



## **What is the Losing it with Leo Competition?**

The Losing it with Leo Competition is a new employee health and wellness program that is similar to NBC's hit television program, "The Biggest Loser". Whether your goal is to make lifestyle changes or to lose those last stubborn 10 pounds you gained over the holidays, we encourage anyone who wants to shed a few extra pounds to join the competition.

The basic premise of the competition is each individual will be responsible to weigh-in on a weekly basis. Results will be calculated on your percentage of weight loss and not the number of pounds lost.

## **When does it take place?**

The Losing it with Leo competition will be a 14-week competition. It will take place from February 1<sup>st</sup>- May 7<sup>th</sup>.

## **What are the rules?**

- Each employee who signs up for the program will commit to a healthier lifestyle over the next 14 weeks.
- Each employee will have to weigh in EACH WEEK at the Student Health Center. Listed below are the times\* slots available to weigh in:
  - Monday 9am-12pm
  - Tuesday 1pm-4pm
  - Thursday 9am-12pm
  - Friday 2pm-4pm

\*Times are subject to change
- You will be allotted one week that you can miss a weigh-in. If you miss more than one weigh-in you can continue to be in the program but will no longer be eligible for grand prizes or the title of "Leo's Biggest Loser". Your weight for the week you miss will be entered as what your weight was for the previous week.
- The week of February 1<sup>st</sup>, will be your first week to weigh in. That will be your "starting baseline weight." Try to make an effort to weigh in on the same day the following weeks.

- Results will be measured by the percentage of weight loss you lose every week. Winners will be determined by whoever has the greatest percentage of weight loss over the course of the 14 weeks of the program. Your actual weight will not be disclosed to anyone other than a member of the Student Health Center.
- Results (percentage of weight loss) will be posted each week on the Employee Health and Wellness SharePoint site and/or e-mail to participating members.

### **How do I register?**

You can register by filling out a “Losing it with Leo” registration form with the enclosed \$10.00 participation fee.

### **Is this a team competition or individual?**

This is an individual competition HOWEVER, you may have fellow co-workers though that you want to encourage or pair up with for a lunch hour walk to help you meet your weight loss goals. We recommend you encourage each other but remember this is a competition. Sabotaging your co-workers with brownies or homemade cookies is not recommended, however it is allowed in the spirit of competition.

We want this to be a fun competition but with serious hopes that this can be the kick start to healthier lifestyle or maintaining a healthy lifestyle.

### **What are the incentives?**

**1<sup>st</sup> Place- Leo’s Biggest Loser-** Up to a \$250.00 maximum reduction over 12 months in health insurance premiums.

**2<sup>nd</sup> Place-** \$50 gift certificate

If you are not one of the individuals who placed but lost 10% of your body weight you will receive a special prize.

Other prizes throughout program

### **Where should I go if I still have questions?**

Please contact Human Resources at [LegginitwithLeo@kings.edu](mailto:LegginitwithLeo@kings.edu) or 570-208-6090 with any questions.