



Lose To Win®

Frequently Asked Questions

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Frequently Asked Questions on Lose To Win®

Note this FAQ is subject to changes, and HPB reserves the right to modify or vary this FAQ at any time.

1 What is Lose To Win®?

Lose To Win® is a 12-week holistic weight management programme to help our participants shape up through exercise, nutrition, and positive mental wellbeing. The programme targets individuals aged 21 to 64 who want to attain a healthier weight.

Through active participation in the Health Promotion Board's (HPB) Physical Activity workout sessions, and receipt of nutritional and mental wellness health tips over 12 weeks, this programme encourages participants to get healthy and stay fit the right way.

Join like-minded individuals and be rewarded with free fitness sessions and guidance from our professional instructors during the program journey. Past participants of Lose To Win® seasons will also be back to help further support you as motivators, as the programme progresses through the weeks.

2 How does this season differ from prior seasons?

Due to considerations in view of the ongoing COVID-19 pandemic, recruitments and workout sessions will be conducted virtually, i.e. on-line. There would also not be any fitness assessments conducted, this season.

3 Who can sign up for Lose To Win®?

- Singaporeans and PRs aged 21 to 64 at the point of registration.
- Participants must meet this BMI criterion:

BMI (kg/m ²)	23 - 37.4
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○ Programme is designed for people whose BMI falls into the above BMI range; Clinical medical intervention may be required for those with BMI above 37.4.

- Able to perform moderate-intensity physical activity.
- No heart disease, history of heart disease, heart attack or stroke.
- Pregnant women are not eligible to join.

4 When does Lose To Win® start?

The current run for Lose To Win® is open for registration from 12th July to 15th August 2021. The programme will start on 30th August 2021.

5 How long is the Lose To Win® programme?

The programme will last 12 weeks (84 days) starting from 30th August 2021.

6 How do I count the weeks of the Lose To Win®?

The first day of the week starts on the day of commencement, i.e. 30th August 2021 will be the start of Week 1. Each consecutive Monday will be the start of a new week. The programme will end on 21st November 2021.

7 Where can I sign up for Lose To Win®?

You can sign up for Lose To Win® by completing the online registration form here <https://go.gov.sg/j00pgm>. For more information on the programme, please visit losetowin.sg

8 There are no more recruitment sessions scheduled. Can I still sign up for Lose To Win®?

Lose To Win® has gone virtual so we will not be running any on-ground recruitment sessions for this season. Please register for Lose To Win® by completing the online registration form here <https://go.gov.sg/j00pgm>. Registration closes on 15th August 2021.

9 Where can I find the schedule for upcoming workout sessions?

You can find the schedule for both Conditioning Classes and the Lose To Win® workout sessions on losetowin.sg. Conditioning classes start from 2nd August 2021, while Lose To Win® workout sessions will start on 30th August 2021. [Please click here for the schedule.](#)

10 What are Conditioning Classes?

There are classes conducted during the recruitment period and before the official start of the Lose To Win® programme. The sessions will be held at a lower intensity and are targeted to help participants jumpstart an exercise routine. Conditioning Classes start from 2nd August 2021.

11 Can I attend the Lose To Win® Physical Activity sessions if I am not a participant?

You would need to register as a participant for the programme to join the Lose To Win® physical activity sessions. Please register for Lose To Win® by completing the online registration form here <https://go.gov.sg/j00pgm>. Registration closes on 15th August 2021.

12 How do I book the Lose To Win® Physical Activity sessions?

For existing participants of Lose To Win®, please visit www.eventbrite.sg and search for “Lose to Win” or “LTW”. You may select and register for the timeslots that are convenient for you to attend. Please refer to the email confirmation from Eventbrite for the Zoom link to the session which will be sent to the email address that you have indicated.

From 10th August 2021 onwards, registration for workout sessions will be done via Zoom. If you registered for Lose To Win® on and after 10th August, please refer to your welcome email and click on the “Book For Classes” tab to book your sessions. Existing participants who have signed up for the Lose To Win® programme prior to 10th August will be receiving email updates with instructions and updated steps to facilitate your registration for upcoming workout sessions.

13 How do I take attendance for the Lose To Win® Physical Activity sessions?

You are not required to take any attendance for the virtual sessions. Your attendance will be automatically logged by Zoom at the end of the session.

14 How do I track my attendance using the Healthy365 mobile app?

You are not required to track your attendance on the H365 mobile app as the virtual sessions are not released on the app.

15 Can I attend multiple Physical Activity sessions in a week?

Yes, you can attend multiple Lose To Win® Physical Activity sessions in a week. There are many different workouts offered for you to register for and attend, at your convenience. All the workouts will be held virtually.

16 What must I do to complete Lose To Win®?

You should conduct a weigh-out on your own at the end of your 12-week programme during the Lose To Win® Physical Activity sessions on the 12th week. Reminders via Whatsapp, SMS and email may be sent to remind you about your weigh-out.

17 Where do I weigh-out at the end of Lose To Win®?

Please do a weigh-out on your own, at the end of the programme period. There will not be physical weigh-out sessions in this season in light of considerations for the COVID-19 pandemic.

18 Where do I claim the rewards for Lose To Win®?

There are no Healthpoints rewards this season. Should you be eligible for any rewards earned during the mini-challenges (if any), you would be contacted separately with details on how to claim your rewards.

19 What happens if I am unable to complete the programme?

If you have started on the programme, but subsequently find that you are unable to continue participation e.g. pregnant, development of heart conditions, or any conditions that prevent you from exercising vigorously etc., please cease participation immediately. You are not required to inform HPB on your programme discontinuation.

20 Who can I contact if I have enquiries?

If you have any enquiries, you can contact the Lose To Win® team at moveit@hpb.gov.sg or call us at 1800-567-2020.