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REGIONAL HEALTHCARE LEADER KICKS OFF ANNUAL HEALTH & FITNESS CHALLENGE

Grand Lake Health System Announces Revamped Grand Health Challenge 2013

ST. MARYS, Ohio (January 3, 2013) — Grand Lake Health System is pleased to announce their seventh annual Grand Health Challenge. The challenge will kick off on January 15 with an Orientation Presentation at St. Marys High School Auditorium focusing on establishing healthy habits. Grand Lake Health System in collaboration with The Evening Leader and Wapakoneta Daily News are hosting the challenge this year to help area residents have fun while developing healthy habits.

In 2007, Joint Township District Memorial Hospital in conjunction with area partners initiated the award-winning weight loss program, "The Grand Health Challenge." Since its start, the annual challenge has helped more than 2,100 Grand Lake area residents lose more than 25,000 pounds. This year, the Grand Health Challenge Committee has made some revisions as follows:

- Teams can be made up of two to seven people
- The family teams are being incorporated into the general challenge instead of having a separate family competition

The Challenge will include monthly motivation meetings with incentive door prizes, healthy lifestyle presentations and activities. The Grand Health Challenge will conclude with a Finale and Award Presentation on Thursday, June 6, 2013. The team who loses the largest percent of body fat will win monetary prizes: First Place \$1,000, Second Place \$300 and Third Place \$200. Biggest Loser Male and Female who are not a part of a winning team and loses the largest percentage of body fat will each win \$250. Perfect attendance of monthly meetings will be rewarded by names being put into a drawing for a Kindle Fire.

Registration forms can be found in *The Evening Leader* and *The Wapakoneta Daily News*. Weigh ins are January 5, 8, 9, 10 at multiple sites. For more details, please visit www.GrandLakeHealth.org/Challenge or contact Anne Langer at 419-394-6132.

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