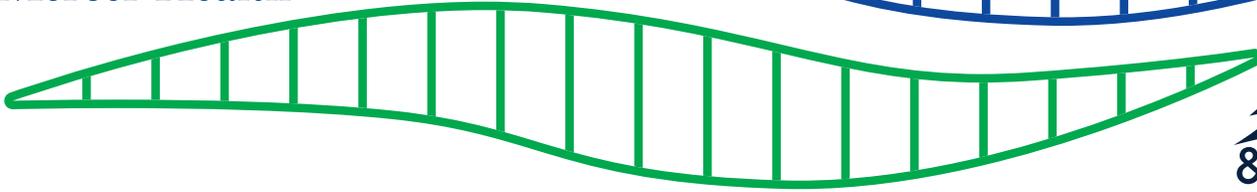
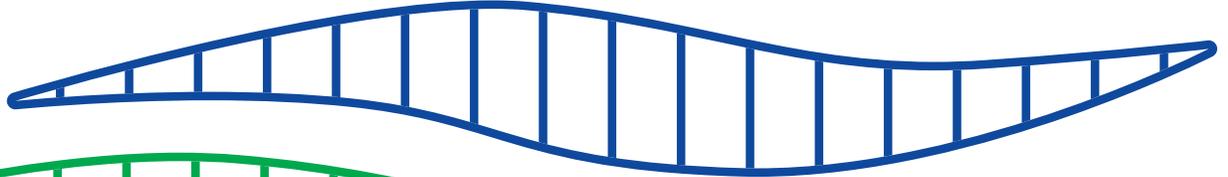


# Healthy Waves Challenge

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.*

Mercer Health and Community Sports & Therapy Center have partnered together to offer a “Healthy Waves Challenge” to motivate and encourage the community, YOU, to participate in moderate intensity aerobic activity for a total of 1,020 minutes over 6 weeks (May 13 – June 23, 2019). For every 30 minutes of activity, color in one section of your waves; fully color in your waves by June 23 to complete the challenge.

Participants must be 18 years old or older. For information on how to participate in and complete this FUN challenge (and for a chance to win great PRIZES) visit [www.mercer-health.com](http://www.mercer-health.com) or [www.cstcenter.com](http://www.cstcenter.com) or call 419-678-5247.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

City/State: \_\_\_\_\_ Age: \_\_\_\_\_

## Join us for our Kick-Off Event

*On Your Mark, Get Set*  
**MOVE!** | 6-8pm | May 13, 2019

Summer Run/Walk Kick Off Event &  
Shoe Expo at Mercer Health

Mercer Health Meeting Rooms • 800 W. Main St • Coldwater, Ohio



# HEALTHY WAVES CHALLENGE



The “Healthy Waves Challenge” requires community members to participate in moderate intensity aerobic activity for a total of 1,020 minutes over 6 weeks (May 13 – June 23, 2019). 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 June 23rd to complete the “Healthy Waves Challenge”.

**Submit your Healthy Wave to a location listed below by July 1 to have your name placed into a drawing for the following prizes:**

**1st Prize: \$100.00 Gift Certificate to the Area Fitness Center of your Choice**

**2nd Prize: \$100.00 Gift Certificate for Running Shoes**

**3rd Prize: \$50.00 Mercer County Chamber Gift Certificate**

**FAQ's: 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. The Mercer Health 5k Series is also a great option: [www.mercerhealth5kchallenge.com](http://www.mercerhealth5kchallenge.com).

**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 in 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 and submit your form to one of the following options prior to July 1:

- Fax: 419-678-5674
- Email: [myhealth@mercer-health.com](mailto:myhealth@mercer-health.com)
- Mail: Healthy Waves Challenge, 830 W. Main St., Coldwater, OH 45828
- Drop off at one of the following locations:
  - Community Sports & Therapy Center at the Galleria, 903 E. Wayne St., Celina, OH
  - Mercer Health Weight Management Center/West Campus, 830 W. Main St., Coldwater, OH
  - Mercer Health Registration Desk, 800 W. Main St., Coldwater, OH
  - Visit our Facebook pages for additional drop-off locations.

*Your participation in the Mercer Health “Healthy Waves Challenge” is completely voluntary. Always consult your physician before beginning any exercise program.*

**Questions? Please contact Mandy Wendel (419-678-5247 or [mwendel@mercer-health.com](mailto:mwendel@mercer-health.com)), Stacy Schwieterman (419-678-5150 or [sschieterman@cstcenter.com](mailto:sschieterman@cstcenter.com)) or Morgan Post (419-678-5216 or [mpost@mercer-health.com](mailto:mpost@mercer-health.com)).**