

19th Annual GRAND HEALTH CHALLENGE

presented by:



The 2025 Grand Health Challenge aims to promote public health and encourage participants to adapt to a healthier lifestyle. Take the first step towards a healthier you!
Join us for the Grand Health Challenge and let's achieve our goals - together!

WHAT IS THE *Grand* HEALTH CHALLENGE?

The 2025 Grand Health Challenge is a comprehensive 5-month support program designed to help you achieve your health and wellness goals.

YOU CAN EXPECT:

Expert Guidance:

Access to health professionals who will provide tips and resources.

Nutrition Support:

Learn how to make healthier food choices with our Dieticians.

Fitness Activities:

Enjoy fun and engaging workouts to boost your physical activity.

Mental Wellness:

Discover strategies for stress management and emotional well-being.

Community Connection:

Join a supportive network of fellow participants who share the same goals.

CHALLENGE

Prizes

1st Place Team: \$1,000

2nd Place Team: \$500

1st Place Female: \$400

1st Place Male: \$400

2nd Place Female: \$200

2nd Place Male: \$200

Participation Prize: Peloton Bike

The individual awards are only given to those not on a winning team.



ONLINE
FORM
OPTION

HOW THE CHALLENGE WORKS:

- Cost is \$10/Person
- You may participate as an individual or create a team with up to a max of 5 people.
- Children under the age of 18 may participate only with a parent or guardian's signed consent.
- Each participant agrees to mandatory in person weigh-in at the beginning, middle and end of the Challenge.
 - o Beginning – January 21st- 23rd
 - o Middle – March 10th – 21st
 - o End – May 13th – 16th
- The Challenge is NOT recommended for anyone who has had bariatric surgery or who is under a doctor's care without the doctor's consent.
- Pregnant individuals will be excluded from team totals and prizes.
- Participants are required to show ID at ALL 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.
- * Failure to weigh in at all 3 weigh-ins will disqualify the participant from The Grand Health Challenge. If the participant is on a team, their team members are still eligible for individual prizes but will be disqualified from winning as a TEAM.

NEW IN 2025:

- Time Frame: 5 Month Challenge (January - May)
- Weigh-Ins: January, March, and May (no at-home reporting for 2025).
- Standing results will be sent out after each weight is complete. The percentage will only be shown at the following month's motivational meeting.
- Attend all meetings/activities and weigh in all three times to be entered into a drawing to win a Peloton Bike at the finale!
- Optional: FREE lipid & A1C lab work for participants who choose to have this done at the beginning and end of challenge.
 - o Lab voucher given at first and last weigh in. *(results will be kept confidential)*
 - o Any of the JTDMH lab locations can be used for your convenience *(must present lab voucher)*.
- Weight loss percentages entered into prize drawing to be drawn at April motivational meeting (Tuesday, April 15th)
 - o Lose 2-5% from Jan-March – \$10 Amazon Gift Card
 - o Lose 5-10% from Jan-March – \$25 Amazon Gift Card
 - o Lose over 10% from Jan-March – \$50 Amazon Gift Card
- Weight loss percentages entered into prize drawing to be drawn at grand finale (Tuesday, May 20th)
 - o Lose 2-5% from Jan-May – \$10 Amazon Gift Card
 - o Lose 5-10% from Jan-May – \$25 Amazon Gift Card
 - o Lose over 10% from Jan-May – \$50 Amazon Gift Card

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DETAILS

- Entry deadline is January 6th, 2025
- Registration fee is \$10/Person
- Sign up as an individual or team of up to 5 participants.

IMPORTANT DATES

- Kick-Off Meeting is Tuesday, January 21st at 6:00 PM at the St. Marys Theater located on 119 W. Spring Street.
- The first mandatory weigh-in is in-person between January 21st-23rd.

ENTRY FEES:

Entry fee of \$10 /person can be paid in the following ways:

1. Check – payable to Grand Lake Health System
2. Credit Card – call Stefanie at 419-394-6132
3. Cash – submit with entry form
4. Venmo – @GLHS-Outreach

Entry forms can be emailed to Stefanie at slowry@jtdmh.org or mailed to Community Outreach at 1027 E. Spring Street, St. Marys, OH 45885

INDIVIDUAL

OR

TEAM

If you checked **TEAM**, please print your **TEAM NAME:** _____

Below, please provide phone number and email address for communication purposes.

PARTICIPANT #1	_____	MALE / FEMALE (circle one)	_____
PHONE	_____	EMAIL	_____
		FORM OF PAYMENT	_____
		ZIP CODE	_____
PARTICIPANT #2	_____	MALE / FEMALE (circle one)	_____
PHONE	_____	EMAIL	_____
		FORM OF PAYMENT	_____
		ZIP CODE	_____
PARTICIPANT #3	_____	MALE / FEMALE (circle one)	_____
PHONE	_____	EMAIL	_____
		FORM OF PAYMENT	_____
		ZIP CODE	_____
PARTICIPANT #4	_____	MALE / FEMALE (circle one)	_____
PHONE	_____	EMAIL	_____
		FORM OF PAYMENT	_____
		ZIP CODE	_____
PARTICIPANT #5	_____	MALE / FEMALE (circle one)	_____
PHONE	_____	EMAIL	_____
		FORM OF PAYMENT	_____
		ZIP CODE	_____