

# Week #1

## Who Can Lose the Largest percentage of weight?



### — Top 5 Women —



Jennifer Freeman 4.41% Lost: 4.41%  
 Lenor Marmion 4.48% Lost: 4.48%  
 Angie Burns 6.06% Lost: 6.06%

WEEKLY LEADER

### This Week's Leaders

WEEKLY LEADER

### — Top 5 Men —



Dirk Anderson 4.67% Lost: 4.67%  
 Robin Mills 4.40% Lost: 4.40%  
 Billy Emerson 2.90% Lost: 2.90%

Oregon Coast's premiere health club

Our goal is to help you succeed on your journey to health and fitness.

2285 Hwy. 101, Florence  
 541-997-8086

More than 70 contestants are competing for

## OVER \$1,700 IN PRIZES & GIFTS

14-WEEK CONTEST  
 January 27 - May 4, 2016

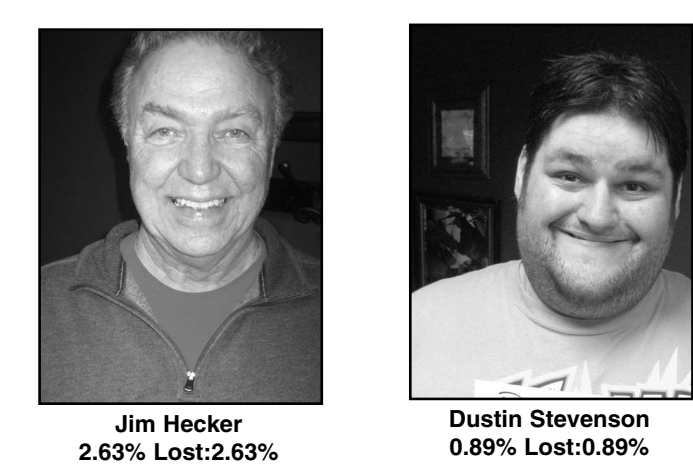
\*Weigh in each week at Coastal Fitness & Aquatics  
 \*2285 Hwy. 101, Florence, each Wednesday, 7:00a.m.-9:00a.m. -or- 4:00p.m.-6:00p.m.  
 \*Weekly leaders in each category (male & female) will be pictured in the Saturday edition of the Siuslaw News.  
 \*Learn Healthy Weight Loss Steps  
 \*Look Good - Feel Good!

Contestants understand that participation in the contest may involve inherent risks, dangers and hazards, which many occur without warning, or be due to lack of conditioning, carelessness, and other unforeseen, unidentified, or unexpected perils inherent in physical activities or weight loss programs. Contestants understand that oversight of the contest by the Siuslaw News or any other sponsors does not and cannot, guarantee their safety. Contestants understand that they should participate in the contest if they have any health conditions affecting their ability to participate. Contestants have signed release forms to certify they are fully aware of, and expressly assume these and all other risks involved in participating in the contest, and to grant to the Siuslaw News and all contest sponsors and their respective assignees, the absolute right and permission to use their name, address, photograph and/or likeness in any and all advertising, trade, or promotion. Contestants have weighed in at the first contest weigh-in on January 27 and will weigh-in every Wednesday through May 4, 2016 at the Florence location at Coastal Fitness and Aquatics, 2285 Hwy. 101, Florence.



