

Who Can Lose the Largest percentage of weight?

- Top 5 Women -



Mary DeCeault
2.48% Lost: 4.99%

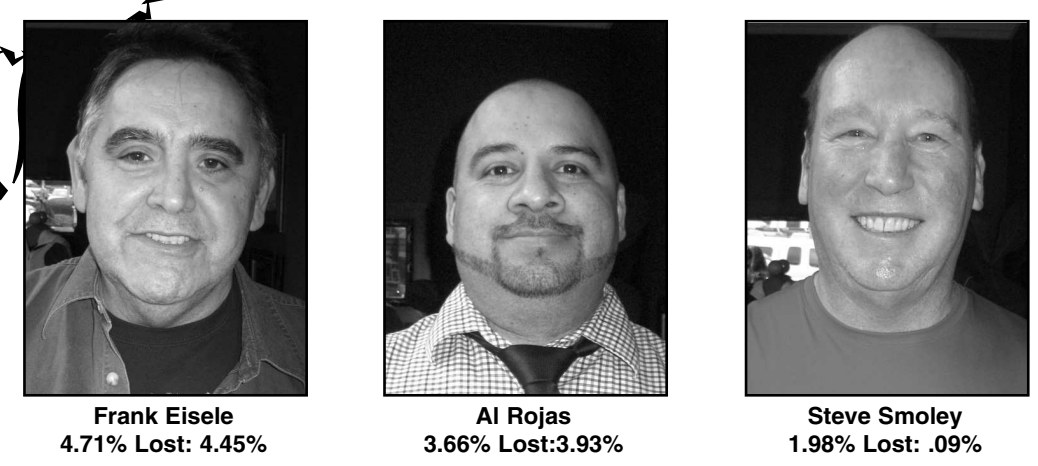
Debbie Talamas
2.64% Lost: 4.13%

Kysha Bossley
3.06% Lost: 5.74%

WEEKLY LEADER

WEEKLY LEADER

- Top 5 Men -



Frank Eisele
4.71% Lost: 4.45%

Al Rojas
3.66% Lost: 3.93%

Steve Smoley
1.98% Lost: .09%

Bruce Yelle
1.89% Lost: 1.40%

Dirk Anderson
1.82% Lost: 8.20%

This Week's Leaders

Congratulations to our WEEK #3 leaders



Nancy Robinson
2.08% Lost: 4.18%

Jamie Mills
2.27% Lost: 5.01%

Contestant Name	Weekly % Lost	Total % Lost
WOMEN'S RESULTS		
Bossley, Kysha	3.06%	5.74%
Talamas, Debbie	2.64%	4.13%
DeCeault, Mary	2.48%	4.99%
Mills, Jamie	2.27%	5.01%
Robinson, Nancy	2.08%	4.18%
Sodaro, Michelle	1.99%	5.10%
Circle, Crystal	1.86%	2.25%
Egerton, Bettie	1.82%	4.60%
Galvan, Guadalupe	1.75%	6.02%
Van De Vyner, Carla	1.25%	-0.48%
Marmion, Leonor	1.22%	6.67%
Hine, Aurea	1.18%	4.15%
Hastings, Mary	1.00%	3.87%
Eberhard, Teresa	0.99%	1.11%
Lovato, Gina	0.83%	0.60%
Rojas, Tabitha	0.66%	0.66%
Yelle, Kathy	0.64%	4.33%
Freeman, Jennifer	0.61%	4.99%
Brock, Nancy	0.57%	1.24%
Sturm, Maygan	0.56%	0.78%
Burkhart, Lizz	0.52%	2.54%
Burkhart, Susan	0.49%	-0.12%
Carpenter, Ann	0.47%	1.41%
Frazier, Deanna	0.46%	0.00%
Wittmier, Cheryl	0.45%	3.79%
Whitney, Lisa	0.28%	0.28%
Edwards, Victoria	0.25%	1.41%
Dias, Brianne	0.07%	1.44%
Thomsen, Jessica	0.00%	2.24%
Timothy, Tricia	-0.05%	0.43%
Dutton, Sharon	-0.10%	2.02%
English, Cree	-0.10%	2.80%
Scarbrough, Betty	-0.10%	4.52%
Hansen, Renee'	-0.24%	-3.16%
Tuttle, Riley	-0.30%	0.30%
Holmes, Karen	-0.34%	1.42%
Haring, Debbie	-0.36%	3.17%
Smoley, Jayne	-0.39%	-2.92%
Beaudreax, Jo	-0.41%	-0.41%
Alberto Albamain, Lina	-0.46%	3.45%
Hiatt, Laurie	-0.54%	0.54%
Ternyik, Wendy	-0.69%	-0.23%
Lanning, Chris	-0.74%	3.22%
Bagon, Maggie	-0.80%	-1.94%
Garcia, Paula	-0.96%	0.11%
Hecker, Jim	-0.98%	2.60%
Stent, Linda	-1.00%	-1.00%
Burns, Angie	-1.26%	4.75%
Dean, Sherry	-1.32%	0.50%
Gutierrez, Sandra	-1.55%	-2.12%
Davidson, Sandy	-1.68%	0.70%
Cudaback, Rhonda	-3.08%	0.32%
MEN'S RESULTS		
Eisele, Frank	4.71%	4.45%
Rojas, Al	3.66%	3.93%
Smoley, Steve	1.98%	0.09%
Yelle, Bruce	1.89%	1.40%
Anderson, Dirk	1.82%	8.20%
Mills, Robin	1.80%	7.92%
Hecker, Joany	1.66%	5.72%
Rojas, Sean	0.66%	0.66%
Emerson, Billy	0.44%	3.32%
Rose, John	0.32%	0.32%
Hennessee, Todd	0.21%	0.92%
Stevenson, Dustin	-0.64%	0.47%
Cole, Michael	-2.01%	-2.01%
Hurd, Calvin	-2.71%	-2.71%



