



# Lose It to Win

*A 13-week weight management program with a competitive weight-loss component*

## Facts about Obesity

Obesity has been linked to several serious medical conditions, including:

- Heart disease and stroke
- High blood pressure
- Diabetes
- Cancer
- Gallbladder disease and gallstones
- Osteoarthritis
- Gout
- Breathing problems, such as sleep apnea (when a person stops breathing for a short time during sleep) and asthma

It is the committee's hope that each participant will have a better understanding of what constitutes a healthy lifestyle by the end of this challenge.

Good luck!

## Wellness Program Assistance

A goal of the \_\_\_\_\_ is to assist employees  
(Health/Safety Committee name)  
with the education and resources needed to live a healthy lifestyle. To do this, we are challenging individual employees to participate in a new wellness program titled *Lose It to Win*. This 13-week weight management program challenges participants to lose the largest percent of body weight through 10 simple steps plus goal setting, weekly weigh-ins, education and encouragement from fellow participating employees.

1. On \_\_\_\_\_ all participants will be asked to weigh  
(Day and date)  
in at \_\_\_\_\_ (see "Weekly Weigh-ins" listed beneath  
(Time and location)

### Program Components).

2. Once a start weight is documented, each participant will privately set their personal goals.

3. All *Lose It to Win* participants will be required to weigh in every \_\_\_\_\_ . If you are unable to weigh in then, please  
(Day and time)  
contact \_\_\_\_\_ or \_\_\_\_\_ to  
(Male name) (Female name)  
schedule a weigh in.

4. At the end of the 13-week program, the participant with the highest percent of weight loss will win a prize\*. The following weight loss formula will be used:

$$\text{Start Weight} - \text{End Weight} = \text{Weight Loss} / \text{Start Weight} = \% \text{ of Weight Loss}$$

5. Each program participant will receive a gift for taking the initiative to make a personal lifestyle change.

\* If you choose to take on this program challenge and complete it, you have a chance to win one of the following prizes at the end of the program's 13-week duration:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Program Components

## Educational Materials

- Body Mass Index Chart
- 10 Steps to Losing Weight
- New Hampshire Local Government Center (LGC) HealthTrust's *Health Awareness Program*
- *Guide to Dining Out*

## Weekly Weigh-ins

Weigh-in Administrators: \_\_\_\_\_  
(Male and female name)

**NOTE:** If the Weigh-in Administrators are unavailable, a back-up person will fill in.

**Cost:** Free to all program participants

**Time:** \_\_\_\_\_

**Day:** \_\_\_\_\_

**Place:** \_\_\_\_\_

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## Weekly Motivational Emails

Weekly encouragement emails will be sent that contain helpful hints, reminders and general information. These e-tools are designed to assist you in meeting your program goal and provide education about good nutrition, plus recipes and weight loss facts.

### Group Educational Sessions

**Class #1:** Nutrition 101

**Instructor:** LGC Health and Safety Advisor

**Cost:** Free to all program participants

**Time:** \_\_\_\_\_

**Day:** \_\_\_\_\_

**Place:** \_\_\_\_\_

**Class #2:** Fitness 101

**Instructor:** LGC Health and Safety Advisor

**Cost:** Free to all program participants

**Time:** \_\_\_\_\_

**Day:** \_\_\_\_\_

**Place:** \_\_\_\_\_



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*Presented by New Hampshire Local Government Center (LGC) HealthTrust—dedicated to providing programs and services aimed at improving the health and safety of our members.*