



# Lose To Win<sup>®</sup> 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 shape up through exercise, nutrition and positive mental wellbeing. It targets individuals aged 21-64 who want to attain a healthier weight.

This programme encourages you to stay fit and healthy the right way! This is accomplished through self-monitoring via the Healthy 365 mobile app for your step count, food and weight log, and active participation in HPB Physical Activity programmes, over 12 weeks.

Be rewarded when you attend our exercise sessions, join like-minded individuals and be supported by our motivators during the program journey.

## 2 How does this season differ from prior seasons?

This time, we have included free fitness assessments\* as part of the programme experience. Participants will do a fitness assessment at the beginning and end of the programme to see how much they have improved during the 12 weeks. The exercise curriculum is designed in a way to help participants improve in the assessment indicators.

\* For exact dates of fitness assessment, please click [here](#).

## 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 <sup>2</sup> )	23 - 37.4
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- *BMI values do not apply to children, pregnant women, individuals with muscular build (e.g. athletes & body builders) or elderly.*
- *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 until 31<sup>st</sup> May 2020. The programme will start on 1<sup>st</sup> June 2020.

## 5 How long is the Lose To Win® programme?

- For participants who signed up for the programme from October 2019 to December 2019, the programme will last 12 weeks (84 days) starting from 23<sup>rd</sup> December 2019.
- For participants who signed up for the programme from March 2020 to May 2020, the programme will last 12 weeks (84 days) starting from 1<sup>st</sup> June 2020.

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

### **For participants who signed up for the programme from October 2019 to December 2019:**

The first day of the week starts on the day of commencement (E.g. 23<sup>rd</sup> December 2019, Monday). Hence, the next consecutive 11 Mondays will be the start of a new week.

23<sup>rd</sup> December 2019 will be the start of Week 1. Your programme will end on 15<sup>th</sup> March 2020.

### **For participants who signed up for the programme from March 2020 to May 2020:**

The first day of the week starts on the day of commencement. (E.g. 1<sup>st</sup> June 2020, Monday) Hence, the next consecutive 11 Mondays will be the start of a new week.

1<sup>st</sup> June 2020 will be the start of Week 1. Your programme will end on 23<sup>rd</sup> August 2020.

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

You can sign up for Lose To Win® at the **roadshows and conditioning classes** that are listed on the website. For more information, you can head to [www.losetowin.com.sg](http://www.losetowin.com.sg).

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

You can still register for Lose To Win® after the period for recruitment sessions. You can register by attending any of our conditioning sessions. We will also allow registrations for the first week of Lose To Win®. After which, no new sign-ups will be allowed.

## **9 How does Lose To Win® work?**

Lose To Win® is a flexible 12-week programme where individuals will be incentivised to attend exercise sessions catered solely for Lose To Win® participants.

- Register and attend the Lose To Win® Physical Activity sessions. Attendance must be taken via QR codes at all the different sites.

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

You can join the sessions if there are slots available. However, you will not be entitled to any Healthpoints.

## **11 What are Conditioning classes?**

These are classes\* conducted during the recruitment period and before the official start of Lose To Win. The sessions will be at a lower intensity and are targeted to help participants jumpstart an exercise routine. Participants will also be able to bring along friends and family if they want to sign up for the program.

Do note that there are strictly no rewards for attending these sessions.

\*For exact dates of Conditioning Classes, please click [here](#).

## **12 What are the rewards for Lose To Win®?**

- You can win rewards by attending Physical Activity sessions. Each session amounts to 80 Healthpoints. While you can attend as many sessions as you would like, you will only be rewarded for attending up to 12 sessions.
- You can also win up to 750 Healthpoints by showing improvements between your pre-post fitness assessments.  
(For more details, please refer to point 16.)
- Participants will need to do both the pre and post programme fitness assessment at week 1 and 12 respectively, with a minimum attendance of 8 sessions in the Lose to Win exercise sessions.
- You will also earn 1 grand draw chance for every exercise session attended.

## **13 What is the referral scheme for Lose to Win?**

Each referrer will be eligible to a \$5 voucher for every new Lose to Win participant they refer. The new participant must attend a minimum of 2 sessions within the first 4 weeks of the program before the referrer will be eligible for the voucher.

Each referrer will only be entitled to a maximum of \$25 (i.e 5 new participants that meet the attendance requirement)

## **14 What is the fitness assessment measuring?**

The fitness assessment will be used to encourage participants to work hard during the 12 weeks to improve the scores across different fitness components.

Based off established international norms, the 5 stations will focus on:

- Muscular endurance (Upper body, Lower body, Core)
- Agility
- Cardiovascular endurance

## **15 How is the scoring tabulated for the fitness assessment?**

Each station is based on a 25 points scale and adapted from the Cooper Institute standards, YMCA and McArdle test. Some adjustments were made to take into account the lower fitness levels of Lose to Win participants.

Depending on the number of reps done for each station and the participant's age range, it will give a score over 25. This will give a total score out of 125.

## **16 How do I earn Healthpoints from the fitness assessment?**

You can earn up to 750 Healthpoints when you (1) make improvements between your pre-post fitness assessments, and (2) attend a minimum of 8 sessions.

Improvement refers to an increase from your pre- fitness assessment score and the post-fitness assessment score:

- From the pre-fitness assessment, participants will get a starting fitness score. Depending on this score, participants will already be awarded a certain number of

Healthpoints. The higher your pre- fitness assessment score, the more Healthpoints you will be awarded. This is to reduce situations of participants intentionally performing badly in their pre- fitness assessments to ensure improvement in the post- fitness assessment. Depending on the number of points your post- fitness assessment score increases by, you will earn additional Healthpoints. For more details on the scoring matrix, click [here](#).

