



**Program run from January 1 to December 9, 2017**

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

Complete list can be found on [www.grandlakehealth.org/about-us/outreach-programs/road-to-fitness.html](http://www.grandlakehealth.org/about-us/outreach-programs/road-to-fitness.html)

**Achieve Participation Points to WIN prizes!**

**To participate in the 2017 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.*

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

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

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

**T-Shirt Size** \_\_\_\_\_

*(Shirts are available in Men and Women Sizes)*

**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:** [larnett@jtdmh.org](mailto:larnett@jtdmh.org)

**Thanks for being a part of the Road to Fitness 2017!**



For more information call Lesia Arnett (419) 394-6132 or email [larnett@jtdmh.org](mailto:larnett@jtdmh.org)