



WELCOME TO THE TENTH ANNUAL Grand Health Challenge



It's an award-winning weight loss program, with participants losing more than 30,000 lbs. during the past ten years!

THANK YOU

Thank you for participating in our 2016 Grand Health Challenge! This five-month program is designed to encourage participants to adopt healthier habits in the New Year. Keep in mind that prizes will be awarded to the team with the greatest percentage of weight loss after the five-month program, but again, the overall goal of the Grand Health Challenge is to encourage participants to adapt to a healthier lifestyle.

Participants are encouraged to contact their family physician before beginning any program designed for weight loss.

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 5-9 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 that due to unforeseen circumstances you may

need to miss a weigh-in and for this reason you will receive a voucher that can be redeemed for one missed weigh-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, second, or third place team prizes. Participants who belong to a disqualified team are still eligible for the male/female biggest loser.

- A list of speakers is available. A chance to win a monthly attendance prize, sponsored by Grand Lake Health System, will be given to each participant attending.

NOTE: A drawing for a iPad will be held for all those with perfect attendance at all six monthly meetings including the Finale. It will be awarded at the June 2 Finale! Must be present to win.

- Each participant will be asked to sign a consent form releasing liability of Grand Lake Health System, its employees and all participating sponsors.
- 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 can not participate.*

CHECK OUT THESE PRIZES!

- **\$1,000 Grand Prize** for first place team
- **\$500** second place team
- **\$300** third place team
- **\$250** each for "biggest loser" (male and female, not on a winning team)
- **iPad Drawing** for those with perfect attendance at motivational meetings
- **Door Prizes** at every motivational meeting

2016 Grand Health Challenge

DAY	DATE	TIME	LOCATION
JANUARY — WEIGH-IN # 1— Pick up Grand Health Challenge Folders			
Tuesday	1-5-16	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Tuesday	1-5-16	4:00 PM - 6:00 PM	Wapakoneta Medical Center
Wednesday	1-6-16	6:00 AM - 8:30 AM	Wapakoneta Medical Center
Wednesday	1-6-16	7:30 AM - 1:30 PM	Mercer County Health Department
Wednesday	1-6-16	4:00 PM - 6:00 PM	JTDMH Cardiac Center
Thursday	1-7-16	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Thursday	1-7-16	6:00 AM - 8:30 AM / 4:00 PM - 6:00 PM	Miami & Erie Medical Center
Thursday	1-7-16	4:00 PM - 6:00 PM	YMCA North
Saturday	1-9-16	8:00 AM - 11:00 AM	Health Fair at YMCA North
FEBRUARY — WEIGH-IN # 2			
Tuesday	2-2-16	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Tuesday	2-2-16	4:00 PM - 6:00 PM	Wapakoneta Medical Center
Wednesday	2-3-16	6:00 AM - 8:30 AM	Wapakoneta Medical Center
Wednesday	2-3-16	7:30 AM - 1:30 PM	Mercer County Health Department
Wednesday	2-3-16	4:00 PM - 6:00 PM	JTDMH Cardiac Center
Thursday	2-4-16	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Thursday	2-4-16	6:00 AM - 8:30 AM / 4:00 PM - 6:00 PM	Miami & Erie Medical Center
Thursday	2-4-16	4:00 PM - 6:00 PM	YMCA North
MARCH — WEIGH-IN # 3			
Tuesday	3-1-16	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Tuesday	3-1-16	4:00 PM - 6:00 PM	Wapakoneta Medical Center
Wednesday	3-2-16	6:00 AM - 8:30 AM	Wapakoneta Medical Center
Wednesday	3-2-16	7:30 AM - 1:30 PM	Mercer County Health Department
Wednesday	3-2-16	4:00 PM - 6:00 PM	JTDMH Cardiac Center
Thursday	3-3-16	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Thursday	3-3-16	6:00 AM - 8:30 AM / 4:00 PM - 6:00 PM	Miami & Erie Medical Center
Thursday	3-3-16	4:00 PM - 6:00 PM	YMCA North
LATE MARCH / EARLY APRIL — WEIGH-IN # 4			
Tuesday	3-29-16	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Tuesday	3-29-16	4:00 PM - 6:00 PM	Wapakoneta Medical Center
Wednesday	3-30-16	6:00 AM - 8:30 AM	Wapakoneta Medical Center
Wednesday	3-30-16	7:30 AM - 1:30 PM	Mercer County Health Department
Wednesday	3-30-16	4:00 PM - 6:00 PM	JTDMH Cardiac Center
Thursday	3-31-16	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Thursday	3-31-16	6:00 AM - 8:30 AM / 4:00 PM - 6:00 PM	Miami & Erie Medical Center
Thursday	3-31-16	4:00 PM - 6:00 PM	YMCA North
LATE APRIL — WEIGH-IN # 5			
Tuesday	4-26-16	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Tuesday	4-26-16	4:00 PM - 6:00 PM	Wapakoneta Medical Center
Wednesday	4-27-16	6:00 AM - 8:30 AM	Wapakoneta Medical Center
Wednesday	4-27-16	7:30 AM - 1:30 PM	Mercer County Health Department
Wednesday	4-27-16	4:00 PM - 6:00 PM	JTDMH Cardiac Center
Thursday	4-28-16	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Thursday	4-28-16	6:00 AM - 8:30 AM / 4:00 PM - 6:00 PM	Miami & Erie Medical Center
Thursday	4-28-16	4:00 PM - 6:00 PM	YMCA North
LATE MAY — WEIGH-IN # 6			
Tuesday	5-24-16	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Tuesday	5-24-16	4:00 PM - 6:00 PM	Wapakoneta Medical Center
Wednesday	5-25-16	6:00 AM - 8:30 AM	Wapakoneta Medical Center
Wednesday	5-25-16	7:30 AM - 1:30 PM	Mercer County Health Department
Wednesday	5-25-16	4:00 PM - 6:00 PM	JTDMH Cardiac Center
Thursday	5-26-16	6:00 AM - 8:30 AM	JTDMH Cardiac Center
Thursday	5-26-16	6:00 AM - 8:30 AM / 4:00 PM - 6:00 PM	Miami & Erie Medical Center
Thursday	5-26-16	4:00 PM - 6:00 PM	YMCA North
FINALE — NO WEIGH-IN! — Prizes Awarded!			
Thursday	6-2-16	6:30 PM	St. Marys High School Auditorium

