



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Titusville YMCA

Lose2Win

TEAM AND INDIVIDUAL WEIGHT LOSS CHALLENGE



OFFICIAL WEIGH-IN SITE

Titusville YMCA
505 West Walnut Street
Titusville, PA 16354

KICKOFF EVENT & INITIAL WEIGH-IN (4 OPTIONS)

Wednesday, January 2

10:30 AM

12:00 PM

4:30 PM

6:30 PM

*Kickoff event includes an overview of the competition,
question and answer session, and initial weigh-in

*Registration accepted through kickoff

WEEKLY WEIGH-IN TIMES

With the exception of the initial weigh-in at the event kickoff, weekly weigh-in times will be on Wednesdays anytime between:

12:00-1:00 PM

5:30-6:30 PM

**YOUR WEIGHT WILL ONLY BE SEEN BY YMCA STAFF HELPING WITH
LOSE2WIN WEIGH-INS AND WILL BE KEPT CONFIDENTIAL!!!**

Weekly results will be posted at the YMCA as a percentage of weight lost under your chosen "secret name."

What is the YMCA Lose2Win Challenge?

- Lose2Win is a 10 week weight loss competition hosted by the Titusville YMCA.
- Lose2Win competition begins Wednesday, January 2nd, 2019 and ends Wednesday, March 13th, 2019. The awards ceremony will be held the evening of Wednesday, March 20th.
- There are three categories (Team, Individual Male, and Individual Female) that compete to lose the highest percentage of weight during the 10 week competition.
- Teams are made up of 4-5 people.
- Prizes will be awarded to the top Team, top Male Individual, and top Female Individual at the end of the competition, and smaller prizes will be awarded throughout.



How does the YMCA Lose2Win work?

- Each team member, or individual, must pay \$20 (YMCA current member) or \$50 (non-YMCA member) to participate. Fee must be paid by the initial weigh-in.
- Each team member and individual must attend and be weighed at a weekly weigh-in.
- There will be no refund to participants who quit the competition, are disqualified, or get voted off a team.
- Each person will pay an additional \$1 for each pound they gain at the weekly weigh-in, which will go toward the award ceremony.
- Prizes will be awarded to the top Team, top Male Individual, and top Female Individual at the end of the competition.
- A small healthy incentive prize will be awarded weekly to the male and female with the highest percentage of weight loss during the previous week.
- To be eligible for weekly prize consideration, the individual must have weighed in the current and previous week, and must not have gained weight in the previous week.

How do teams and individuals register?

- Form a team of 4-5 people, or participate as an individual.
- Each team must choose a team captain who will be the contact person.
- Choose a unique team name. Team names chosen in poor taste will not be permitted.
- Registration begins December 1, 2018. Forms can be found at the Titusville YMCA, on our website (www.titusvilleymca.org), and on our Facebook page.
- Registration forms must be completed and signed. Registration forms and fees must be turned in no later than January 2nd, 2019.

Who can participate in the Lose2Win Challenge?

- Anyone over the age of 13 who wishes to lose weight may participate. If under age 18, a release form must be signed by a parent or legal guardian and physician.
- Any group of friends, families, co-workers, civic organization members, church members, or other group, or any individual is welcome to participate.
- Participants have the option of participating as individuals or as a team, but cannot do both. Once on a team, participants cannot move to the individual category unless a team is dissolved in agreement by all team members.
- Those participating as a team will only be eligible for prizes in the Team Category, and those participating as an individual will only be eligible for prizes in the Individual Category at the end of the competition.

What are the Lose2Win Rules?

- All participants must weigh-in each week. Special use of the YMCA facility for non-members is only available if participating.
- All participants must be over the age of 13 by January 2nd, 2019.
- Participants between the ages of 13 and 17 as of January 2nd, 2019 must have a parental and physician release form signed.
- The YMCA will not place individuals on a team. Participants must form their own team.

- If a participant is unable to make the designated weigh-in days and times during the week, they must contact one of the Wellness Team Members (contact information listed on the last page) to arrange an alternate day and time.
- No shoes permitted during weigh-ins.
- No disrobing permitted. Participants should come dressed as they deem necessary. Suggested attire includes shorts or light weight sweat pants, t-shirts or tank tops, and socks or flip-flops (no bare feet).
- Fad diets promising rapid results are discouraged. They limit nutritional intake, can be unhealthy, and tend to fail in the long run.
- Healthy eating and exercise are encouraged. Emails on nutrition, exercise, and healthy weight loss will be sent each week.
- Anyone intentionally cheating or attempting to sabotage another team or individual will be disqualified. Entire teams may also be disqualified.
- Team members may vote an individual off a team for failing to weigh-in or steadily gaining weight. Only one member can be voted off a team. However, voting off a team member can affect your overall percentage. Teams cannot add a new member once one is voted off.
- As long as a team member is consistent with weigh-ins and is showing a weight loss (no matter how much) over the two previous weigh-ins, they are not eligible to be voted off.
- The winning team must have at least four remaining members on the team at the end of the competition.
- YMCA staff have the right to make changes or clarifications to the rules at any time.

