



**Program runs from January 1 to December 7, 2019**

Fitness Challenge Based on Participation Points from the Road to Fitness Events.

Complete list can be found on [www.grandlakehealth.org/content/documents/2018-Road-to-Fitness-Schedule.pdf](http://www.grandlakehealth.org/content/documents/2018-Road-to-Fitness-Schedule.pdf)

**Achieve Participation Points to WIN prizes!**

**To participate in the 2019 Road to Fitness fill out the application form below.**

*Must be at least 13 years old. Parental consent required for all individuals under 18 years of age.  
This form must be completed to be eligible for apparel and prizes.*

**First & Last Name** \_\_\_\_\_ **Sex**    **M / F** **Age** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_

**Email** \_\_\_\_\_ **Phone** \_\_\_\_\_

**T-Shirt Size** \_\_\_\_\_ (*Men or Women – Please circle one*)

**Mail completed form to:**

Grand Lake Health System  
Attn: Community Outreach  
200 St. Clair St.  
St. Mary's, OH 45885

**OR Email your information to:** [jenmiller@jtdmh.org](mailto:jenmiller@jtdmh.org)

**Thanks for being a part of the Road to Fitness 2019!**



For more information call Jenni Miller (419) 394-6132 or email [jenmiller@jtdmh.org](mailto:jenmiller@jtdmh.org)