

How to win? Lighten Up 4 Life Rules and FAQ's

Q: I've completed my registration but I didn't receive my email confirmation with the additional registration questions including my weight submission. What do I do?

A: This may occur because the Lighten Up 4 Life email may have been blocked. To overcome this issue please email us to let us know at info@lightenup4life.com. Give us your name, team name and email. We will email you directly with your link to complete your registration.

Q: Now that I've completed my registration, what do I do next?

A: We recommend setting up weekly meetings and exercise/walks with your team. You can share ideas, recipes and provide each other with support. Team work is what's really important to success!

Q: What can I do to lose weight?

A: Once you've registered for Lighten Up 4 Life you're ready to begin losing weight by eating healthier and becoming more active. If you decide to use a diet to lose weight, we recommend that you choose your favorite diet or review the diets listed on the Lighten Up 4 Life Healthy Eating Page. We also recommend that you add exercise to your daily regimen. There are resources listed on the Lighten Up 4 Life Exercise Page

Q: How do I submit my weight?

A: Every Monday of every week you will submit your weight using your email address (your "Unique ID"). You will need to submit your weight at least once a month – at the end of the month and the dates are listed on Submit Your Weight Page along with the link to submit your weight. Throughout the program your email is your "Unique ID" that you will use as your username.

Q: How do we win?

A: You and your teammates will need to submit your weights by the end of every month at the designated times. The team/teams that lose the greatest percentage of weight will win. Each 16 week session one team will win and at the end of the year (August 2011) along with the one person who has lost the greatest percentage of weight.

Q: Do I need to re-register every new Lighten Up 4 Life 16 week session?

A: No, once you have registered for one session it is not necessary to re-register. And if you were registered for last year's challenge you do not need to re-register. You will submit your weight starting the first Monday of the competition.

Q: How do I register for the LightenUpCommunity.com?

A: Go to LightenUpCommunity.com and register using your email (your “Unique ID”). The LightenUpCommunity.com is a closed social network just for Lighten Up 4 Life participants that offers support and tips from people just like you.

Q: When I registered I forgot to download my PERKS Card which offers discounts at local businesses. How can I get a copy?

A: [Click here](#) for a copy of your PERKS Card.

The teams with the greatest percentage of weight loss will win valuable prizes!

Good luck and for any other questions please contact: info@lightenup4life.com.