

Green Hills "Wellness Challenge" to begin later this month

News

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The Sixth Annual Green Hills Wellness Challenge begins in January and will conclude on April 5th. Registration is January 10th and 11th during regular business hours at the Ketcham Community Center or the Grundy County Health Department (in Trenton). Participants must be at least 18 years old, or have a signed parental consent.

The contest is the same as in 2012, with weight loss components, along with nutrition and exercise. Participants must weigh weekly on Thursday or Friday to be eligible for prizes, with one exception. One weekly weigh-in can be missed without penalty. A \$10.00 entry fee will cover supplies and boosts the prize pool. The Grundy County Health Department will donate \$1,500 to the prize pool. The prize pool will be divided among all participants losing at least 10% of their initial body weight.

There will be a \$300.00 prize for the individual who has maintained the greatest percentage of weight loss from their initial weight at the beginning of the 2012 Weight Loss Challenge.

Participants will be asked to complete a nutrition and exercise journal. Those journals will be entered into a drawing for a pair of 1 year memberships to the Ketcham Community Center and a pair of 1 year subscriptions to the Trenton Republican-Times newspaper.

The Grundy County Health Department, the Trenton Republican-Times, and the Ketcham Community Center are sponsoring the Green Hills Wellness Challenge. The Health Department will have a "Resource Pack" available for \$10.00 that includes a pedometer, and a calorie, fat, and carbohydrate counter book.