2016 Grand Health Challenge

TUESDAY, JANUARY 12, 2016

EVENT: "Find YOUR Fabulous Formula" —
Kick Off Orientation

TIME: 7:00 p.m. Attendance is advised but not mandatory.

LOCATION: St. Marys High School Auditorium

SPEAKERS: Christy Shell, Zeal Coaching
Doug Spencer – 1st Place Winner and
County Commissioner

DOOR PRIZES: 4 Fitbits

WEIGHT: _____

BODY FAT %: _____

WEIGH-IN SITE: _____

ATTENDANCE: Yes No (Please circle one)*

TUESDAY, FEBRUARY 9, 2016

EVENT: YMCA – February Fit Blitz
(Participate in a class and tour facility)
2-Week FREE Membership for all attendees

TIME: 7:00 p.m.

LOCATION: Your choice of these YMCA Sites
North Y = Celina, St. Rt. 703
South Y = New Bremen, Wuebker Road
Wapak = Wapakoneta, Defiance St.

DOOR PRIZES: 6 Month Free Membership at Each Location

WEIGHT: _____

BODY FAT %: _____

WEIGH-IN SITE: _____

ATTENDANCE: Yes No (Please circle one)*

TUESDAY, MARCH 8, 2016

EVENT: "Conquering the Nutritional Maze"

TIME: Session 1 – 5:15pm – 6:15pm
Session 2 – 6:25pm – 7:25pm

LOCATIONS: Krogers 475 Fortman Drive, St. Marys

DOOR PRIZES: NutriBullit & Kroger Gift Cards

WEIGHT: _____

BODY FAT %: _____

WEIGH-IN SITE: _____

ATTENDANCE: Yes No (Please circle one)*

TUESDAY, APRIL 5, 2016

EVENT: "Undress Your Stress – Fun Ways to
De-stress"

TIME: 7:00pm

LOCATION: Joint Township District Memorial Hospital –
Conference Rooms

SPEAKER: Laura Roetgerman, PSY.D. L.C.P.C;
Center for Personal Wellness

DOOR PRIZES: 8 - 30 Minute Massages

WEIGHT: _____

BODY FAT %: _____

WEIGH-IN SITE: _____

ATTENDANCE: Yes No (Please circle one)*

TUESDAY, MAY 3, 2016

EVENT: "Step It Up" Walking with your family

TIME: 6:00 p.m.

