

20th Annual GRAND HEALTH CHALLENGE

presented by:



The 2026 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 2026 Grand Health Challenge is a comprehensive 5-month support program designed to help you achieve your health and wellness goals.

PROGRAM HIGHLIGHTS:

Professional Support:

Connect with experienced health professionals offering practical tips and valuable resources.

Nutrition Guidance:

Work with our dietitians to make informed, healthier food choices.

Fitness Opportunities:

Take part in fun, energizing workouts designed to keep you active and motivated.

Mental Well-Being:

Explore effective techniques to manage stress and support emotional health.

Community Engagement:

Be part of motivating community of peers who share your wellness goals.

Challenge Incentives:

Join the challenge to earn free A1C & Lipid Labs. Attend 5+ March classes and get one month FREE at the Grand Lake Health Wellness Center, North YMCA (Celina), or South YMCA (Minster).

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: E-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:

- Registration fee is \$10/person without t-shirt OR \$15/person with t-shirt.
- 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 20th – 22nd
 - o Middle – March 17th – 19th
 - o End – May 12th – 14th
- 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.
- Time Frame: 5 Month Challenge (January - May)
- Standing results will be sent out after each weight is complete.
- Attend all meetings/activities and weigh in all three times to be entered into a drawing to win an E-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)*.

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EDUCATIONAL *meetings*

Attend all meetings/activities and weigh in all three times to be entered into a drawing to win an attendance prize.

JANUARY 20TH - KICK-OFF MEETING

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

Time: 6:00 PM

Topic: The Ripple Effect: How a Healthier you Changes Everything | **Speaker:** L.J. Jellison

FEBRUARY 17TH - NUTRITION THAT EMPOWERS

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

Time: 6:00 PM

Activity: Prepped and Ready for Good Health

Speaker: Jen's Fit and Fresh

Sign-up required if you would like free samples!



SCAN TO
REGISTER

MARCH - PUSH FOR PROGRESS

Attendance for the intermediate and advanced fitness classes is not required; however, to be eligible for the participation award, you must attend at least two fitness classes in March from the available class offerings. Attend 5+ classes at any location and receive a month pass to use at the Wellness Center, North YMCA or South YMCA.

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. **No registration required.**

DAY	DATES	TIME	CLASS
Tuesday	3/17 3/24	5:30 PM – 6:00 PM	Yoga/Stretching
Thursday	3/3 3/10	5:30 PM – 6:00 PM	Resistance Training
Thursday	3/19 3/26	5:30 PM – 6:00 PM	Balance
Thursday	3/5 3/12	5:30 PM - 6:00 PM	HIIT
Every Wednesday		6:00 AM – 6:00 PM	Walking Track
Every Saturday		6:00 AM – 11:00 AM	Walking Track

Advanced Classes

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

Activity: The South YMCA is offering **FREE** CSI 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. **Registration is required for classes.** To sign up, call 419-629-9622 and identify yourself as a Grand Health Challenge participant.

Advanced & Intermediate Classes

Location: YMCA North (Celina) | 7590 State Route 703, Celina

All of the following classes are offered at both an advanced and intermediate level.

No registration required.

DAY	TIME	CLASS
Mondays & Wednesdays	6:30 PM – 7:15 PM	Yoga
Tuesdays & Thursdays	5:45 PM – 6:30 PM	Cycle & Sculpt
Tuesdays & Fridays	8:30 AM – 9:30 AM	Strength Training
Wednesdays	9:00 AM – 9:30 AM 12:00 PM – 12:30 PM	Step Cardio

APRIL 21ST – STRENGTH FROM WITHIN

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

Time: 6:00 PM

Speaker: Dr. Jim Schwieterman & Katie Heitkamp, CNP

MAY 19TH – 20 YEARS. THOUSANDS OF STORIES. ONE CELEBRATION.

