

LOSE to WIN!

Who Can Lose the Largest percentage of weight?



– Top 5 Women –

WEEKLY LEADER

WEEKLY LEADER

– Top 5 Men –

This Week's Leaders



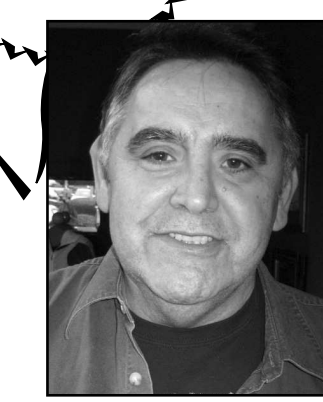
Carole Brown
2.28% Lost: 2.28%



Mary DeCeault
2.48% Lost: 4.99%



Kysha Bossley
3.06% Lost: 5.74%



Frank Eisele
4.71% Lost: 4.45%



Al Rojas
3.59% Lost: 8.16%



Bruce Yelle
1.89% Lost: 1.40%



Michelle Sodaro
2.18% Lost: 7.17%



Debbie Haring
2.18% Lost: 5.28%

Congratulations to our WEEK #4 leaders



Dirk Anderson
1.79% Lost: 9.84%



Robin Mills
1.67% Lost: 9.46%

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.

Contestant Name	Weekly % Lost	Total % Lost
WOMEN'S RESULTS		
Bossley, Kysha	3.06%	5.74%
DeCeault, Mary	2.48%	4.99%
Brown, Carole	2.28%	2.28%
Haring, Debbie	2.18%	5.28%
Sodaro, Michelle	2.18%	7.17%
Hecker, Joany	1.94%	4.50%
Beaudreaux, Jo	1.93%	1.93%
Dean, Sherry	1.74%	2.24%
Marmion, Leonor	1.72%	8.28%
Yelle, Kathy	1.29%	5.57%
Van De Vyner, Carla	1.25%	-0.48%
Wittmier, Cheryl	1.13%	4.88%
Smoley, Jayne	1.03%	-1.86%
Tuttle, Rylie	1.00%	1.30%
Hastings, Mary	1.00%	3.87%
Carpenter, Ann	0.83%	2.22%
Freeman, Jennifer	0.61%	4.99%
Scarborough, Betty	0.60%	5.10%
MEN'S RESULTS		
Lanning, Chris	-0.74%	3.22%
Bagon, Maggie	-0.80%	-1.94%
Alberto Lina	-1.04%	2.45%
Burns, Angie	-1.26%	4.75%
Burkhart, Lizz	-1.39%	1.18%
Gutierrez, Sandra	-1.55%	-2.12%
Davidson, Sandy	-1.68%	0.70%
Garcia, Paula	-2.00%	-1.89%
Eisele, Frank	4.71%	4.45%
Hecker, Jim	2.59%	8.16%
Yelle, Bruce	1.89%	1.40%
Anderson, Dirk	1.79%	9.84%
Mills, Robin	1.67%	9.46%
Hennessee, Todd	1.55%	2.46%
Smoley, Steve	0.79%	0.88%
Emerson, Billy	0.44%	3.32%
Stevenson, Dustin	0.05%	0.53%
Rojas, Al	-0.39%	3.55%
Hurd, Calvin	-2.71%	-2.71%
Brock, Nancy	0.57%	
Sturm, Maygan	0.56%	
Galvan, Guadalupe	0.47%	
Frazier, Deanna	0.46%	
Egerton, Bettie	0.37%	
Hine, Aurea	0.32%	
Edwards, Victoria	0.25%	
Robinson, Nancy	0.25%	
Hansen, Renee'	0.24%	
Dias, Brianne	0.07%	
Whitney, Lisa	-0.04%	
Timothy, Tricia	-0.05%	
Dutton, Sharon	-0.10%	
Talamas, Debbie	-0.10%	
Mills, Jamie	-0.11%	
Holmes, Karen	-0.17%	
Circle, Crystal	-0.25%	
English, Cree	-0.30%	
Lovato, Gina	-0.48%	
Hiatt, Laurie	-0.54%	
Burkhart, Susan	-0.61%	
Thomsen, Jessica	-0.66%	
Ternyik, Wendy	-0.69%	

Recipe for Success

Oatmeal Buttermilk Pancakes
Makes 16 pancakes (4 inches each).

Ingredients
1 1/2C uncooked oatmeal
2C buttermilk
3 egg whites
1C whole wheat flour
2 tsp baking soda
2 Tbsp brown sugar

Preparation
Combine oatmeal, buttermilk and egg whites and let stand for at least 1/2 hr or refrigerate up to 24 hrs. Add remaining ingredients, and stir the batter just until the dry ingredients are moistened. Bake on a hot, lightly oiled griddle.

From: **The New American Diet** by Connor

Nutritional Information
Per serving:
76 calories
13.6 gm carb
1.0 gm fat
1.5 gm fiber
3.7 gm protein

PeaceHealth Medical Group

Sponsored by

Siuslaw News
148 Maple St., Florence
541-997-3441

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

Coastal Fitness & Aquatics
2285 Hwy. 101, Florence
541-997-8086

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

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

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

Celebrate your successes!

No matter how small or insignificant your successes seem, each time you celebrate them, your mind is trained to create more successes! Reduce 1/2 pound? Celebrate! Avoid sugar and simple carbs and eat healthy protein and vegetables for one meal? Celebrate! Walk for ten minutes? Celebrate! Run your first mile? Celebrate! Exercise two days in a row? Celebrate! Have fun with it... jump up and down. Give someone a high-five. Dance and twirl. Fist-pump. Just celebrate in a way that feels good to you! Yes...it's simple. Celebrate and train your brain to support your goals.

This message brought to you by Passages Coaching & Hypnosis.

PeaceHealth Diet Tip #4

Healthy Eating Tips:
Get plenty of fiber from fruits, vegetables, beans and whole grains. Fiber can help you feel full longer and lower your risk for heart disease and type 2 diabetes.
Become portion savvy. Keeping tabs on your portion sizes helps you manage your calorie intake – a must in any effective weight management strategy.

Try this: Without using a measuring cup, pour what you think is one cup of dry cereal or one-half cup of rice or pasta into a bowl. Now check the actual amount with a measuring cup. How close is your estimate?

This message brought to you by PeaceHealth Medical Group.

The FITNESS of Golf

An 18-hole round is compared to a 5-mile walk

SANDPINES GOLF LINKS
Sandpines Golf Links | Phone: (541) 997-1940
1201 35th Street | Florence, OR | 97439
*Fitness information provided by: American Golf Corporation