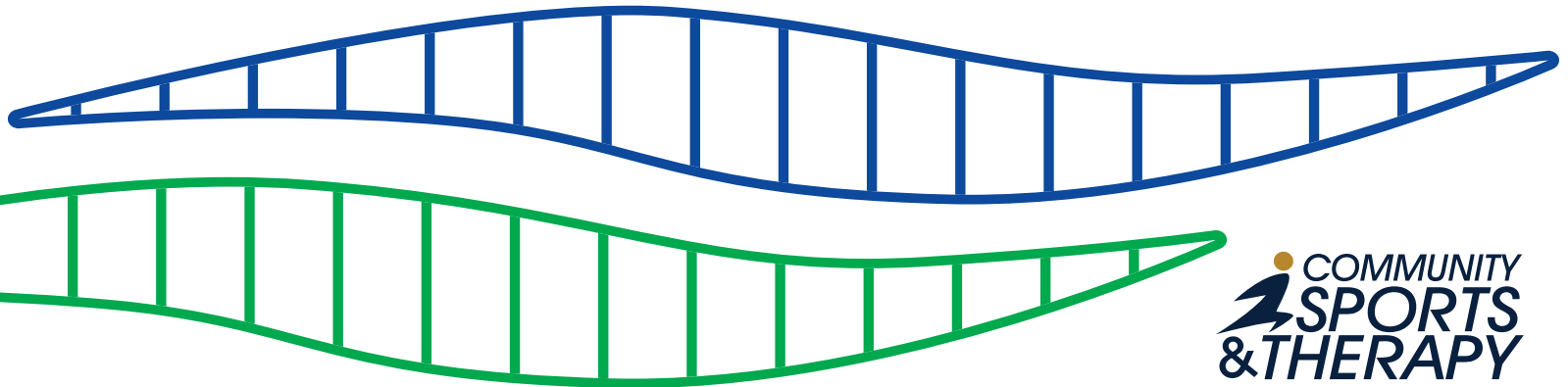


Healthy Waves Challenge, 2022

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, 2022.

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.

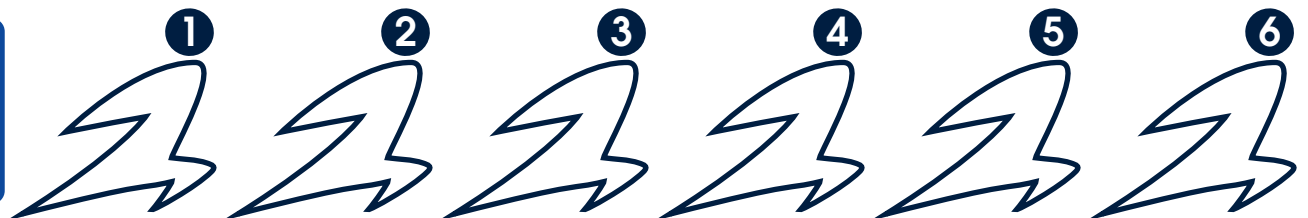
Participants must be 18 years old or older. For information on how to participate in and complete this FUN challenge, and for a chance to win great PRIZES, visit www.mercer-health.com or www.cstcenter.com or call 419-678-5247.

Name: _____ Email: _____

City/State: _____ Age: _____

Bonus Challenges!

Follow Mercer Health + Community Sports & Therapy Center on Facebook for BONUS entries announced each week. Not required to enter.





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, 2022. 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:

Grand Prize: \$100.00 Mercer County Chamber Gift Certificate

Plus three \$50.00 Mercer County Chamber Gift Certificate winners!

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

NEW: Bonus Entries! Follow Mercer Health and Community Sports and Therapy Center's Facebook Pages for a NEW challenge announced each week for a chance to win up to SIX bonus entries. For each BONUS challenge you complete you will fill in that week's corresponding “running man” to mark it complete. This section does NOT need to be completed in order to turn in your completed wave, just a fun way to incorporate more healthy habits and earn extra chances to win!

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 (419-678-5150 or sschieterman@cstcenter.com) or email myhealth@mercer-health.com.