

FREQUENTLY ASKED QUESTIONS

Section A: General Information

1. What is GetFit! Season 2?

GetFit! Season 2 is a weight management programme targeted at working adults aged 18 to 63 years old. This 12-week guided programme comprises of 3 weigh-ins with the body composition analyser, paired with onsite health facilitation sessions as well as goal setting based on results. Participants will be guided through a 12-week journey with certified fitness coaches and industry practitioners via virtual workouts and workshops.

The goal of GetFit! Season 2 is to provide participants with clarity on their body composition via the body composition analyser and equip participants with quality workouts and workshop content so as to support their fitness goals and targets.

2. What are the approaches used for participants?

- Participants outside the healthy BMI Range

Goal setting done to assist participant to lower BMI steadily throughout the 12 weeks. With the weekly workouts and workshop, participants will receive progressive workouts & practical handles to make achievable lifestyle adjustments that can last.

- Participants within the healthy BMI Range

Participants who are within the Healthy BMI range (18.5 to 21.9 kg/m²) Goal setting to focus on other biometric indicators (eg. Body Fat Percentage or Skeletal Muscle Mass). Health facilitator will assist participants to make lifestyle changes based on their current lifestyle and diet. Through the 12-week programme, our fitness instructors and health speakers will provide insights and knowledge on achieving quality results for their fitness journey. The 12-week guided virtual workouts & workshops will aid participants to attain their fitness/nutrition goals and improve their health indicators.

3. When can I participate in GetFit! Season 2?

The GetFit! Season 2 will start on 01 Mar 2023 and will end on 30 June 2023. Participants are encouraged to participate in the all the weigh ins, workouts and workshops during this period.

4. How do I register for the GetFit Season 2?

You may sign up for the challenge and provide your particulars via the registration form on the GetFit! Season 2 Website: www.team-axis.com/getfit2

GetFit! Season 2 is open to members of public with a valid NRIC/FIN and is at least 17 years old of age at point of registration.

5. Do I need to pay to participate in GetFit! Season 2?

No payment is required for signing up or participating in the Challenge.

6. How do I withdraw from the GetFit! Season 2, and will there be any penalty?

Participants can email healthywe@team-axis.com for withdrawal requests. There is no penalty for withdrawals.

Section B: Rewards

7. How do I earn & unlock rewards for GetFit! Season 2?

Participants will need to:

i. BMI Indicator Improvement

Biometrics Indicator	Definition of Improvements	Rewards	Remarks
Body Mass Index (BMI)	At least 1 unit of BMI Improvement (ie. 24.5 to 23.5)	\$30	Only for participates who have BMI ≥ 23.0 kg/m ² during 1st weight in

- Participants must complete a min of 2 out of 3 weigh in (weigh in has to be at least 2 months apart)
- Participants must achieve a minimum of 60% attendance to unlock this reward

ii. Onsite Weigh Ins

Each participant will have a total of 3 weigh-ins for this programme. Participants who attend the 1st, 2nd & 3rd weigh-in will receive a \$5 reward for each.

Locations which fall under CapitaLand will receive **CapitaLand voucher**

iii. Physical Activity duration clocked during GetFit! Virtual Workouts

PA duration clocked during GetFit! Workouts (60mins/session)	Rewards (NTUC e-vouchers)
60 mins X 22 sessions	= \$5 NTUC e-vouchers
60 mins X 29 sessions	= \$10 NTUC e-vouchers
60 mins X 36 sessions	= \$15 NTUC e-vouchers

Locations which fall under CapitaLand will receive **CapitaLand voucher**

This means an individual who participates in all 36 workouts over 12 weeks will get \$30 worth of NTUC e-vouchers.

8. When will I receive my rewards?

All rewards will be sent to eligible participants at the end of GetFit! Season 2.

9. How will winners receive their rewards?

All reward recipients will be contacted by the Organisers via e-mail by 15 July 2023. In the event that the prize recipient does not complete their verification after 5 working days, the Organisers reserve the right to award the reward(s) to another eligible recipient.

Section C: Website and Contact Details

12. Where can I find more information about the GetFit! Season 2?

You may visit the GetFit! Season 2 website: www.team-axis.com/getfit2 for more information.

13. Who can I contact if I face any issue with GetFit! Season 2?

Please contact us at 9027 3873 or healthywe@team-axis.com. Operating hours are Monday to Friday, 10am to 6.30pm (excluding Public Holidays).