



Who Can Lose the Largest percentage of weight?

LOSE to WIN!



— Top 5 Women —

WEEKLY LEADER

WEEKLY LEADER

— Top 5 Men —

This Week's Leaders



Ann Carpenter
3.35% Lost: 5.50%



Kysha Bossley
3.48% Lost: 9.02%



Guadalupe Galvan
3.69% Lost: 9.92%



Bruce Yelle
3.21% Lost: 4.56%



Dirk Anderson
1.33% Lost: 11.03%



Billy Emerson
.88% Lost: 4.17%



Aurea Hine
2.60% Lost: 6.94%



Sherry Dean
1.70% Lost: 3.89%

Congratulations to our WEEK #5 leaders



Al Rojas
0.39% Lost: 3.93%



Dustin Stevenson
0.24% Lost: 0.76%

Contestant Name	Weekly % Lost	Total % Lost
Talamas, Debbie	0.60%	0.60%
Tuttle, Rylie	0.51%	0.51%
Hansen, Reneé	0.47%	0.47%
Brock, Nancy	0.46%	0.46%
Bagon, Maggie	0.32%	0.32%
Eberhard, Teresa	0.12%	0.12%
Burkhart, Susan	0.00%	0.00%
Smoley, Jayne	0.00%	0.00%
Freeman, Jennifer	0.00%	0.00%
Sturm, Maygan	0.00%	0.00%
Frazier, Deanna	0.00%	0.00%
Dias, Brianne	0.00%	0.00%
Dutton, Sharon	0.00%	0.00%
Lovato, Gina	0.00%	0.00%
Hiatt, Laurie	0.00%	0.00%
Thomsen, Jessica	0.00%	0.00%
Alberto Lina	0.00%	0.00%
Burns, Angie	0.00%	0.00%
Garcia, Paula	0.00%	0.00%
Timothy, Tricia	-0.05%	-0.05%
Yelle, Kathy	-0.09%	-0.09%
Scarborough, Betty	-0.10%	-0.10%
Van De Vyner, Carla	-0.24%	-0.24%
Egerton, Bettie	-0.28%	-0.28%
Circle, Crystal	-0.55%	-0.55%
English, Cree	-0.60%	-0.60%
Hastings, Mary	-0.80%	-0.80%
Whitney, Lisa	-1.47%	-1.47%
Beaudreaux, Jo	-1.55%	-1.55%
DeCeault, Mary	-2.71%	-2.71%
Yelle, Bruce	3.21%	3.21%
Anderson, Dirk	1.33%	1.33%
Emerson, Billy	0.88%	0.88%
Rojas, Al	0.39%	0.39%
Stevenson, Dustin	0.24%	0.24%
Eisele, Frank	0.00%	0.00%
Hurd, Calvin	0.00%	0.00%
Mills, Robin	-0.08%	-0.08%
Hecker, Jim	-1.74%	-1.74%
Hennessee, Todd	-1.79%	-1.79%
Smoley, Steve	-3.90%	-3.90%
Galvan, Guadalupe	3.69%	3.69%
Bossley, Kysha	3.48%	3.48%
Carpenter, Ann	3.35%	3.35%
Hine, Aurea	2.60%	2.60%
Dean, Sherry	1.70%	1.70%
Hecker, Joany	1.36%	1.36%
Sodaro, Michelle	1.34%	1.34%
Cudaback, Rhonda	1.28%	1.28%
Marmion, Leonor	1.13%	1.13%
Haring, Debbie	1.12%	1.12%
Holmes, Karen	1.10%	1.10%
Burkhart, Lizz	1.10%	1.10%
Wittmier, Cheryl	1.03%	1.03%
Mills, Jamie	0.84%	0.84%
Davidson, Sandy	0.71%	0.71%
Ternyik, Wendy	0.69%	0.69%
Edwards, Victoria	0.67%	0.67%
Robinson, Nancy	0.63%	0.63%

WOMEN'S RESULTS

MEN'S RESULTS

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.

Recipe for Reduction

Sweet Potato Fries

Makes 4 Servings

Ingredients
4 med. Sweet potatoes or yams, peeled (about 4oz each)
1 Tbsp. oil (canola or olive)
Salt to taste (optional)

Preparation
Preheat oven to 450 degrees. Cut potatoes into half-inch slices or strips. Place potato slices in a plastic bag with oil and shake well to coat potatoes evenly. Spray baking sheet with nonstick cooking spray. Arrange potatoes in a single layer and bake for 12-15 min, or until golden brown, turning potatoes halfway through cooking. Sprinkle with salt (optional).

From: **Quick & Healthy by Ponichtera**

Nutritional Information
Per serving:
116 calories
4gm fat
20gm carb
3gm fiber per serving.
One serving is a good source of fiber

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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 #5

Healthy Eating Tips:
Snack smart. Choose snacks by the calories and nutrients they provide. Include snacks as part of your daily calorie allowance and limit portions to one serving. Plan for nutritious snacks to prevent between-meal hunger. Keep portable, healthy snacks in your desk, backpack or car.

This message brought to you by PeaceHealth Medical Group.

The **FITNESS of Golf**

On average you can burn 200 calories in an hour at the driving range.

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*Fitness information provided by: American Golf Corporation