



BIG ON WINNING?

Join the Lose to Win Challenge

Get fit and win big in a unique 12-week weight loss programme for the workplace, where you and your colleagues can lose weight and have fun as a team. You'll look good and feel healthier than ever before!

The top team will also win fabulous prizes worth up to \$3,000. Losing weight has never been this exciting, or rewarding!

Participation is free! Sign up today!

LOSE TO WIN

Can I join?

To take part in the challenge, you must have a BMI of 25 and above and be able to engage in moderate physical activity.

How it works

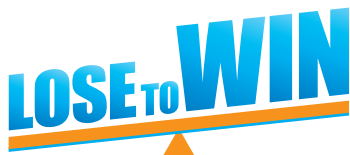
- Corporate team-based challenge with 3 – 5 members
- 12-week boot camp-style programme from 11 Aug '09 to 31 Oct '09
- 2 weekly exercise sessions (1 – 1.5hrs per session)
- 3 Fitness Assessment Tests
- 3 Nutrition Education sessions

HOW TO CALCULATE YOUR BMI:

$$\frac{\text{Weight (in kilogrammes)}}{\text{Height x Height (in metres)}}$$

Prizes

Category	
Team	3 winning teams Top prize worth up to \$3,000
Individual	3 individual winners Top prize worth up to \$500



Contact _____ to sign up by **4 Aug.**

For more information, visit www.hpb.gov.sg/healthatwork

Or contact Ms Jane Zhuang at 6227 2445 or LosetoWin@dmcevent.com



Supported by:

