



18TH ANNUAL GRAND health CHALLENGE

THE CHOICE IS YOURS TO START NOW!

SPONSORED BY:  GRAND LAKE
HEALTH SYSTEM



MAKING THE CHANGE

The 2024 Grand Health Challenge is to encourage participants to adapt to a healthier lifestyle. The choice is yours to make the change now or later; but we are here to help you now! For the 2024 Challenge we will provide 9 months of support to help you continue those lifestyle changes, to a healthier you, longer! You are **NOT** required to have team this year, you may participate as an individual in the 2024 Challenge!

All participants are eligible for ALL prizes for the 2024 Grand Health Challenge.

HOW THE CHALLENGE WORKS

- As a participant you can choose to be an individual or on a team consisting of a max of 5 persons.
- Children under the age of 18 may participate only with a parent or guardian's signed consent.
- Each participant agrees to weigh-in during the times provided by Grand Lake Health System and/or report their weight once a month per the rules.
- Participants are encouraged to contact their physician before beginning any program designed for weight-loss.
- This challenge is **NOT** recommended for anyone who has had bariatric surgery or who is under a doctor's care, without that doctor's consent.
- Pregnant individuals will be excluded from team totals and prizes.
- Participants are required to show photo ID at ALL mandatory weigh-ins.
- **Each participant will be asked to sign a consent form releasing liability of Grand Lake Health System, its employees and all participating sponsors!**
- First **mandatory in person** weigh-in January 9-11th
 - You must weigh in/report your weight EVERY month! There are NO vouchers this year.
 - If you are unable to make a weigh-in, please make arrangements with Stefanie to weigh-in prior.
 - **January, May and September** are **MANDATORY in person** weigh-ins.
 - The remaining months: **February, March, April, June, July & August** **must** be **self-reported** home weight (email, call, text) or in person weigh-in (at select locations).

NOTE: Failure to weigh-in/report your weight per the schedule each month will disqualify the participant from an individual prize, and also disqualify the TEAM from winning the TEAM prize fund. If a participant fails to weigh-in/report weight, they will be eliminated from the challenge. If a participant is disqualified, their team members are still eligible for the individual prizes.

CHECK OUT THESE PRIZES:

1st Place Team: \$1,000

2nd Place Team: \$500

1st Place Male & Female: \$300

2nd Place Male & Female: \$200

NEW for 2024: Weigh-in every month & attend all motivational meetings for a \$500 participation award drawn at Grand Finale! **



ENTRY FORM

MUST BE SUBMITTED BY JANUARY 5, 2024 TO BE A PARTICIPANT OF THE CHALLENGE

- Entry deadline is **January 5, 2024**
- Registration fee is \$10 per person
- Individual or Team of up to 5 participants
- First weigh-in, MANDATORY in person → January 9, 10 & 11th
- Questions? Call Stefanie Lowry at 419-394-6132 or email slowry@jtdmh.org

- **Kick-Off Meeting** is Tuesday, January 23rd at 6 pm @ The St. Marys Theatre (119 W. Spring Street)

Individual OR Team

If TEAM, please print TEAM NAME: _____

****Please print legibly below → provide working phone # & email address for communications.**

PARTICIPANT (#1) _____ Male / Female
 PHONE _____ EMAIL _____ ZIP CODE _____

PARTICIPANT (#2) _____ Male / Female
 PHONE _____ EMAIL _____ ZIP CODE _____

PARTICIPANT (#3) _____ Male / Female
 PHONE _____ EMAIL _____ ZIP CODE _____

PARTICIPANT (#4) _____ Male / Female
 PHONE _____ EMAIL _____ ZIP CODE _____

PARTICIPANT (#5) _____ Male / Female
 PHONE _____ EMAIL _____ ZIP CODE _____

Entry forms can be:

- Emailed to: Stefanie @ slowry@jtdmh.org
- Or mailed to: Community Outreach - 1027 E. Spring Street - St. Marys, OH 45885

\$10.00 per person can be made by check, cash, credit card or Venmo.
 *if paying by check, make payable to Grand Lake Health System
 *if paying by credit card, please call Stefanie at 419-394-6132
 *if paying cash, please send in with your entry form.
 *Venmo option can be paid using QR code →



venmo

THE () ARE MANDATORY TO BE ELIGIBLE FOR THE \$500 PARTICIPATION AWARD

➤ ***January 23rd (Tuesday) - KICK-OFF MEETING → 6:00pm**

Location: St. Marys Theatre → 119 W Spring Street St. Marys, OH 45885 - please park out back

Speaker: Diana Kramer - Varsity Volleyball Coach @ New Bremen High School – 2023 State Champs

➤ **February 19th – 22nd - Walking Track → 4:30 – 6:30pm**

Location: Grand Lake Rehab & Wellness Center → 1065 Hager Street St. Marys, OH 45885

Activity: This is free and open to all Grand Health Challenge participants – walk the track indoors.

Must be finished by 6:30pm – sign in required when you arrive.

➤ **February 27th – Fitness Class @ YMCA → 5:30 – 6:30pm**

Location: Celina YMCA → 7590 State Route 703 Celina, OH 45822 &

Minster YMCA → 4075 Wuebker Road Minster, OH 45865

Activity: Free – This is a free class, open to all Grand Health Challenge participants; all ages and abilities welcome! Attend class at either YMCA location and you will be entered to win a 3-month YMCA membership (drawing will occur after class).

➤ ***March 19th (Tuesday) - COOKING DEMO/MEAL PREP → 6:00pm**

Location: JTDMH Conference Room 1 & 2 → 200 Saint Clair St., St. Marys, OH 45885- use main entrance

Presenters: Sue Wiseman & Beth Hoying – GLHS Dietitians – Come meal prep with us, all participants will be able to make a meal to take with them.

➤ **April 15th – 18th – Walking Track → 4:30 – 6:30pm**

Location: Grand Lake Rehab & Wellness Center → 1065 Hager Street St. Marys, OH 45885

Activity: This is free and open to all Grand Health Challenge participants – walk the track indoors.

Must be finished by 6:30pm – sign in required when you arrive.

Meeting cancellation information will be posted to The Grand Health Challenge Facebook page

**<https://www.facebook.com/GrandHealthChallenge> & The Wave 96.7 FM

THE () ARE MANDATORY TO BE ELIGIBLE FOR THE \$500 PARTICIPATION AWARD

➤ April 23rd – Fitness Class @ YMCA → 5:30 – 6:30pm

Location: Celina YMCA → 7590 State Route 703 Celina, OH 45822 &
Minster YMCA → 4075 Wuebker Road Minster, OH 45865

Activity: Free – This is a free class, open to all Grand Health Challenge participants; all ages and abilities welcome! Attend class at either YMCA location and you will be entered to win a 3-month YMCA membership (drawing will occur after class).

➤ *May 21st (Tuesday) – MENTAL HEALTH → 6:00pm

Location: Grand Lake Health System Medical Office Building, Suite D
→ 1140 S. Knoxville Ave. St. Marys, OH 45885

Speaker: Laura Roettgerman, Counselor Center of Personal Wellness

➤ June 17th – 20th - Walking Track → 4:30 – 6:30pm

Location: Grand Lake Rehab & Wellness Center → 1065 Hager Street St. Marys, OH 45885

Activity: This is free and open to all Grand Health Challenge participants – walk the track indoors. Must be finished by 6:30pm – sign in required when you arrive.

➤ June 25th – Fitness Class @ YMCA → 6:30 – 7:30pm

Location: Celina YMCA → 7590 State Route 703 Celina, OH 45822 &
Minster YMCA → 4075 Wuebker Road Minster, OH 45865

Activity: Free – This is a free class, open to all Grand Health Challenge participants; all ages and abilities welcome! Attend class at either YMCA location and you will be entered to win a 3-month YMCA membership (drawing will occur after class).

➤ *July 17th (Wednesday) – GROUP WALK/RUN → 6:00 – 7:00pm

Location: St. Marys Memorial High School – Football Field → 2250 OH 66 St. Marys, OH 45885

Activity: Free – Come join in the Grand Health Challenge participants group walk or run around the track. Get outside and enjoy the beautiful summer weather!

THE () ARE MANDATORY TO BE ELIGIBLE FOR THE \$500 PARTICIPATION AWARD

➤ August 19th – 22nd - Walking Track → 4:30 – 6:30pm

Location: Grand Lake Rehab & Wellness Center → 1065 Hager Street St. Marys, OH 45885

Activity: This is free and open to all Grand Health Challenge participants – walk the track indoors. Must be finished by 6:30pm – sign in required when you arrive.

➤ August 27th – Fitness Class @ YMCA → 6:30 – 7:30pm

Location: Celina YMCA → 7590 State Route 703 Celina, OH 45822 &
Minster YMCA → 4075 Wuebker Road Minster, OH 45865

Activity: Free – This is a free class, open to all Grand Health Challenge participants; all ages and abilities welcome! Attend class at either YMCA location and you will be entered to win a 3-month YMCA membership (drawing will occur after class).

➤ *September 24th (Tuesday) – SELF DEFENSE WITH JAKE SUTTON → 6:00pm

Location: Grand Lake Health System Medical Office Building, Suite D
→ 1140 S. Knoxville Ave. St. Marys, OH 45885

Activity: Free and open to all Grand Health Challenge Participants. Come learn about basic self-defense and even getting to try to defend yourself with Jake.

➤ *October 1st (Tuesday) – GRAND FINALE → 6:00pm

Location: St. Marys Theatre → 119 W Spring Street St. Marys, OH 45885 - please park out back

Speaker: Ali Schulze, Director of Healthy Living – YMCA of Greater Dayton

WHO WILL WIN?! – Join us for an evening of awards, REMEMBER you must be present to win the \$500 participation cash!

WEIGH-IN DATES & LOCATIONS

**If you are unable to make a IN PERSON weigh in, please contact Stefanie to make other arrangements to weigh-in prior to the date.

January, May & September – Mandatory In Person (must attend) Weigh-In
(please bring photo ID)

February, March, April, June, July & August -- At Home Weigh-In **OR Select Location**

- Weigh-in at home and report your weight by:
email: slowry@jtdmh.org, or text/call: 419-790-3045
- If you **DO NOT** wish to weigh-in at home, **you may weigh in at the below locations during the business hours listed.**
- Weights **MUST** be reported **EACH** month!
 - These are self-reported; emailed, texted, called or taken in person (if you wish).

JANUARY (in-person)

Day	Date	Time	Location
Tuesday	1/9/2024	6:00 AM – 8:30 AM	Grand Lake Rehab & Wellness Center
Tuesday	1/9/2024	4:00 PM – 6:00 PM	Wapakoneta Medical Center
Wednesday	1/10/2024	6:00 AM – 8:30 AM	Wapakoneta Medical Center
Wednesday	1/10/2024	7:30 AM – 1:30 PM	Mercer County Health District
Wednesday	1/10/2024	4:00 PM – 6:00 PM	Grand Lake Rehab & Wellness Center
Thursday	1/11/2024	6:00 AM – 8:30 AM	Grand Lake Rehab & Wellness Center
Thursday	1/11/2024	6:00 AM – 8:30 AM	YMCA – South (Minster)
Thursday	1/11/2024	4:00 PM – 6:00 PM	YMCA – South (Minster)
Thursday	1/11/2024	4:00 PM – 6:00 PM	YMCA – North (Celina)

FEBRUARY

Day	Date	Location	Business Hours
Tues. – Thurs.	2/13 – 2/15/2024	Grand Lake Rehab & Wellness Center	6AM – 6PM
Tues. – Thurs.	2/13 – 2/15/2024	YMCA – South (Minster)	5AM – 10PM
Tues. – Thurs.	2/13 – 2/15/2024	YMCA – North (Celina)	5AM – 10PM
Tues. – Thurs.	2/13 – 2/15/2024	Community Outreach	7AM – 4PM

MARCH

Day	Date	Location	Business Hours
Tues. – Thurs.	3/12 – 3/14/2024	Grand Lake Rehab & Wellness Center	6AM – 6PM
Tues. – Thurs.	3/12 – 3/14/2024	YMCA – South (Minster)	5AM – 10PM
Tues. – Thurs.	3/12 – 3/14/2024	YMCA – North (Celina)	5AM – 10PM
Tues. – Thurs.	3/12 – 3/14/2024	Community Outreach	7AM – 4PM