- Do note that only improvements between your pre- post fitness assessments within the same season will be considered. Assessments done after the end of the current season will not be counted as a 'post'- fitness assessment score, i.e. if you participate in Run 1 but do the pre- fitness assessment in Run 2, that will not be counted as a post- fitness assessment. The post-assessment will have to be completed in Run 1.

**17 What if I have an injury that prevents me from doing certain components of the assessment?**

You will be excused from that particular component and the scoring will be adjusted accordingly.

**18 Can I attend multiple Physical Activity sessions in a week to accumulate the required attendance for the rewards?**

Yes, participants can attend multiple Lose To Win® Physical Activity sessions in a week. However, participants will not be able to attend more than 1 session in a day.

**19 Why can't I attend more than 1 session in a day?**

As part of the programme, we want to encourage healthy habit formation within the recommended physical activity guidelines. The recommended number of sessions for our participants is 2 sessions spread across a week.

**20 What if I do more than the requirements? Will I qualify for more rewards?**

We encourage participants to attend more than the required number of sessions. However, there will be no additional rewards given once 12 sessions have been completed.

**21 What must I do to complete the Lose To Win®**

You must weigh-out at the end of your 12-week programme during the Lose To Win® Physical Activity sessions on the 12<sup>th</sup> week. Reminders via WhatsApp, SMS and email may be sent to remind you about your weigh out.

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

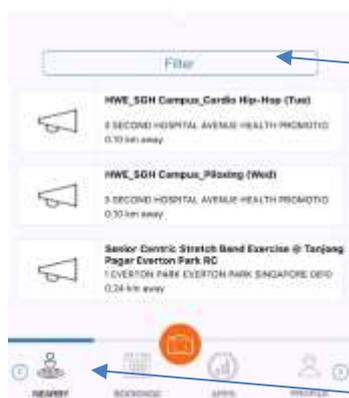
You can weigh out at the Lose To Win® Physical Activity sessions from week 11 onwards.

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

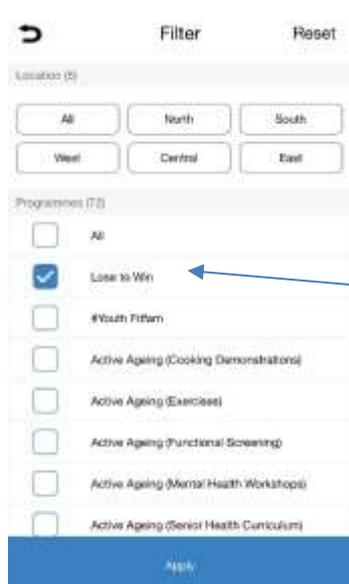
You can redeem the rewards via Healthy 365 mobile app.

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

Go to the Healthy 365 mobile app. Under the 'Nearby' tab, you will be able to view all the physical activity programmes available for booking. Go to the 'filter' option and select Lose to Win.



Click on 'Filter' to select the specific programme



Go to 'Nearby' to view the list of physical activity sessions

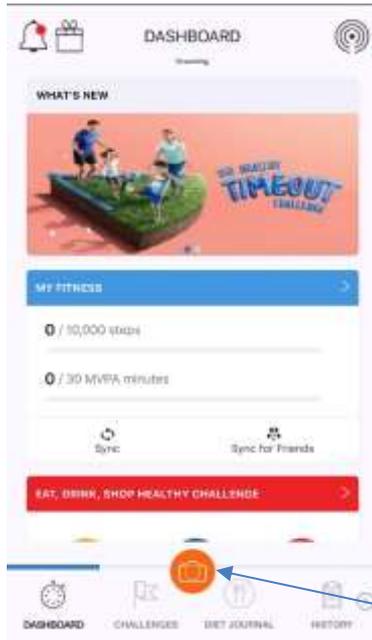
Select 'Lose To Win' to view the sessions available for booking

## 25 Can I walk-in without registering?

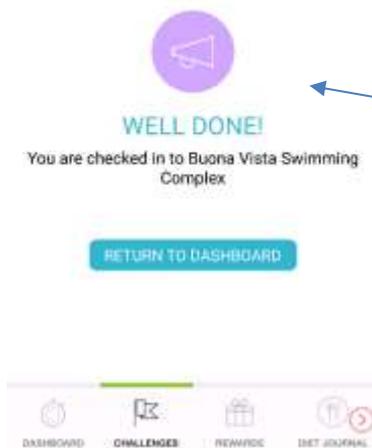
You may walk-in, only if the venue still has available slots.

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

There will be a QR code present at every session, and participants will be able to scan the code after each exercise session has ended. Responsibility for scanning the QR code lies with the participants so make sure you remember to bring your smartphone and scan!



Tap here to scan QR code



Ensure that you see a successful message after scanning the QR code

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

Your attendance for the Lose To Win® Physical Activity sessions will be reflected in the Healthy 365 mobile app.



Once scanned, events should show up here

## 28 What if I need to go overseas during the 12 weeks?

Your Lose To Win® challenge status will not reset if you leave the country. As the challenge mechanics is based off your attendance for the Lose To Win® Physical Activity sessions, it is up to your discretion on how you would like to make up for the days that you have been out of the country.

## 29 Who can I contact if I have enquiries?

If you have any enquiries, you can contact the Lose To Win® team at [HPB\\_LOSETOWIN@hpb.gov.sg](mailto:HPB_LOSETOWIN@hpb.gov.sg).