Betty Scarbrough 3.75% Lost: 3.75%  
 Bettie Egerton 3.01% Lost: 3.01%

### Congratulations to our WEEK #1 leaders



Jim Hecker 2.63% Lost: 2.63%  
 Dustin Stevenson 0.89% Lost: 0.89%

Contestant Name	Weekly % Lost	Total % Lost
Burns, Angie	6.06%	6.06%
Marmion, Leonor	4.48%	4.48%
Freeman, Jennifer	4.41%	4.41%
Scarbrough, Betty	3.75%	3.75%
Egerton, Bettie	3.01%	3.01%
Haring, Debbie	2.93%	2.93%
Galvan, Guadalupe	2.79%	2.79%
Mills, Jamie	2.61%	2.61%
Wittmier, Cheryl	2.60%	2.60%
Bossley, Kysha	2.56%	2.56%
Lanning, Chris	2.32%	2.32%
Brown, Carole	2.28%	2.28%
Dean, Sherry	2.24%	2.24%
Talamas, Debbie	2.21%	2.21%
Yelle, Kathy	2.21%	2.21%
Sodaro, Michelle	2.21%	2.21%
DeCeault, Mary	1.75%	1.75%
Hine, Aurea	1.45%	1.45%
Holmes, Karen	1.34%	1.34%
Hecker, Joany	1.30%	1.30%
English, Cree	1.26%	1.26%
Thomsen, Jessica	1.17%	1.17%
Edwards, Victoria	1.16%	1.16%
Brock, Nancy	1.12%	1.12%
Hiatt, Laurie	1.07%	1.07%
Carpenter, Ann	0.94%	0.94%
Burkhart, Susan	0.93%	0.93%
Dias, Brianne	0.90%	0.90%
Alberto Albamain, Lina	0.78%	0.78%
Rojas, Tabitha	0.66%	0.66%
Tuttle, Riley	0.50%	0.50%
Timothy, Tricia	0.48%	0.48%
Ternyik, Wendy	0.46%	0.46%
Cudaback, Rhonda	0.43%	0.43%
Circle, Crystal	0.24%	0.24%
Sturm, Maygan	0.22%	0.22%
Beaudreaux, Jo	0.00%	0.00%
Cole, Lucy	0.00%	0.00%
Lindsey, SK	0.00%	0.00%
Whitney, Lisa	0.00%	0.00%
Hastings, Mary	0.00%	0.00%
Van De Vyner, Carla	-0.08%	-0.08%
Lovato, Gina	-0.36%	-0.36%
Robinson, Nancy	-0.36%	-0.36%
Gutierrez, Sandra	-0.56%	-0.56%
Burkhart, Lizz	-0.61%	-0.61%
Dutton, Sharon	-0.87%	-0.87%
Stent, Linda	-1.00%	-1.00%
Davidson, Sandy	-1.01%	-1.01%
Bagon, Maggie	-1.13%	-1.13%
Eberhard, Teresa	-1.24%	-1.24%
Garcia, Paula	-1.58%	-1.58%
Frazier, Deanna	-1.95%	-1.95%
Smoley, Jayne	-2.52%	-2.52%
Budd-Loa, Peggy	-3.47%	-3.47%
Hansen, Renee'	-4.13%	-4.13%
Anderson, Dirk	4.67%	4.67%
Mills, Robin	4.40%	4.40%
Emerson, Billy	2.90%	2.90%
Hecker, Jim	2.63%	2.63%
Stevenson, Dustin	0.89%	0.89%
Rojas, Sean	0.66%	0.66%
Rose, John	0.32%	0.32%
Eisele, Frank	0.00%	0.00%
Hennessee, Todd	0.00%	0.00%
Hurd, Calvin	0.00%	0.00%
Olson, Bill	0.00%	0.00%
Rojas, Al	0.00%	0.00%
Yelle, Bruce	-0.49%	-0.49%
Cole, Michael	-2.01%	-2.01%
Smoley, Steve	-2.73%	-2.73%

### Every woman tell a woman

Free seminar on women's heart health

Saturday, February 20  
 10 a.m. to 1 p.m.  
 Florence Events Center  
 715 Quince St.

Space is limited.  
 Visit <http://bit.ly/h2hevent>  
 or  
 call 541-902-6300 ext. 2261  
 to register by February 15.

PeaceHealth  
 Peace Harbor Medical Center

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## Siuslaw News

148 Maple St., Florence  
 541-997-3441

PeaceHealth Medical Group  
[www.peacehealth.org/phmg/florence](http://www.peacehealth.org/phmg/florence)

2285 Hwy. 101, Florence  
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## "A Calorie is a Calorie"

"A Calorie is a Calorie" is the biggest myth in nutrition and weight loss that keeps us fat, sick and tired. Consider the difference between a 750 calorie soda (with 46 teaspoons of sugar) and 750 calories of broccoli (that's 21 cups of vegetables!) The 750 calorie soda will spike your blood sugar, begin a whole cascade of hormonal responses, increasing belly fat, inflammation, blood pressure and triglycerides (to name a few.) IF you could eat the 21 cups of broccoli, you'd eat so much fiber that all of the calories would be absorbed and you'd feed your body with nutrition, like Vitamin C and folate, protecting your body against cancer and heart disease. Every bite of food you eat broadcasts instructions to your body to create health or disease. (Journal of the American Medical Association, 2012 Jan.). So, instead of thinking "calories"...think health first.

This message brought to you by Passages Coaching & Hypnosis.

## PeaceHealth Diet Tip #1

**Start with a plan:**  
 Develop a plan for lifelong health, not just short-term weight loss. Don't lose sight of the big picture: achieving overall good health. By putting more emphasis on your health, experts agree that you can raise your overall self-esteem, resulting in healthy eating, weight loss and improved health.

Set healthy, realistic goals. When you make changes step-by-step and set realistic goals, you are more likely to succeed in reaching them. Start with two or three specific, small changes at a time. Track your progress by keeping a food and activity log. When you've turned a healthy change into a habit, reward yourself with a fun activity.

This message brought to you by PeaceHealth Medical Group.

The **FITNESS of Golf**

One round of golf has the same health benefits of a 45 minute fitness class

SANDPINES GOLF LINKS

Sandpines Golf Links | Phone: (541) 997-1940  
 1201 35th Street | Florence, OR | 97439

\*Fitness information provided by American Golf Corporation