



WELCOME TO THE
SIXTEENTH ANNUAL

GRAND health CHALLENGE

The Choice Is Yours To Start Now!



MAKING THE CHANGE

The 2022 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 January 11 – 13 timeframe.
- 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 from an individual prize, 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 may miss one 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 or second place team prizes. Participants who belong to a disqualified team are still eligible for the first and second place individual prizes.

*The goal of the Grand Health Challenge is to provide tools and education on healthy lifestyle changes that can be sustained long term so participants can maintain the weight they lose. **Therefore, any participant who has won the challenge in the past 3 years (2019, 2020, 2021) - individual or team - will not be eligible to win any monetary prize in 2022, with the exception of the Master Maintainer.***

- **NEW IN 2022**
 - Facial covering/mask is required of all participants during weigh ins per location requirements.
 - Participants are required to show a photo ID when weighing in.
 - Optional Blood Pressure Screenings will be offered in January and May. Results are not used to compute the results for the challenge.
- 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 recently 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)
- **Perfect Attendance Raffle Drawing - iPad** for those with perfect attendance at all five evening meetings

**2022 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 18 at 6:30 pm
- Entry deadline is January 5, 2022
- 5 Month Program - Finale May 24, 2022
- Questions? Call Jenni Miller at 419-394-6132 or jenmiller@jtdmh.org

FIRST WEIGH-INS WEEK OF JANUARY 11TH, 2022

Sign Us Up For The GRAND HEALTH CHALLENGE TEAM ENTRY!

TEAM NAME _____

ORGANIZATION/COMPANY (if applicable) AUGLAIZE COUNTY
Turn in a copy of this form to the Commissioners' Office as well.

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:
Community Outreach by Wednesday, January 5, 2022 in order to be included in the Grand Health Challenge.
Please mail to: Community Outreach, 200 St. Clair, St. Marys, OH 45885
or drop off at the Community Outreach Office at 1027 E. Spring St., St. Marys, OH 45885.

