



WELCOME TO THE
13 TH ANNUAL

GRAND health CHALLENGE

The Choice Is Yours To Start Now!



MAKING THE CHANGE

The 2019 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.

HOW THE CHALLENGE WORKS

- Each participant is a member of a two-to-seven-person team. Each team shall give itself a name and will be known by that name throughout the challenge. Each participant will weigh in for a starting weight at the designated weigh-in locations during the designated times sometime during the January 8 - 10 time frame.
- Children under age 18 may participate only with a parent's or guardian's consent. The parent or guardian will be asked to sign a consent form for any participant younger than age 18. Children age 8-17 years must be on the same team as their parent or legal guardian. If the child is under the age of 8, they may be weighed at the parent's request (no BMI will be measured), but the results do not count in the challenge.
- Each team member agrees to weigh in once a month during the times provided by Grand Lake Health System. These weights will be recorded on a master list by the hospital staff.

NOTE: Failure to weigh in will disqualify a participant, and disqualify a team from the Grand Prize! However, we recognize unforeseen circumstances come up, and you may need to miss a weigh in and for this reason, you will be credited with a one-time voucher that can be redeemed for one missed weigh-in. We will automatically issue this to you. You do not need

to collect it and/or turn it in. An individual cannot miss the first or last weigh in and if an individual misses more than one weigh-in, the individual and team will be disqualified. We encourage individuals to continue to be weighed at the monthly weigh-ins, but again, their results will not be considered for the first or second place team prizes. Participants who belong to a disqualified team are still eligible for the first and second place male/female biggest loser.

- Each participant will be asked to sign a consent form releasing liability of Grand Lake Health System, its employees and all participating sponsors.
- Participants are encouraged to contact their family 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 women cannot participate.*

CHECK OUT THESE PRIZES!

- **\$1,000 Grand Prize** for first place team
- **\$500** second place team
- **\$250** first place "biggest loser" (male and female, not on a winning team)
- **\$150** second place "biggest loser" (male and female, not on a winning team)
- **Garmin Fitness Watch Drawing** for those with perfect attendance at motivational meetings
- **Attendance Raffle Prizes** to be given at each monthly meeting.

2019 GRAND HEALTH CHALLENGE
THE CHOICE IS YOURS

GRAND
health
CHALLENGE

GRAND PRIZE
PACKAGE
WORTH
\$1,000

- Teams consist of 2 to 7 people
- Registration fee is \$5 per person
- Monthly weigh-ins, activity/exercise options and focused education sessions

- Weight loss percentages per team to determine winners
- Kick off Meeting, Tuesday, January 22 at 6:30 pm at Memorial High School Auditorium

- Entry deadline is January 4, 2019
- 5 Month Program - Finale May 21, 2019
- Questions? Call Jenni Miller at 419-394-6132 or jenmiller@jtdmh.org

FIRST WEIGH-INS WEEK OF JANUARY 7TH, 2019

Sign Us Up For The GRAND HEALTH CHALLENGE TEAM ENTRY!

TEAM NAME _____

ORGANIZATION (if applicable) _____

TEAM CAPTAIN 1 _____ Male / Female

Phone _____ Email _____ Zip Code _____

TEAM MEMBER 2 _____ Male / Female

Phone _____ Email _____ Zip Code _____

TEAM MEMBER 3 _____ Male / Female

Phone _____ Email _____ Zip Code _____

TEAM MEMBER 4 _____ Male / Female

Phone _____ Email _____ Zip Code _____

TEAM MEMBER 5 _____ Male / Female

Phone _____ Email _____ Zip Code _____

TEAM MEMBER 6 _____ Male / Female

Phone _____ Email _____ Zip Code _____

TEAM MEMBER 7 _____ Male / Female

Phone _____ Email _____ Zip Code _____



Registration including your Participation ENTRY FEES need to be RETURNED to:

JTDMH Community Outreach by Friday, January 4, 2019 in order to be included in the Grand Health Challenge.

Please mail to: JTDMH Community Outreach, 200 St. Clair, Saint Marys, OH 45885

or drop off at the Community Outreach Office in the Barton Building at 1001 South Knoxville Ave., St. Marys, OH 45885.

GRAND *health* CHALLENGE

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MONTHLY MEETING

JANUARY 22ND - KICK OFF: EXERCISE YOUR MIND & BODY

Time: 6:30pm

Location: St. Marys Memorial High School

- Win door prizes just for attending!

FEBRUARY 19TH - YMCA TOURS

Time: 6:30pm

Location: YMCA South (Minster), YMCA North (Celina), YMCA - Wapakoneta

- YMCA Tours
 - Learn more about the services available at the YMCA! Tour the facility and sample a few classes. Please wear fitness attire and tennis shoes.
- All attending will receive a **FREE 2 week** passes and be entered to win a **6 month** membership

MARCH 19TH - CONQUERING THE NUTRITIONAL MAZE

Time: 6:30pm

Location: Kroger's - 475 Fortman Drive, St. Marys

- Learn tips for healthy grocery shopping
- Complete a tour through the store by visiting 5 educational stations
- Win door prizes just for attending!

APRIL 16TH - CAMPOUTS, COOKOUTS, AND COCKTAILS... OH MY!