LOCATION: 1st Shelter House - East Bank Road
(By the dog park)

SPEAKER: Carol Modica, A.C.S.M., C.E.P.
(Coordinator Cardiac Services)

DOOR PRIZE: 2 - Fitbits

WEIGHT: _____

BODY FAT %: _____

WEIGH-IN SITE: _____

ATTENDANCE: Yes No (Please circle one)*

THURSDAY, JUNE 2, 2016

EVENT: "FINALE" and Award Presentations

TIME: 6:30 p.m.

LOCATION: St. Marys High School Auditorium

AWARDS: Team who loses largest % of body weight —

- \$1,000 1st place Team
- \$500 2nd place Team
- \$300 3rd place Team

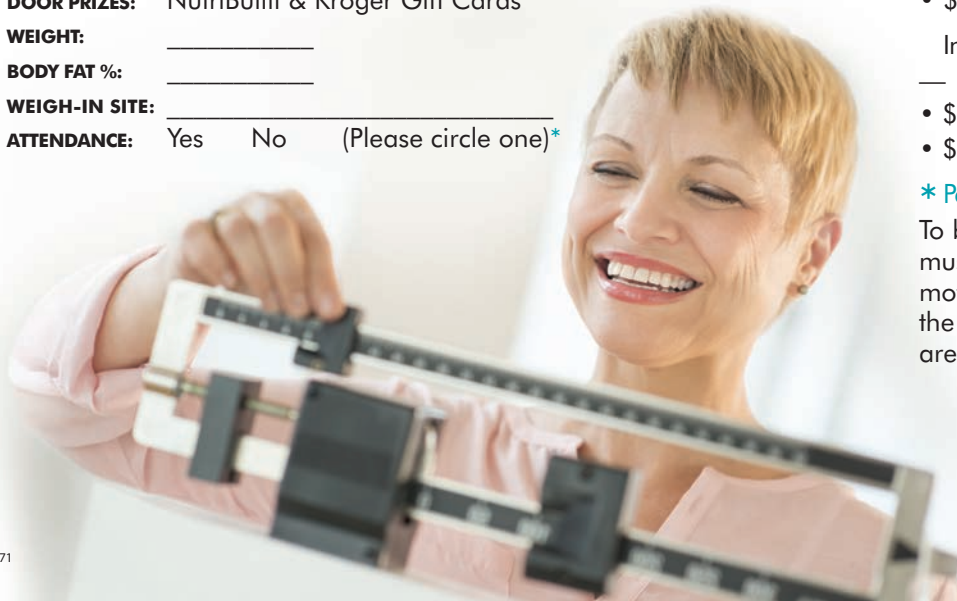
Individuals who lose largest % of body weight —

- \$250 Biggest Loser (male) not on winning team
- \$250 Biggest Loser (female) not on winning team

* Perfect Attendance Drawing for iPad

To be eligible for the drawing, a participant must achieve perfect attendance at all 6 motivational meetings (which INCLUDES the June 2 Finale meeting). All those eligible are entered.

Team, individual and perfect attendance awards are donated by Grand Lake Health System.





REGISTER YOUR TEAM FOR THE 2016 Grand Health Challenge

Registration fee is only \$5 per person.

Deadline to register is NOON on January 4, 2016.

TEAM NAME _____

ORGANIZATION (if applicable) _____

TEAM CAPTAIN 1 _____ M / F

Phone _____ Email _____

TEAM MEMBER 2 _____ M / F

Phone _____ Email _____

TEAM MEMBER 3 _____ M / F

Phone _____ Email _____

TEAM MEMBER 4 _____ M / F

Phone _____ Email _____

TEAM MEMBER 5 _____ M / F

Phone _____ Email _____

TEAM MEMBER 6 _____ M / F

Phone _____ Email _____

TEAM MEMBER 7 _____ M / F

Phone _____ Email _____

- Teams consist of 2 to 7 members.
- We must have an email address for at least one member of your team.
- Registration and fees need to be returned to JTDMMH by noon on Jan. 4, 2016.
- Five-month program. Finale is June 2, 2016.
- **GRAND PRIZE** of \$1,000!
- Monthly weigh-ins and motivational meetings.
- Weight loss percentages per team determine the winning teams.
- **QUESTIONS?**
Call Lesia Arnett at 419-394-6132.
- **MAIL:**
Joint Township Hospital
Community Outreach
200 St. Clair Street
St. Marys, OH 45885
- **DROP OFF:**
Community Outreach
Barton Building
1001 Knoxville Avenue
St. Marys, OH 45885