

LOSE 2 WIN

Westport Weston Family YMCA

PROGRAM OVERVIEW

Lose 2 Win is a 12 week wellness program that starts **Sunday, January 14** and ends **Saturday, April 7th**. Everyone in Lose 2 Win will be in a team of 3 people. The program will include team challenges and personal challenges. You can register at the Front Desk of the YMCA or on-line at www.westporty.org.

Registration Fee: \$99 per person **Program dates:** Sunday, January 14 and ends Saturday, April 7th.

TEAM CHALLENGES

Every Sunday your team will receive an email with 4 challenges for the week. These challenges will cover: strength training, cardio exercise, nutrition, and stress reduction. Challenges will get progressively harder each week. Your team will be awarded 1 point for every challenge you complete. The team with the most points at the end will win a Fitness Package.

SAMPLE CHALLENGES:

Strength Training– Stay in a plank position for 1-3 minutes (each teammate)

Cardio– Bike a total of 9 minutes (cumulative)

Nutrition– Eat fruits & vegetables of at least 5 different colors

Stress Reduction– Take any 1 Yoga or Pilates class offered on our group fitness schedule

WEIGH-INS

On **Monday, January 15** we will hold weigh-ins all day in our Wellness Center (5:30 am –10:00 pm). We will hold final weigh-ins on **Monday, April 9**. The male and female that lose the largest percentage of body weight will be awarded an individual prize. This will be determined by Weight Lost / Starting Weight.

All participants are asked to weigh-in each Monday in the Wellness Center. To be eligible for the Program Completion Grand Prize, you must weigh-in each week.

PRIZES

TEAM GRAND PRIZE - The team that finishes with the most points will receive a YMCA Wellness Pack that include a free month of membership, one free personal training session, and a free coaching session with a Certified Nutrition Coach (a potential \$275 value per teammate)!

INDIVIDUAL GRAND PRIZE - The male and female that lose the highest percentage of body weight will each receive an Apple 3 Watch (value \$329).



QUESTIONS?

For more information about Lose 2 Win, please contact:
Shelly Goldman at sgoldman@westporty.org.