

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

Weight loss percentage used to determine winners.

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. See attached for locations and times.
 - 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! See attached for monthly meetings and activity sheet.
- 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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GRAND LAKE[™]
HEALTH SYSTEM

Weigh-In Dates & Locations

MANDATORY IN-PERSON WEIGH-INS

Weigh-ins will take place in January, March and May throughout the challenge.

If you are unable to make a weigh-in, please contact Stefanie at 419-394-6132 ext. 1128 or email slowry@jtdmh.org to make other arrangements prior to the date. Please bring photo ID to each weigh-in.

JANUARY

DAY	DATE	TIME	LOCATION
Tuesday	1/21	6:00 AM – 8:30 AM	Grand Lake Rehab & Wellness Center
Tuesday	1/21	4:00 PM – 6:00 PM	Wapakoneta Medical Center
Tuesday	1/21	5:00 PM – 7:00 PM	Kick-Off Meeting – St. Marys Theatre
Wednesday	1/22	6:00 AM – 8:30 AM	Wapakoneta Medical Center
Wednesday	1/22	7:30 AM – 1:30 PM	Mercer County Health Department
Wednesday	1/22	4:00 PM – 6:00 PM	Grand Lake Rehab & Wellness Center
Thursday	1/23	6:00 AM – 8:30 AM	YMCA – South (Minster)
Thursday	1/23	4:00 PM – 6:00 PM	YMCA – South (Minster)
Thursday	1/23	4:00 PM – 6:00 PM	YMCA – North (Celina)

MARCH

DAY	DATE	TIME	LOCATION
Monday - Friday	3/10 - 3/14 3/17 - 3/21	6:00 AM – 6:00 PM	Grand Lake Rehab & Wellness Center
Monday - Friday	3/10 - 3/14 3/17 - 3/21	7:30 AM – 1:30 PM	Mercer County Health Department
Saturday	3/15	6:00 AM – 10:30 AM	Grand Lake Rehab & Wellness Center
Monday - Thursday	3/10 - 3/13 3/17 - 3/20	8:00 AM – 4:00 PM	Community Outreach
Monday - Friday	3/10 - 3/14 3/17 - 3/21	6:00 AM – 8:00 AM	YMCA – South (Minster)
Saturday	3/15	7:30 AM – 5:00 PM	YMCA – South (Minster)
Sunday	3/16	2:00 PM – 4:00 PM	YMCA – South (Minster)
Monday - Friday	3/10 - 3/14 3/17 - 3/21	6:00 AM – 8:00 AM	YMCA – North (Celina)
Saturday	3/15	7:30 AM – 5:00 PM	YMCA – North (Celina)
Sunday	3/16	2:00 PM – 4:00 PM	YMCA – North (Celina)

MAY

DAY	DATE	TIME	LOCATION
Tuesday	5/13	6:00 AM – 8:30 AM	Grand Lake Rehab & Wellness Center
Tuesday	5/13	4:00 PM – 6:00 PM	Wapakoneta Medical Center
Wednesday	5/14	6:00 AM – 8:30 AM	Wapakoneta Medical Center
Wednesday	5/14	7:30 AM – 1:30 PM	Mercer County Health Department
Wednesday	5/14	4:00 PM – 6:00 PM	Grand Lake Rehab & Wellness Center
Thursday	5/15	6:00AM – 8:30 AM	YMCA – South (Minster)
Thursday	5/15	4:00 PM – 6:00 PM	YMCA – South (Minster)
Thursday	5/15	4:00 PM – 6:00 PM	YMCA – North (Celina)

WEIGH-IN LOCATIONS:

Community Outreach – 1027 E. Spring Street, St. Marys

Grand Lake Rehab & Wellness Center – 1065 Hager Street, St. Marys

Mercer County Health Department – 220 W. Livingston Street, Celina

St. Marys Theatre – 119 W. Spring Street, St. Marys

Wapak Medical Center - 812 Redskin Trail, Wapakoneta

YMCA North (Celina) – 7590 State Route 703, Celina

YMCA South (Minster) – 4075 Wuebker Road, Minster

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GRAND LAKE™
HEALTH SYSTEM

EDUCATIONAL *meetings*

To be eligible for the Peloton participation award, attendance at all of the following meetings is required.

JANUARY 21ST - KICK-OFF MEETING

Location: St. Marys Theatre | 119 W. Spring Street, St. Marys

Time: 6:00 PM

Speaker: Scott Mann

FEBRUARY 18TH - NUTRITION

Location: St. Marys Theatre | 119 W. Spring Street, St. Marys

Time: 6:00 PM

Activity: Discussion of mindful and intuitive eating. A healthy snack option will be provided to those who attend.

Speaker: Beth Hoying & Sue Wiseman

MARCH – FITNESS CLASSES

Attendance for the intermediate and advanced fitness classes is not required; however, to be eligible for the Peloton participation award, you must attend at least **two** fitness classes in March from the available class offerings.

Intermediate Classes

Location: Grand Lake Wellness and Rehab Center | 1065 Hager Street, St. Marys

Activity: The Wellness Center is offering FREE classes for participants every Tuesday and Thursday evening throughout the month of March. Attend 5+ classes and receive a 2-week pass to use at the Wellness Center, to be used within 30 days. See schedule below:

DAY	DATE	TIME	CLASS
Tuesday	3/4 3/11 3/18	5:30 PM – 6:00 PM	Stretching
Thursday	3/6 3/13 3/20	6:00 PM – 6:30 PM	Resistance Training
Tuesday	3/25	5:30 – 6:00 PM	Balance
Thursday	3/27	6:00 – 6:30 PM	Balance
Tuesday	4/1	5:30 – 6:00 PM	HIIT
Thursday	4/3	6:00 – 6:30 PM	HIIT

Advanced Classes

Location: YMCA South (Minster) | 4075 Wuebker Road, Minster

Activity: The South YMCA is offering FREE classes to participants every Tuesday and Thursday evening from 5:30 – 6:20 PM throughout the month of March. CSI stands for cardio, strength and interval. In this class, you will do bursts of cardio, then switch to strength with weights then back to cardio and strength. Registration is required for classes as spots are limited.

APRIL 15TH – MENTAL HEALTH

Location: St. Marys Theatre | 119 W. Spring Street, St. Marys

Time: 6:00 PM

MAY 20TH – GRAND FINALE

Location: St. Marys Theatre | 119 W. Spring Street, St. Marys

Time: 6:00 PM

Activity: WHO WILL WIN? Join us for an evening of awards and celebration of hard work!

Reminder - you must be present to win the PELOTON as participation prize.

Please note - meeting cancellation information will be posted to the Grand Health Challenge Facebook page and on 96.7 FM.

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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 Theatre 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:** _____

Company Affiliation (Optional): _____

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 _____