

National Healthy Lifestyle Campaign 2009 “Lose To Win” Challenge

Fact Sheet

BACKGROUND

In Singapore, the prevalence of obesity among adults aged 18 – 69 increased from 5.1% in 1992 to 6.9% in 2004. Though the prevalence is currently low, it has steadily increased over the years. It is a major public health Challenge due to the adverse health consequences associated with it, such as diabetes, hypertension, coronary heart disease, certain cancers and osteoarthritis.

In this year’s National Healthy Lifestyle Campaign, the Health Promotion Board together with its partners will put obesity in the limelight to raise awareness and motivate people towards healthy lifestyle practices.

This 3-month long campaign will kick-off with **the “Lose to Win” Challenge** for workplaces. The Challenge aims to inspire & motivate groups of employees to lose weight the healthy way through the provision of an effective structured programme.

BASIC INFORMATION:

Corporate team-based workplace challenge

- 1 team per workplace, up to 5 members per team
- Physically able individuals with BMI of ≥ 25
- Able to perform moderate physical activity

Note: Pregnant women and those with history of heart attack or stroke are not eligible to join this Challenge.

STRUCTURE:

| Component | Schedule | No. of Sessions |
|---------------------|--|-----------------|
| Fitness assessments | ▪ start, middle, end | 3 |
| Boot Camp | ▪ Weekday, 5pm (either Tues or Thurs) ▪ Weekend, 9.15am (Sat) ▪ About 1 to 1.5hr per session | 21 |
| Nutrition Education | ▪ Weekday, at HPB ▪ About 1 to 1.5hr per session | 3 |

PARTICIPATION is FREE

*Note: Information is correct at the time of print. For updates on the Challenge visit www.hpb.gov.sg/healthatwork (click “Health Facilitators”) or call **6227 2445**.*



JUDGING CRITERIA:

- % Weight Loss + % Body Fat Loss
- % of increase in level of fitness based on the 3 Fitness assessment tests (start, middle, end)
- Attendance
- Completion of Questionnaire at pre and post-Challenge

PRIZES:

| Category | |
|------------|--|
| Team | <ul style="list-style-type: none"> ▪ 3 winning teams ▪ Top Prize worth up to \$3000 |
| Individual | <ul style="list-style-type: none"> ▪ 3 individual winners ▪ Top Prize worth up to \$500 |
| Cadet | <ul style="list-style-type: none"> ▪ A plaque or trophy to recognise the most motivated and motivating participant |
| Company | <ul style="list-style-type: none"> ▪ Plaque or trophy to companies of top 3 teams ▪ Photo opportunity for CEO/senior management of winners at the launch of NHLC 2009 ▪ Participating companies will get recognition in SHA |

PARTNERS:



REGISTRATION DETAILS: www.hpb.gov.sg/healthatwork (click "Health Facilitators")

CONTACT INFORMATION:

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