



**LOSE TO
WIN!
CHALLENGE**

OVERVIEW

- Rules
- Levels
- Scoring
- Calendar
- HFA's and Fitness testing
- Discuss times for workout sessions



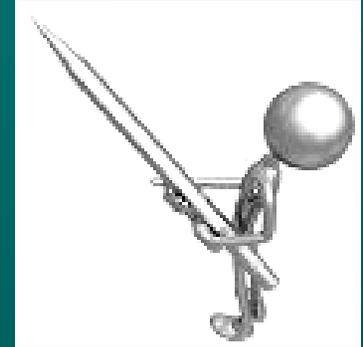


RULES

- You can participate as an individual or team member. There will be 3 levels that you will try to achieve during the competition. To progress to each level certain criteria that are listed below will have to be reached. Every time you achieve a new level you will receive a new T-shirt and certificate that signifies your success! At the end of the contest the Wellness Center will issue awards for the top three losers and the top three losing teams!



RULES CONT...



- Teams should consist of 4-8 members
- Currently to participate in this contest your BMI must be $>25^*$
- You may compete as an individual therefore not belong to a team (must be at least 14 yo)
- Team names and members should be submitted by close of business (1600) **31 JAN, THUR.**
- Note: If your team wins one of the top three team awards then no member of the team may receive an individual award.



ASSESSMENT

- **28-Jan-1Feb** Body Composition Testing and Circuit Weight Testing
- Official weigh in will be every 2 weeks
- Official waist and body fat % measure will be every 3 weeks
- CV Fitness Test will be as needed

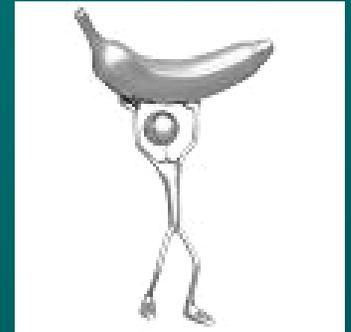


BRONZE LEVEL = 1 POINT

- Complete HFA (Walk test, BMI, BF%, Health Questionnaire)
- Submit Email
- Complete Max Lifts



SILVER LEVEL = 2 POINTS



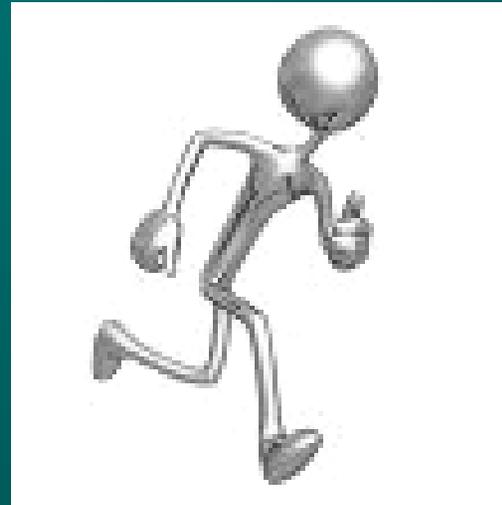
- Lose 6 pounds or 2% body fat or 1 inch from your waist (NIH guidelines)
- Attend a total of at least 7 sessions of the INTENSE work out program
- Attend a commissary tour with the USNH registered dietitian
- Attend 5 MWR-Fitness classes/events
- Turn in at least 3 MY PYRAMID weekly food logs

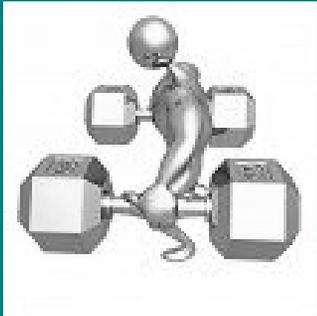


AT THE SILVER LEVEL YOU WILL RECEIVE...

● Silver  T-shirt

● Pedometer

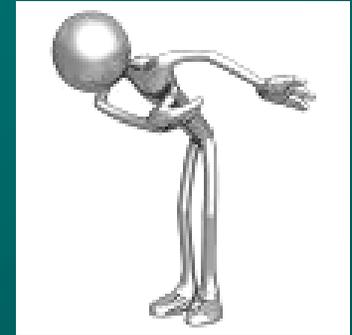




GOLD LEVEL = 3 POINTS

- Lose 12 pounds or 4% or 2 inches from your waist
- Attend at least 10 MWR supervised fitness activities, personal training or group classes
- Attend a total of at least 10 INTENSE sessions
- 6 MY Pyramids
- Attend at least 2 education sessions
- Increase Cardio Fitness Level at least 1 MET score

AT THE **GOLD LEVEL** YOU WILL RECEIVE...



- Gold **L2W** T-shirt
- Polar monitor for use



PLATINUM LEVEL

= 4 POINTS



- Lose 18 pounds or 6% body fat or 3 inches from your waist
- Increase Cardio Fitness Level at least 2 METs
- Attend at least 15 MWR supervised fitness activities, personal training or group classes
- Attend at least 13 INTENSE Sessions
- 10 MY Pyramids
- Attend at least 3 education sessions



THERE WILL BE SEVERAL TEAM AND
INDIVIDUAL COMPETITIONS WHERE
BONUS POINTS CAN BE EARNED.



THESE DATES WILL BE ANNOUNCED.

TEAM SCORING

Example

Team A has 5 members

member 1 is @ silver=2pts

member 2 is @ gold=3pts

member 3 is @ bronze=1pt

member 4 is @ platinum=4pts

member 5 is @ silver =2pts

Total team points=12

Average the points $12 \div 5 = 2.40$



Team B has 7 members

member 1 is @ silver=2pts

member 2 is @ gold=3pts

member 3 is @ bronze=1pt

member 4 is @ platinum=4pts

member 5 is @ silver =2pts

member 6 is @ silver= 2pts

Member 7 is @ gold=3pts

Total team points=17

Average the points $17 \div 7 = 2.43$

In the event of a tie a metabolic index score will be used to determine the team with the most % change

INDIVIDUAL SCORING

- First those in the highest level will be tied
 - Example 4 individuals reach platinum
- Second; BMI, MET, & Waist will be formulated and the individual with the most % change will win!





IMPORTANT UPCOMING DATES!

- **28-Jan-1Feb** Body Composition Testing and Circuit Weight Testing 0700-0900 & 1500-1700 (M&W or T&TH)
- **2 Feb** Fitness Walk Test Time 0800-1000
- **4 FEB** CWT (Times and Days TBA)
- **8 FEB** Friday Personal Nutrition Plan Class 0830&1545



AWARDS PROVIDED BY MWR-FITNESS

TEAM

- 1st - \$400 MWR gift certificate
6 months Free Group X
- 2nd - \$200 MWR Gift Certificate
3 months Free Group X
- 3rd - \$100 MWR Gift Certificate
1 month Free Group X

INDIVIDUAL

- 1st - \$100 MWR Gift Certificate; 6 months free Group X
- 2nd - \$50 MWR Gift Certificate; 3 months free Group X
- 3rd - \$25 MWR Gift Certificate; 1 month free Group X





A monthly calendar of events will be provided to you via Email and Online.

