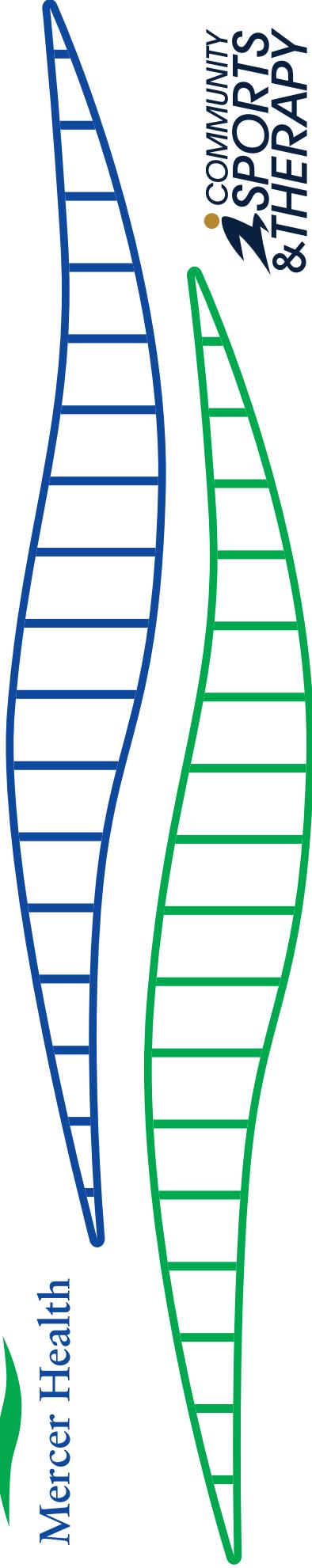




Healthy Waves Challenge, 2021

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.

Complete moderate intensity aerobic activity for a total of 1,020 minutes over 6 weeks: June 1 – July 12, 2021.

For every 30 minutes of activity, color in one section of your waves; fully color in your waves by July 12 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 or call 419-678-5247.

Name: _____ Email: _____

City/State: _____

Age: _____

This is my **H**ealth



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, June 1 - July 12, 2021. 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 July 12th to complete the “Healthy Waves Challenge”.

Submit your Healthy Wave by July 20 to have your name placed into a drawing for the following prizes:

1st Prize: \$100.00 Mercer County Chamber Gift Certificate

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.

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 20:

- Fax: 419-678-5674
- Email: myhealth@mercer-health.com
- Mail: Healthy Waves Challenge, 830 W. Main St., Coldwater, OH 45828

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), Stacy Schwieterman (419-678-5125 or sschwieterman@cstcenter.com) or email myhealth@mercer-health.com.