What are the Rules for Disqualification?

- Attempting to sabotage another team, team member, or individual
- Cheating and/or adding hidden weight at initial weigh-in
- Missing two consecutive weigh-ins
- Missing more than two weigh-ins total
- Missing the last weigh-in, unless prior approval from a Wellness Team Member
- Pregnancy
- Body Mass Index (BMI) below 18.5
- Any surgery resulting in significant weight loss
- Unhealthy and/or unfair weight loss practices if discovered

What if a team member is voted off or chooses to drop-out?

- Team members cannot be replaced.
- Team members may drop out by the 5th week (February 5th, 2019) without penalizing the rest of the team. A dropout's weight will not be calculated into the rest of the team as long as they drop out by the 5th week.
- After the 5th week, team members may dropout but their weight will be calculated into the team's total weight, which may lower the team's overall loss percentage.
- Teams must have four members remaining to be eligible for team prize consideration. If a team roster falls below four people, the remainder of the team will be re-classified to the Individual Category.

What do you get for your Entry Fee?

- Use of the YMCA facility, including the Wellness Center, indoor track, gymnasium, locker rooms, and café area.
- Free equipment orientation in the Wellness Center for those interested.
- Free group exercise classes, with the exception of cycling classes. Punch cards for cycling classes may be purchased at member price. Although non-YMCA members can purchase a cycling punch card at member price, they must still follow bike reservation procedures as a non-YMCA member if they choose to reserve a bike.
- Weekly weigh-ins.
- Free blood pressure screenings for those interested.
- Free body fat composition for those interested at the beginning and end of the competition.
- Weekly emails regarding nutrition, exercise, and weight loss to help you on your weight loss journey.



Prizes

- The winning team will be awarded a trophy, and each member on the winning team will be awarded a t-shirt, a free two month Adult Membership, and 10 free group exercise classes.
- The winning male and female from the Individual Categories will be awarded a trophy, a t-shirt, a free two month Adult Membership, and 10 free group exercise classes.
- Each week, the male and female that lose the highest percentage of weight during that week is awarded a small healthy incentive prize.
- All participants who choose to become a YMCA Member will have their joiner fee waived. This offer will expire April 13th, 2019.

Bonus Points

- Bonus Points are a way for you and your team to qualify for extra weight loss percentage, which will be deducted from your total percentage of weight loss at the conclusion of the competition. Bonus points are earned by:
 - 0.5% body weight will be deducted per person per week that they participate in at least 3 YMCA Group Exercise Classes during the competition.
 - 0.5% body weight will be deducted per person per week that they use the YMCA Wellness Center and/or indoor track at least 5 days in a week. If you utilize the Wellness Center multiple times in a single day, it still only counts as one day.
- For the purpose of this competition and bonus points, the first day of the week is Thursday and the last day of the week is Wednesday.
- A Group Exercise Bonus Point Log and Wellness Center Bonus Point Log are at the front desk. When you take a class and/or utilize the Wellness Center or indoor track, check-in with the front desk staff and make sure they log your usage. It is your responsibility to check-in with a front desk staff member directly after each class or usage and be sure they log your usage.
- Each person has the potential to earn an extra 1% of weight loss each week, and a total of 10% weight loss throughout the competition if they take full advantage of the bonus points. This could dramatically change results at the end of the competition when bonus points are added in.

What are the benefits of the YMCA Lose2Win?

- Weight loss through proper nutrition and regular exercise leads to better health.
- Team competition promotes camaraderie, encouragement, accountability, and motivation among team members and others.
- Weight loss often leads to more energy, increased productivity, and increased self-esteem.
- Healthier people have fewer medical expenses.

Who do I contact with questions and/or concerns?

- Contact any member of the YMCA Wellness Team listed below by email or phone (814-827-3931)
 - Jacquelyn Slater, Health & Wellness Director
 - Email: jslater@worldconnx.net
 - Mikaela Bean, Wellness Coach
 - Email: mbean@worldconnx.net
 - Wes Shaver, Wellness Center Supervisor
 - Email: wshaver@worldconnx.net
 - Jesse Yashinski, Sports & Fitness Coordinator
 - Email: jyashinski@worldconnx.net

