

Frequently Asked Questions Get Fit! Challenge Season 1

CHALLENGE MECHANICS

1. What is the Get Fit! Challenge about?

The Get Fit! Challenge is organised by the Health Promotion Board (HPB) to give participants the opportunity to find out their body compositions (e.g. skeletal muscle mass, percentage body fat, visceral fat), as well as increase their knowledge on how to adopt a healthier lifestyle.

After finding out their body compositions, participants will be coached by certified trainers on simple steps to take to reach their goals.

Participants are encouraged to weigh-in once every two months to track their progress.

2. When is the Get Fit! Challenge period?

Get Fit! Challenge Season 1 is from May – September 2019 for a 6 month period.

3. Who is eligible to sign up for the Get Fit! Challenge?

You are eligible to participate in the Get Fit! Challenge if you are:

- A Singaporean or Permanent Resident of Singapore with a valid NRIC or a foreigner with a valid FIN.
- 18 years or older at the point of registration. Eligible persons who are below 18 years of age must obtain parental consent before participating in the Challenge.

HPB reserves the right to discontinue, remove or disbar any participant in this Challenge should there be any suspicion of fraud during audits or routine checks.

4. How do I sign up for the Get Fit! Challenge?

Get Fit! Challenge Season 1 is rolled out at selected Healthy Workplace Ecosystems only. Refer to the schedule on www.team-axis.com/hwe-getfit to find out the venue, date and time for weigh-in sessions. All you need to do is to walk-in! No pre-registration is required.

REWARD

5. What is the Improvement Reward about?

During each weigh-in, if you show improvement in at least one of the following indicator from the previous weigh-in, you will earn a \$5 voucher from Team Axis.

Improvement for each indicator is defined as:

Indicator	Definition of Improvement	Remarks
Body Weight (proxy to Body Mass Index)	- 1.5% (kg)	Only for participants who have BMI \geq 23.0kg/m ² during the 1 st weigh-in
Skeletal Muscle Mass	+ 1.5%	
Percentage Body Fat	- 1.5%	
Visceral Fat	- 1 level	

6. What is the Grand Prize about?

At the end of Season 1, one winner from each category per cluster will win a Grand Prize from Team Axis, each worth more than S\$100. Three categories are:

Category	Remarks
Best improvement in Body Weight (proxy to Body Mass Index)	Only eligible for participants who have BMI $\geq 23.0\text{kg/m}^2$ during the 1 st weigh-in
Best improvement in Skeletal Muscle Mass	
Best improvement in Percentage Body Fat	

Each participant can only win in one of the three categories, i.e. Each participant can only win one Grand Prize. In the event that a participant is ranked best improvement in more than one category, he/she will win in the category which has the biggest level of improvement.

7. Am I eligible for the Grand Prize?

The Grand Prize is open to all Participants, except:

- i. HPB employees and/or immediate family members of a HPB employee;
- ii. Third-party vendors, service providers and/or event organisers (“EOs”) and their employees, who are involved in or connected to, directly or indirectly, the Grand Draw.
- iii. Any persons who is found to be insane, deceased, insolvent or the subject of criminal investigation, or has criminal proceedings instituted against him/her in any jurisdiction;
- iv. Any other person or class of persons deemed ineligible or notified by HPB as being ineligible from time to time.

8. How will I be notified if I am a winner of the Grand Prize?

If you are a winner, you will be contacted by Team Axis via telephone and/or email by 31 October 2019 and must respond within three working days of being notified.

In the event that you are unable to produce valid proof of identity within three working day or does not respond to the call and/or email within the stipulated period, you will be disqualified and Team Axis may in its discretion pick another winner from the reserve list.

9. Are rewards and prizes exchangeable?

All rewards and prizes are not transferable, not assignable and not exchangeable whether for cash or in kind.

10. Where can I get more information about the Get Fit! Challenge?

You can visit our website at www.team-axis.com/hwe-getfit, email us at healthywe@team-axis.com or call us at **90273873** for further assistance. Our hotline operating hours are as follows:

Mondays to Fridays: 10am – 6.30pm
Saturdays, Sundays and Public Holidays: Closed