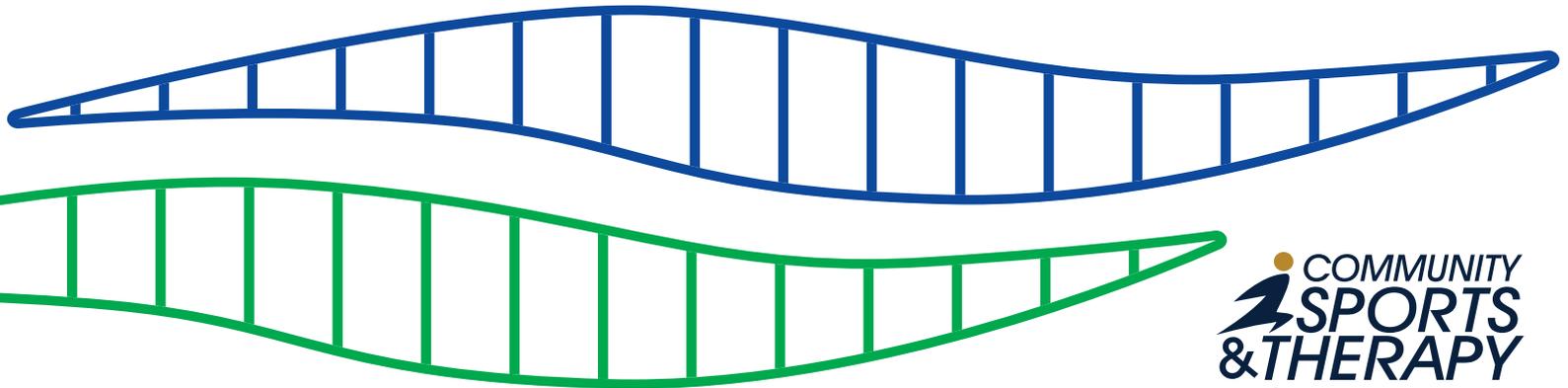


2024 Healthy Waves Challenge

OFFICIAL PARTICIPATION FORM



According to the 2018 Physical Activity Guidelines for Americans & the CDC, adults need at least 150 minutes of moderate intensity aerobic activity every week and muscle-strengthening activities on 2 or more days a week.

To complete the Healthy Waves Challenge, participate in moderate intensity aerobic activity for a total of 1,020 minutes over 6 weeks: August 8 - September 19, 2024. For every 30 minutes of activity, color in one section of your waves; fully color in your waves in 6 weeks to complete the challenge.

Participants must be 18 years old or older. For information on how to participate in and completed this fun challenge, and for a chance to win great prizes, visit www.mercer-health.com or www.cstcenter.com or call 419-678-5216.

Name: _____ Email: _____

City/State: _____ Age: _____ Unisex T-Shirt Size: _____



NEW FOR 2024: A free t-shirt will be given to the first 150 people who complete the challenge!

Once challenge is completed and form is turned in, participants will be emailed with instructions on how to claim their free-shirt. Pick up locations will include: Mercer Health Hospital in Coldwater, Mercer Health Marion Campus, Community Sports & Therapy Center in Celina, MHMG at Ft. Recovery or MHMG at Mendon.



2024 HEALTHY WAVES CHALLENGE RULES



The Healthy Waves Challenge requires community members to participate in moderate intensity aerobic activity for a total of 1,020 minutes over 6 weeks, August 8 to September 19, 2024. Participants must be 18 years old or older.

Each section of the wave represents a 30 minute increment of aerobic activity. Color in a section of the wave as you complete your aerobic activity (exercise must be done in minimum of 15 minute increments). Completely color in your wave by September 19, 2024 to complete the Healthy Waves Challenge.

Submit your Healthy Wave by September 26, 2024 to earn your free t-shirt* and have your name placed into a free drawing for the grand prize:

Grand Prize: \$100.00 Mercer County Chamber Gift Certificate

What is moderate intensity aerobic activity? Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song. Examples of activities that require moderate effort include, but are not limited to: walking fast, jogging, doing water aerobics, riding a bike, playing doubles tennis, or pushing a lawn mower.

How can I get in my 1,020 minutes of activity? Follow Mercer Health and Community Sports and Therapy Center on Facebook for ideas and events to help you achieve your aerobic activity goals.

How do I fill out my wave? Each section of the wave represents 30 minute increments of aerobic activity. Exercise must be done in a minimum of 15 minute increments.

- You can do 15 minutes of exercise 4 different times and count that as 60 minutes and color in two sections of your wave.
- Or if you exercise for 45 minutes on Monday and 45 minutes on Tuesday, you would fill in 3 sections of your wave.
- You cannot do 10 minutes of exercise 3 different times to count as 30 minutes, You would not fill any sections of your wave as exercise must be done in a minimum of 15 minute increments.

What do I do with my completed wave? Make sure your name and contact information is on the front of your wave form and submit your form to one of the following options prior to September 26, 2024:

- Fax: 419-678-5674
- Email: myhealth@mercer-health.com
- Mail: Healthy Waves Challenge, 800 W. Main St., Coldwater, OH 45828

*T-shirts will be given to the first 150 participants who turn in their form and t-shirts must be picked up by participant. Participants will be emailed with instructions on how to claim their free-shirt. Pick up locations will include: Mercer Health Hospital in Coldwater, Mercer Health Marion Campus, Community Sports & Therapy Center in Celina, MHMG at Ft. Recovery or MHMG at Mendon. T-shirts will NOT be mailed.

Your participation in the Mercer Health Healthy Waves Challenge is completely voluntary. Always consult your primary care provider before beginning any exercise program.

Questions? Please email myhealth@mercer-health.com or contact Stacy Schwieterman at 419-678-5216 or smschwieterman@mercer-health.com.