Recipe for Reduction

Baked Salmon Dijon

Ingredients
Fat free cooking spray, as needed
1 cup fat-free sour cream
2 tsp. dried dill
3 tbsp. scallions, rinsed and finely chopped
2 tsp. Dijon mustard
2 tsp. lemon juice
1 1/2 lb. salmon fillet with skin, cut in center
1/2 tsp. garlic powder
1/2 tsp. ground black pepper

Directions:
1. Preheat oven to 400 degrees. Lightly oil baking sheet with cooking spray.
2. Whisk sour cream, dill, onion, mustard and lemon juice in small bowl to blend.
3. Place salmon, skin-side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce.
4. Bake salmon until just opaque in center, about 20 minutes.

Per serving Serves six.
Each serving provides: Calories 196/Total fat 7 g/ Saturated fat 2 g/ Cholesterol 76 mg/ Sodium 229 mg/Dietary fiber less than 1 g/ Protein 27 g/ Carbohydrates 5 g/ Potassium 703 mg.

Source:
National Heart, Lung, and Blood Institute

PeaceHealth Medical Group
www.peacehealth.org/phmg/florence

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.

PASSAGES COACHING & HYPNOSIS

Removing Barriers to your Success

Certified Personal Achievement and Holistic Health Coach
Certified Hypnotist: Weight Management, Smoking Cessation, Trauma, Regression, and Complimentary Medical Hypnosis

CYNTHIA WISEHART-HENRY
CTACC, CHHC, CHI
541-991-9477
1845 Hwy. 126, Suite A-10 Florence

Call for your 30 minute complimentary consultation. Participants of Lose-to-Win will receive \$25.00 off each session.

What if you could begin working with your weight from a different angle?

There is no magic pill for weight loss. You simply have to follow a healthy eating and exercise plan. Still, what if, for once, instead of trying to change your body from the "outside in", you could begin to address the "subconscious programming" that's the root cause of your behavior, and begin to eliminate the need to overeat, binge, or avoid exercising? What if you could begin to create lasting change and a more healthy body from the "inside out", with surprisingly little effort on your part? A meta-study, reported in the Journal of Consulting and Clinical Psychology in 1996 showed that the "... weight loss reported in the five studies indicates that hypnosis can more than double the effects" of traditional weight loss approaches. University of Connecticut, Journal of Consulting and Clinical Psychology in 1996 (Vol. 64, No. 3, pgs 517-519).

Hypnosis can help you identify the old programs that are running you, help you to decide which programs you want to keep, which you want to release and, then, help you to create newer, healthier programs about food, water and exercise that can double your success rate.

Change your mind...change your life.

This message brought to you by Passages Coaching & Hypnosis.

PeaceHealth Diet Tip #3

Healthy Eating Tips:

Focus on your food. Pick one place to sit down and eat at home. Eating unconsciously while doing other things, like watching TV, may lead to eating more than you think.

Know when you've had enough to eat. Quit before you feel full or stuffed. It takes about 20 minutes for your brain to get the message that your body is getting food. When your brain gets this message, you stop feeling hungry. So, fast eaters - slow down and give your brain a chance to get the word.

This message brought to you by PeaceHealth Medical Group.

Sponsored by Siuslaw News

148 Maple St., Florence
541-997-3441

PeaceHealth Medical Group
www.peacehealth.org/phmg/florence

2285 Hwy. 101, Florence
541-997-8086

The FITNESS of Golf

Riding in a cart golfing an 18-hole course burns 411 calories

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

*Fitness information provided by: American Golf Corporation