Time: 6:30pm

Location: St. Marys Memorial High School

- Some say winter is when you gain weight... but what about all the social eating events of summer? This session will teach you mindful eating through your busy summer.
- Win door prizes just for attending!

MAY 21ST - GRAND FINALE! AND THE WINNER IS...

Time: 6:30pm

Location: St. Marys Memorial High School

- Winners announced and prizes distributed

Weigh in or meeting cancellation information will be posted to the Grand Health Challenge Facebook page <https://www.facebook.com/GrandHealthChallenge/>, WCSM 96.7 FM, and WKKI 94.3 FM.

2019 Grand Health Challenge

DAY	DATE	TIME	LOCATION
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JANUARY – WEIGH-IN # 1— Pick up Grand Health Challenge Folders-“The Choice IsYours”

Tuesday	1/8/19	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Tuesday	1/8/19	4:00 PM - 6:00 PM	Wapakoneta Medical Center
Wednesday	1/9/19	6:00 AM - 8:30 AM	Wapakoneta Medical Center
Wednesday	1/9/19	7:30 AM - 1:30 PM	Mercer Health Department
Wednesday	1/9/19	4:00 PM - 6:00 PM	JTDMH Cardiac Center
Thursday	1/10/19	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Thursday	1/10/19	6:00 AM - 8:30 AM	YMCA - South (Minster)
Thursday	1/10/19	4:00 PM - 6:00 PM	YMCA - South (Minster)
Thursday	1/10/19	4:00 PM - 6:00 PM	YMCA - North (Celina)

FEBRUARY - WEIGH-IN # 2

Tuesday	2/5/19	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Tuesday	2/5/19	4:00 PM - 6:00 PM	Wapakoneta Medical Center
Wednesday	2/6/19	6:00 AM - 8:30 AM	Wapakoneta Medical Center
Wednesday	2/6/19	7:30 AM - 1:30 PM	Mercer Health Department
Wednesday	2/6/19	4:00 PM - 6:00 PM	JTDMH Cardiac Center
Thursday	2/7/19	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Thursday	2/7/19	6:00 AM - 8:30 AM	YMCA - South (Minster)
Thursday	2/7/19	4:00 PM - 6:00 PM	YMCA - South (Minster)
Thursday	2/7/19	4:00 PM - 6:00 PM	YMCA - North (Celina)

MARCH - WEIGH-IN # 3

Tuesday	3/5/19	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Tuesday	3/5/19	4:00 PM - 6:00 PM	Wapakoneta Medical Center
Wednesday	3/6/19	6:00 AM - 8:30 AM	Wapakoneta Medical Center
Wednesday	3/6/19	7:30 AM - 1:30 PM	Mercer Health Department
Wednesday	3/6/19	4:00 PM - 6:00 PM	JTDMH Cardiac Center
Thursday	3/7/19	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Thursday	3/7/19	6:00 AM - 8:30 AM	YMCA - South (Minster)
Thursday	3/7/19	4:00 PM - 6:00 PM	YMCA - South (Minster)
Thursday	3/7/19	4:00 PM - 6:00 PM	YMCA - North (Celina)

APRIL - WEIGH-IN # 4

Tuesday	4/2/19	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Tuesday	4/2/19	4:00 PM - 6:00 PM	Wapakoneta Medical Center
Wednesday	4/3/19	6:00 AM - 8:30 AM	Wapakoneta Medical Center
Wednesday	4/3/19	7:30 AM - 1:30 PM	Mercer Health Department
Wednesday	4/3/19	4:00 PM - 6:00 PM	JTDMH Cardiac Center
Thursday	4/4/19	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Thursday	4/4/19	6:00 AM - 8:30 AM	YMCA - South (Minster)
Thursday	4/4/19	4:00 PM - 6:00 PM	YMCA - South (Minster)
Thursday	4/4/19	4:00 PM - 6:00 PM	YMCA - North (Celina)

MAY - WEIGH-IN # 5

Tuesday	5/7/19	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Tuesday	5/7/19	4:00 PM - 6:00 PM	Wapakoneta Medical Center
Wednesday	5/8/19	6:00 AM - 8:30 AM	Wapakoneta Medical Center
Wednesday	5/8/19	7:30 AM - 1:30 PM	Mercer Health Department
Wednesday	5/8/19	4:00 PM - 6:00 PM	JTDMH Cardiac Center
Thursday	5/9/19	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Thursday	5/9/19	6:00 AM - 8:30 AM	YMCA - South (Minster)
Thursday	5/9/19	4:00 PM - 6:00 PM	YMCA - South (Minster)
Thursday	5/9/19	4:00 PM - 6:00 PM	YMCA - North (Celina)

FINALE – NO WEIGH-IN! – Prizes Awarded!

Tuesday	5/21/19	6:30 PM	St. Marys High School Auditorium
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JTDMH Cardiac Center - 200 St. Clair Ave, St. Marys
 Wapakoneta Medical Center - 812 Redskin Dr., Wapakoneta
 Mercer Health Department - 220 W. Livingston, Celina
 YMCA South - 4075 Wuebker Rd., Minster
 YMCA Celina - 7590 State Rt. 703, Celina