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 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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MANDATORY IN-PERSON LOCATIONS & WEIGH-IN DATES

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

JANUARY

DAY	DATE	TIME	LOCATION
Tuesday	1/20	6:00 AM – 8:30 AM	Grand Lake Rehab & Wellness Center
Tuesday	1/20	4:00 PM – 6:00 PM	Wapakoneta Medical Center
Tuesday	1/20	5:00 PM – 7:00 PM	Kick-Off Meeting – St. Marys Theatre
Wednesday	1/21	6:00 AM – 8:30 AM	Wapakoneta Medical Center
Wednesday	1/21	7:30 AM – 1:30 PM	Mercer County Health Department
Wednesday	1/21	4:00 PM – 6:00 PM	Grand Lake Rehab & Wellness Center
Thursday	1/22	6:00 AM – 8:30 AM	YMCA – South (Minster)
Thursday	1/22	4:00 PM – 6:00 PM	YMCA – South (Minster)
Thursday	1/22	4:00 PM – 6:00 PM	YMCA – North (Celina)

MARCH

DAY	DATE	TIME	LOCATION
Tuesday	3/17	6:00 AM – 8:30 AM	Grand Lake Rehab & Wellness Center
Tuesday	3/17	4:00 PM – 6:00 PM	Wapakoneta Medical Center
Wednesday	3/18	6:00 AM – 8:30 AM	Wapakoneta Medical Center
Wednesday	3/18	7:30 AM – 1:30 PM	Mercer County Health Department
Wednesday	3/18	4:00 PM – 6:00 PM	Grand Lake Rehab & Wellness Center
Thursday	3/19	6:00 AM – 8:30 AM	YMCA – South (Minster)
Thursday	3/19	4:00 PM – 6:00 PM	YMCA – South (Minster)
Thursday	3/19	4:00 PM – 6:00 PM	YMCA – North (Celina)

MAY

DAY	DATE	TIME	LOCATION
Tuesday	5/12	6:00 AM – 8:30 AM	Grand Lake Rehab & Wellness Center
Tuesday	5/12	4:00 PM – 6:00 PM	Wapakoneta Medical Center
Wednesday	5/13	6:00 AM – 8:30 AM	Wapakoneta Medical Center
Wednesday	5/13	7:30 AM – 1:30 PM	Mercer County Health Department
Wednesday	5/13	4:00 PM – 6:00 PM	Grand Lake Rehab & Wellness Center
Thursday	5/14	6:00 AM – 8:30 AM	YMCA – South (Minster)
Thursday	5/14	4:00 PM – 6:00 PM	YMCA – South (Minster)
Thursday	5/14	4:00 PM – 6:00 PM	YMCA – North (Celina)

If you are unable to make a weigh-in, please contact Nicole This at 419-394-6132 ext. 1128 or email nthis@jtdmh.org to make other arrangements prior to the date.

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VENMO



ONLINE
FORM OPTION

DETAILS

- Entry deadline is January 5th, 2026
- Registration fee is **\$10/person without t-shirt OR \$15/person with t-shirt.**
- Sign up as an individual or team of up to 5 participants.

IMPORTANT DATES

- Kick-Off Meeting is Tuesday, January 20th 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 20th-22nd.

ENTRY FEES:

Entry fee can be paid in the following ways:

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

Entry forms can be emailed to Nicole at nthis@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.

If you choose to pay the \$15 registration fee, please include your t-shirt size.

PARTICIPANT #1 _____	MALE / FEMALE (circle one)	T-SHIRT SIZE _____
PHONE _____	EMAIL _____	FORM OF PAYMENT _____
PARTICIPANT #2 _____	MALE / FEMALE (circle one)	T-SHIRT SIZE _____
PHONE _____	EMAIL _____	FORM OF PAYMENT _____
PARTICIPANT #3 _____	MALE / FEMALE (circle one)	T-SHIRT SIZE _____
PHONE _____	EMAIL _____	FORM OF PAYMENT _____
PARTICIPANT #4 _____	MALE / FEMALE (circle one)	T-SHIRT SIZE _____
PHONE _____	EMAIL _____	FORM OF PAYMENT _____
PARTICIPANT #5 _____	MALE / FEMALE (circle one)	T-SHIRT SIZE _____
PHONE _____	EMAIL _____	FORM OF PAYMENT _____