

Lose Big, Win Big

The _____ (Your Organizations Name) recognizes the importance of health and wellness and believes a healthy workforce is a productive workforce. Eating right and being physically active are keys to a healthy lifestyle.

- 300,000 deaths each year in the United States are associated with obesity.
- Overweight and obesity are associated with heart disease, certain types of cancer, type 2 diabetes, stroke, arthritis, breathing problems, and psychological disorders, such as depression.
- The economic cost of obesity in the United States was about \$117 billion in 2000 and more than \$6 billion in NYS.
- The percentage of New York State adults who are overweight or obese increased from 42% in 1997 to 57% in 2002.
- A sustained 10% weight loss will reduce your risk of hypertension, type 2 diabetes, heart disease, stroke, and high cholesterol.

To identify new strategies for prevention and treatment, the National Institutes of Health (NIH) has established an Agency-wide obesity task force and research plan (see obesityresearch.nih.gov). With healthful habits, you may reduce your risk of many chronic diseases and increase your chances for a longer life. The National Institute of Drug Abuse (NIDA) has pointed to similar brain patterns affecting obesity and chemical dependence; NIDA's research agenda now includes obesity, with the hope that the knowledge NIDA-funded scientists have developed of how the brain functions (normally and in the context of chemical dependence) will have great application.

We all know that we should take care of ourselves the way we often take care of others, but that doesn't always happen.

Lose Big, Win Big is a voluntary 10-week program designed to utilize a worksite team approach to weight management. Together, we will make it fun and easy for you to eat better, move more, reduce your risks and improve your health.

The Lose Big, Win Big program is a team support program to encourage healthy nutrition. Team support is essential and can be coordinated during approved breaks/lunch/dinner. By working together, you lose together and ultimately win together. You may develop teams based on floor, division, unit, etc. Each team should have a designated team leader who will oversee the implementation of the program. Meetings and weigh-in will be scheduled during approved non-work hours.

Team Leaders will encourage participation and provide motivation and support throughout the program. Additionally, they will maintain the utmost confidentiality with respect to the personal weigh-in. An introductory meeting will be scheduled soon. Stay tuned for more details from your team leader. Your team leader will advise you of the weigh-in dates/times along with other pertinent information. Group support is important as you will help others by attending meetings and sharing helpful tips and strategies.

Who wins?

The team and the individual with the highest percentage of weight loss will receive a certificate and be recognized by (top official at your location)

Anyone who participates!

What's in it for me?

Team Support

Better health.

More energy.

Sense of accomplishment.

Camaraderie with co-workers.

What do I need to do?

Register with your team leader.

Get weighed-in weekly (results are confidential).

Eat better, move more, have fun!

Am I on my own?

No. The program uses a team approach so that team members can encourage and support each other and share effective strategies for weight loss and increased physical activity.

*This program is a voluntary program.
Check with your personal physician before starting any weight management program.*

A weight loss team-competition brought to you by _____ (Your Organizations Name).