APRIL

Day	Date	Location	Business Hours
Tues. – Thurs.	4/9 – 4/11/2024	Grand Lake Rehab & Wellness Center	6AM – 6PM
Tues. – Thurs.	4/9 – 4/11/2024	YMCA – South (Minster)	5AM – 10PM
Tues. – Thurs.	4/9 – 4/11/2024	YMCA – North (Celina)	5AM – 10PM
Tues. – Thurs.	4/9 – 4/11/2024	Community Outreach	7AM – 4PM

MAY (in-person)

Day	Date	Time	Location
Tuesday	5/14/2024	6:00 AM – 8:30 AM	Grand Lake Rehab & Wellness Center
Tuesday	5/14/2024	4:00 PM – 6:00 PM	Wapakoneta Medical Center
Wednesday	5/15/2024	6:00 AM – 8:30 AM	Wapakoneta Medical Center
Wednesday	5/15/2024	7:30 AM – 1:30 PM	Mercer County Health District
Wednesday	5/15/2024	4:00 PM – 6:00 PM	Grand Lake Rehab & Wellness Center
Thursday	5/16/2024	6:00 AM – 8:30 AM	Grand Lake Rehab & Wellness Center
Thursday	5/16/2024	6:00 AM – 8:30 AM	YMCA – South (Minster)
Thursday	5/16/2024	4:00 PM – 6:00 PM	YMCA – South (Minster)
Thursday	5/16/2024	4:00 PM – 6:00 PM	YMCA – North (Celina)

JUNE

Day	Date	Location	Business Hours
Tues. – Thurs.	6/11 – 6/13/2024	Grand Lake Rehab & Wellness Center	6AM – 6PM
Tues. – Thurs.	6/11 – 6/13/2024	YMCA – South (Minster)	5AM – 10PM
Tues. – Thurs.	6/11 – 6/13/2024	YMCA – North (Celina)	5AM – 10PM
Tues. – Thurs.	6/11 – 6/13/2024	Community Outreach	7AM – 4PM

JULY

Day	Date	Location	Business Hours
Tues. – Thurs.	7/9 – 7/11/2024	Grand Lake Rehab & Wellness Center	6AM – 6PM
Tues. – Thurs.	7/9 – 7/11/2024	YMCA – South (Minster)	5AM – 10PM
Tues. – Thurs.	7/9 – 7/11/2024	YMCA – North (Celina)	5AM – 10PM
Tues. – Thurs.	7/9 – 7/11/2024	Community Outreach	7AM – 4PM

AUGUST

Day	Date	Location	Business Hours
Tues. – Thurs.	8/13 – 8/15/2024	Grand Lake Rehab & Wellness Center	6AM – 6PM
Tues. – Thurs.	8/13 – 8/15/2024	YMCA – South (Minster)	5AM – 10PM
Tues. – Thurs.	8/13 – 8/15/2024	YMCA – North (Celina)	5AM – 10PM
Tues. – Thurs.	8/13 – 8/15/2024	Community Outreach	7AM – 4PM

SEPTEMBER (in-person)

Day	Date	Time	Location
Tuesday	9/10/2024	6:00 AM – 8:30 AM	Grand Lake Rehab & Wellness Center
Tuesday	9/10/2024	4:00 PM – 6:00 PM	Wapakoneta Medical Center
Wednesday	9/11/2024	6:00 AM – 8:30 AM	Wapakoneta Medical Center
Wednesday	9/11/2024	7:30 AM – 1:30 PM	Mercer County Health District
Wednesday	9/11/2024	4:00 PM – 6:00 PM	Grand Lake Rehab & Wellness Center
Thursday	9/12/2024	6:00 AM – 8:30 AM	Grand Lake Rehab & Wellness Center
Thursday	9/12/2024	6:00 AM – 8:30 AM	YMCA – South (Minster)
Thursday	9/12/2024	4:00 PM – 6:00 PM	YMCA – South (Minster)
Thursday	9/12/2024	4:00 PM – 6:00 PM	YMCA – North (Celina)

Weigh-In Location Addresses:

YMCA South (Minster) – 4075 Wuebker Rd., Minster
 YMCA North (Celina) – 7590 State Route 703, Celina
 Community Outreach – 1027 E. Spring St., St. Marys
 Grand Lake Rehab & Wellness Center – 1065 Hager St., St. Marys
 Mercer County Health District – 220 W. Livingston St., Celina
 Wapakoneta Medical Center – 812 Redskin Dr., Wapakoneta