2022 Grand Health Challenge

DAY	DATE	TIME	LOCATION
JANUARY – WEIGH-IN # 1 – Pick up Grand Health Challenge Folders			
Tuesday	1/11/22	6:00 AM - 8:30 AM	Grand Lake Rehab & Wellness Center
Tuesday	1/11/22	4:00 PM - 6:00 PM	Wapakoneta Medical Center
Wednesday	1/12/22	6:00 AM - 8:30 AM	Wapakoneta Medical Center
Wednesday	1/12/22	7:30 AM - 1:30 PM	Mercer County Health District
Wednesday	1/12/22	4:00 PM - 6:00 PM	Grand Lake Rehab & Wellness Center
Thursday	1/13/22	6:00 AM - 8:30 AM	Grand Lake Rehab & Wellness Center
Thursday	1/13/22	6:00 AM - 8:30 AM	YMCA - South (Minster)
Thursday	1/13/22	4:00 PM - 6:00 PM	YMCA - South (Minster)
Thursday	1/13/22	4:00 PM - 6:00 PM	YMCA - North (Celina)
FEBRUARY - WEIGH-IN # 2			
Tuesday	2/1/22	6:00 AM - 8:30 AM	Grand Lake Rehab & Wellness Center
Tuesday	2/1/22	4:00 PM - 6:00 PM	Wapakoneta Medical Center
Wednesday	2/2/22	6:00 AM - 8:30 AM	Wapakoneta Medical Center
Wednesday	2/2/22	7:30 AM - 1:30 PM	Mercer County Health District
Wednesday	2/2/22	4:00 PM - 6:00 PM	Grand Lake Rehab & Wellness Center
Thursday	2/3/22	6:00 AM - 8:30 AM	Grand Lake Rehab & Wellness Center
Thursday	2/3/22	6:00 AM - 8:30 AM	YMCA - South (Minster)
Thursday	2/3/22	4:00 PM - 6:00 PM	YMCA - South (Minster)
Thursday	2/3/22	4:00 PM - 6:00 PM	YMCA - North (Celina)
MARCH - WEIGH-IN # 3			
Tuesday	3/1/22	6:00 AM - 8:30 AM	Grand Lake Rehab & Wellness Center
Tuesday	3/1/22	4:00 PM - 6:00 PM	Wapakoneta Medical Center
Wednesday	3/2/22	6:00 AM - 8:30 AM	Wapakoneta Medical Center
Wednesday	3/2/22	7:30 AM - 1:30 PM	Mercer County Health District
Wednesday	3/2/22	4:00 PM - 6:00 PM	Grand Lake Rehab & Wellness Center
Thursday	3/3/22	6:00 AM - 8:30 AM	Grand Lake Rehab & Wellness Center
Thursday	3/3/22	6:00 AM - 8:30 AM	YMCA - South (Minster)
Thursday	3/3/22	4:00 PM - 6:00 PM	YMCA - South (Minster)
Thursday	3/3/22	4:00 PM - 6:00 PM	YMCA - North (Celina)
APRIL - WEIGH-IN # 4			
Tuesday	4/5/22	6:00 AM - 8:30 AM	Grand Lake Rehab & Wellness Center
Tuesday	4/5/22	4:00 PM - 6:00 PM	Wapakoneta Medical Center
Wednesday	4/6/22	6:00 AM - 8:30 AM	Wapakoneta Medical Center
Wednesday	4/6/22	7:30 AM - 1:30 PM	Mercer County Health District
Wednesday	4/6/22	4:00 PM - 6:00 PM	Grand Lake Rehab & Wellness Center
Thursday	4/7/22	6:00 AM - 8:30 AM	Grand Lake Rehab & Wellness Center
Thursday	4/7/22	6:00 AM - 8:30 AM	YMCA - South (Minster)
Thursday	4/7/22	4:00 PM - 6:00 PM	YMCA - South (Minster)
Thursday	4/7/22	4:00 PM - 6:00 PM	YMCA - North (Celina)
MAY - WEIGH-IN # 5			
Tuesday	5/3/22	6:00 AM - 8:30 AM	Grand Lake Rehab & Wellness Center
Tuesday	5/3/22	4:00 PM - 6:00 PM	Wapakoneta Medical Center
Wednesday	5/4/22	6:00 AM - 8:30 AM	Wapakoneta Medical Center
Wednesday	5/4/22	7:30 AM - 1:30 PM	Mercer County Health District
Wednesday	5/4/22	4:00 PM - 6:00 PM	Grand Lake Rehab & Wellness Center
Thursday	5/5/22	6:00 AM - 8:30 AM	Grand Lake Rehab & Wellness Center
Thursday	5/5/22	6:00 AM - 8:30 AM	YMCA - South (Minster)
Thursday	5/5/22	4:00 PM - 6:00 PM	YMCA - South (Minster)
Thursday	5/5/22	4:00 PM - 6:00 PM	YMCA - North (Celina)

Grand Lake Rehab & Wellness Center - 1065 Hager St., St. Marys
 Wapakoneta Medical Center - 812 Redskin Dr., Wapakoneta
 Mercer County Health District - 220 W. Livingston, Celina
 YMCA South - 4075 Wuebker Rd., Minster
 YMCA North - 7590 State Rt. 703, Celina

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MONTHLY MEETING

JANUARY 18TH - THE 5 FOUNDATIONS OF HEALTH-BACK TO THE BASICS!

Location: St. Marys Memorial High School Auditorium: 6:30 PM

- The January Kick Off speaker is Kimberly Oen, E-RYT 500 owner Just Breathe Health and Wellness
- Join us to be inspired, get motivated, and start the challenge off right!

FEBRUARY 15 - CONQUERING THE NUTRITIONAL MAZE

Location: Kroger - St. Marys

- Learn tips for healthy grocery shopping
- Complete a tour of the store by visiting 5 educational stations

MARCH 15 - AUGLAIZE/MERCER YMCA & GRAND LAKE HEALTH WELLNESS CENTER TOURS

Location: Grand Lake/Premier Health YMCA - Grand Lake Wellness Center

- Learn more about the services available at the YMCA and Grand Lake Wellness Center!
Take a tour the facilities and learn about the equipment and classes offered at each location

APRIL 19TH - FAIL TO PLAN. PLAN TO FAIL

Location: St. Marys Memorial High School Auditorium

- Meal planning is an important tool to maintain a healthy lifestyle
- Learn how to save time and money by meal planning

MAY 24TH - GRAND FINALE!

Location: St. Marys Memorial High School Auditorium - 6:30 PM

- 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.

