February 3, 2020	1:00pm - 4:00pm
	Tuesday, February 4, 2020	9:00am - 12:00pm
<b>Mid-way on-campus weigh-ins</b>	Wednesday, February 26, 2020	9:00am - 12:00pm
	Thursday, February 27, 2020	9:00am - 12:00pm
<b>Final on-campus weigh-ins</b>	Thursday, March 26, 2020	1:00pm - 4:00pm
	Friday, March 27, 2020	9:00am - 12:00pm

***Teams only need to attend one initial, mid-way and final weigh-in. All weigh-ins will be held in the Office of Human Resources.***

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

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