

Week #2

Who Can Lose the Largest percentage of weight?

LOSE to WIN!

WEEKLY LEADER

WEEKLY LEADER

TOTAL POUNDS LOST TO DATE

230.00

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.

– Top 5 Women –

Sharon Dutton
2.96% Lost: 2.12%

Lina Alberto
3.14% Lost: 3.89%

Sandy Davidson
3.32% Lost: 2.34%

Mary Hastings
2.90% Lost: 2.90%

Rhonda Cudaback
2.89% Lost: 3.30%

This Week's Leaders

Congratulations to our WEEK #2 leaders

Robin Mills
1.92% Lost: 6.24%

Dirk Anderson
1.92% Lost: 6.49%

Steve Smoley
0.77% Lost: -1.93%

Todd Hennessee
0.72% Lost: 0.72%

Sean Rojas
0.66% Lost: 0.66%

Contestant Name	Weekly % Lost	Total % Lost
Davidson, Sandy	3.32%	2.34%
Alberto, Lina	3.14%	3.89%
Dutton, Sharon	2.96%	2.12%
Hastings, Mary	2.90%	2.90%
Cudaback, Rhonda	2.89%	3.30%
Garcia, Paula	2.59%	1.05%
Robinson, Nancy	2.50%	2.15%
Brown, Carole	2.28%	2.28%
Hecker, Jim	2.28%	3.55%
Yelle, Kathy	2.21%	3.71%
English, Cree	1.67%	2.90%
Lanning, Chris	1.65%	3.93%
Galvan, Guadalupe	1.61%	4.35%
Hine, Aurea	1.58%	3.01%
Hecker, Joany	1.54%	4.13%
Frazier, Deanna	1.45%	-0.47%
Eberhard, Teresa	1.34%	0.12%
Hansen, Renee'	1.17%	-2.92%
Burkhart, Lizz	1.11%	2.03%
Marmion, Leonor	1.08%	5.52%
Thomsen, Jessica	1.08%	2.24%
Sodaro, Michelle	0.99%	3.17%
Scarborough, Betty	0.90%	
DeCeault, Mary	0.85%	
Wittmier, Cheryl	0.78%	
Freeman, Jennifer	0.61%	
Haring, Debbie	0.60%	
Burkhart, Susan	0.49%	
Dias, Brianne	0.49%	
Carpenter, Ann	0.47%	
Holmes, Karen	0.42%	
Edwards, Victoria	0.25%	
Sturm, Maygan	0.22%	
Bossley, Kysha	0.21%	
Mills, Jamie	0.21%	
Circle, Crystal	0.16%	
Lovato, Gina	0.12%	
Tuttle, Rylie	0.10%	
Beaudreaux, Jo	0.00%	
Cole, Lucy	0.00%	
Lindsey, SK	0.00%	
Whitney, Lisa	0.00%	
Timothy, Tricia	-0.05%	
Burns, Angie	-0.13%	
Egerton, Bettie	-0.18%	
Smoley, Jayne	-0.39%	
Dean, Sherry	-0.44%	
Brock, Nancy	-0.45%	
Hiatt, Laurie	-0.54%	0.54%
Talamas, Debbie	-0.69%	1.54%
Ternyik, Wendy	-0.69%	-0.23%
Stent, Linda	-1.00%	-1.00%
Bagon, Maggie	-1.13%	-1.13%
Gutierrez, Sandra	-1.55%	-2.12%
Van De Vyner, Carla	-1.67%	-1.76%
Rojas, Tabitha	-2.01%	0.28%

To get peak performance from your body, start with your mind.

For just a moment, think about the hard drive on your computer. You know that you can install or download a program and, whenever you need to use that program, you just push a button and the hard drive runs the program...no questions asked. Your subconscious mind operates the same way. Your mind is powerful and controls your entire body. Your thoughts and beliefs, or "programs", are shaped by your experiences in life, and are installed into your deep memory, or subconscious. The programs run whenever the correct button is pushed.

"Clean your plate, there are starving children who don't have anything to eat!" Now, you see food left on your plate and what do you do?

"Exercise is hard, it hurts and it's more fun to watch TV." When it's time to exercise, what do you do?

Whatever you focus on, and whatever beliefs you hold about reducing your weight, shapes your life and your body. What programs are running in the background of your life? Change your mind, first, and your body will follow.

This message brought to you by Passages Coaching & Hypnosis.

PeaceHealth Diet Tip #2

Healthy Eating Tips:

Eat at least three meals a day and plan your meals ahead of time. Whether you're eating at home, packing a lunch or eating out, an overall eating plan for the day will help keep you on track.

Balance your plate with the right portions of a variety of foods. Half your plate should be filled with vegetables, one fourth with lean meat, poultry or fish and one fourth with grains. To round out your meal, add a glass of fat-free or low-fat milk and a serving of fruit for dessert.

Try changing from a large dinner plate to a small one. It may help you feel satisfied with reduced portions.

Start your meal with low calorie foods like fruits, vegetables and salads. Then move on to the main course and side dishes.

This message brought to you by PeaceHealth Medical Group.

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.

Sponsored by

Siuslaw News

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www.peacehealth.org/phmg/florence

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*Fitness information provided by: American Golf Corporation

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