



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Titusville YMCA

Lose2Win

TEAM AND INDIVIDUAL WEIGHT LOSS CHALLENGE



KICKOFF EVENT & INITIAL WEIGH-IN (3 OPTIONS)

- Friday, January 2, 2026
 - 12:00 PM
 - 4:30 PM
 - 6:30 PM
- Kickoff event includes an overview of the competition, question and answer session, and initial weigh-in

WEEKLY WEIGH-INS

- You are welcome to weigh-in any time between 7am and 8pm on Thursdays. To weigh-in with Mikaela, Jacquelyn, Holly or Kim, please weigh-in during the following times. Outside of these times, whichever Y staff member that is available will assist with weigh-ins.
 - 9:00 – 10:00 AM
 - 12:00 – 1:00 PM
- YOUR WEIGHT WILL ONLY BE SEEN BY YMCA STAFF HELPING WITH LOSE2WIN WEIGH-INS AND WILL BE KEPT CONFIDENTIAL!!!

RESULTS

- Weekly results will be posted as a percentage of weight lost under your chosen "secret name" at the YMCA and on the Titusville YMCA, PA Facebook page. Your actual weight will never be posted or revealed, and only the names of top participants will be revealed at the very end of the competition.

GENERAL INFORMATION

- Lose2Win is a 10 week weight loss competition hosted by the Titusville YMCA.
- Lose2Win competition begins Friday, January 2nd, 2026 and ends Thursday, March 12th, 2026. The awards ceremony will be held the evening of Wednesday, March 18th at 6:30pm.
- There are three categories (Team, Individual Male, and Individual Female) that compete to lose the highest percentage of weight during the 10 week competition.
- Teams are made up of 4-5 people.
- Prizes will be awarded to the top Team, top Male Individual, and top Female Individual at the end of the competition. There will also be a cash prize drawing at the end of the competition (more info in the Prizes section below).



REGISTRATION AND FEES

- Registration can be completed online, or by calling or stopping into the YMCA.
- Participants have the option of participating as individuals or as a team, but cannot do both. Once on a team, participants cannot move to the individual category unless a team is dissolved in agreement by all team members.
 - Individuals
 - Males will compete in the Individual Male category
 - Females will compete in the Individual Female Category
 - Teams
 - Participants must form their own team of 4-5 people prior to registering. The YMCA will not place individuals on a team.
 - Choose a unique team name and provide it during registration. Team names chosen in poor taste will not be permitted.
- Each team member, or individual, must pay \$25 (YMCA current member) or \$75 (non-YMCA member) to participate. Fee must be paid by the initial weigh-in.
- There will be no refund to participants who quit the competition, are disqualified, or get voted off a team.
- Each person will pay an additional \$1 to the weight gain jar for each pound they gain at the weekly weigh-in, which will go toward cash prizes.

RULES

- All participants must weigh-in each week. Special use of the YMCA facility for non-members is only available if participating.
- If a participant is unable to make the designated weigh-in days and times during the week, they must contact Mikaela (contact information listed on the last page) to arrange an alternate day and time.
- No shoes permitted during weigh-ins.
- No disrobing permitted. Participants should come dressed as they deem necessary. Suggested attire includes shorts or light weight sweat pants, t-shirts or tank tops, and socks or flip-flops (no bare feet).
- Fad diets promising rapid results are discouraged. They limit nutritional intake, can be unhealthy, and tend to fail in the long run.
- Healthy eating and exercise are encouraged. Emails on nutrition, exercise, and healthy weight loss will be sent each week.
- Team members may vote an individual off a team for failing to weigh-in or steadily gaining weight. Only one member can be voted off a team. However, voting off a team member can affect your overall percentage. Teams cannot add a new member once one is voted off. As long as a team member is consistent with weigh-ins and is showing a weight loss (no matter how much) over the two previous weigh-ins, they are not eligible to be voted off.
- The winning team must have at least four remaining members on the team at the end of the competition.
- YMCA staff have the right to make changes or clarifications to the rules at any time.

DISQUALIFICATION

- Attempting to sabotage another team, team member, or individual
- Cheating and/or adding hidden weight at initial weigh-in
- Missing more than two weigh-ins total
- Missing the last weigh-in, unless prior approval from Mikaela
- Pregnancy
- Body Mass Index (BMI) below 18.5
- Any surgery resulting in significant weight loss
- Unhealthy and/or unfair weight loss practices

IF TEAM MEMBERS ARE VOTED OFF OR DROP OUT

- Team members cannot be replaced.
- Team members may drop out by the 5th week (February 2nd, 2026) without penalizing the rest of the team. A dropout's weight will not be calculated into the rest of the team as long as they drop out by the 5th week.
- After the 5th week, team members may dropout but their weight will be calculated into the team's total weight, which may lower the team's overall loss percentage.
- Teams must have four members remaining to be eligible for team prize consideration. If a team roster falls below four people, the remainder of the team will be re-classified to the Individual Category.

ENTRY FEE INCLUDES

- Use of the YMCA facility, including the Wellness Center, indoor track, gymnasium, locker rooms, and café area
- Free equipment orientation in the Wellness Center for those interested
- Free group exercise and cycling classes. YMCA members can register for classes 24 hours in advance, non-members can register for classes 12 hours in advance
- Free participation in adult sports (Pickleball & Soccer happening during Lose2Win)
- Weekly weigh-ins



- Free blood pressure screenings for those interested
- Free body fat composition for those interested at the beginning and end of the competition
- Weekly emails regarding nutrition, exercise, and weight loss to help you on your weight loss journey

PRIZES

- Must complete the entire challenge to be awarded any of the following prizes.
- Each member on the winning team, and each individual winner will be awarded a 6 Month YMCA Adult Membership. This membership is non-transferrable.
- Those participating as a team will only be eligible for prizes in the Team Category, and those participating as an individual will only be eligible for prizes in the Individual Category at the end of the competition.
- All participants that lose at least 7% of their body weight will be awarded a YMCA t-shirt.
- All participants that lose at least 5% of their body weight will have their name entered into a drawing. Two names will be pulled to split the cash from the weight gain jar.

BONUS POINTS

- Bonus Points are a way for you and your team to qualify for extra weight loss percentage, which will be deducted from your total percentage of weight loss at the conclusion of the competition. Bonus points are earned by:
 - 1% body weight will be deducted per person per week that they are active at the YMCA at least 5 days in a week. If you utilize the YMCA multiple times in a single day, it still only counts as one day. Being active at the Y can include using the Wellness Center, group exercise or cycling classes, walking the track, participating in adult sports (pickleball, soccer, basketball, etc.).
- For the purpose of this competition and bonus points, the first day of the week is Friday and the last day of the week is Thursday.
- Bonus points are tracked when you check-in to the building. It is your responsibility to scan your card to check-in, or ask a front desk staff member to check you in.
- Each person has the potential to earn an extra 1% of weight loss each week, and a total of 10% weight loss throughout the competition if they take full advantage of the bonus points. This could dramatically change results at the end of the competition when bonus points are added in.

BENEFITS OF YMCA LOSE2WIN

- Weight loss through proper nutrition and regular exercise leads to better health.
- Encouragement, accountability, and motivation to help you along your weight loss journey.
- Weight loss often leads to more energy, increased productivity, and increased self-esteem.
- Healthier people have fewer medical expenses.

CONTACT WITH QUESTIONS OR CONCERNS

- Mikaela Bean, Program Director, mbean@titusvilleyymca.org
- Phone: 814-827-3931

