TOTAL POUNDS LOST TO DATE

N

R Parmesan Yogurt Chicken

Ingredients

1 chicken, cut in pieces & skinned

2 T freshly squeezed lemon juice cayenne pepper or Tabasco sauce, to taste

1/4C low fat mayonnaise 1/2 tsp thyme leaves

1/4C minced green onions

Preheat oven to 350 degrees. Arrange chicken in light

oiled baking dish. Drizzle with lemon juice. Sprinkle lightly

it hot). In small bowl mix yogurt with flour and add mayor

chicken. Top with green onions and sprinkle with paprika

heat until cheese is slightly brown. Serve warm. Sauce i good served over brown rice.

The New American Diet by Connor

PeaceHealth Medical Group

# Weels #6 Who Can Lose the Largest percentage of weight?

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

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 inher ent risks, dangers and hazards, which many occur without warning, or be due to lack of conditioning, carelessness, and other unforeseen, unident fied, 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 I, 2016 at the Florence location at Coastal Fitness and Aquatics, 2285 Hwy.



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



Cynthia Wisehart-Henry CTACC, CHHC, CHt 541-991-9477









% Lost

11.68%

4.32%

5.84%

7.28%

8.41%

0.37%

6.34%

6.06%

0.37%

3.00%

-1.34%

2.45%

5.22%

1.80%

-1.62%

WEEKL

**LEADER** 

Leaders

**This** Week's

-0.11%

-0.11%

-0.11%

-0.23%

-0.40%

-0.45%

-0.47%

-0.51%

-0.55%

-0.74%

-0.80%





- Top 5 Men -

2.16% Lost: 8.58%





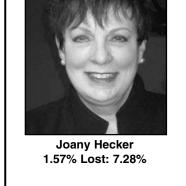


d

u

O

n



Contestant

Bossley, Kysha

Dean, Sherry

Hecker, Joany

Sodaro, Michelle

Eberhard, Teresa

Scarbrough, Betty

Haring, Debbie

Burkhart, Lizz

English, Cree

Hansen, Renee'

Egerton, Bettie

Bagon, Maggie

Tuttle, Rylie

Thomsen, Jessica

Edwards, Victoria

Name



1.34% Lost: 8.41%

**WOMEN'S RESULTS** 

Weekly

% Lost

2.93%

2.29%

2.03%

1.57%

1.34%

1.23%

1.12%

1.11%

1.10%

1.08%

1.07%

0.87%

0.56%

0.51%

0.32%

## Congratulations to our WEEK #6 leaders

Cudaback, Rhonda

Hine, Aurea

Brock, Nancy

Wittmier, Cheryl

Talamas, Debbie

Davidson, Sandy

Marmion, Leonor

Circle, Crystal

Hastings, Mary

Mills, Jamie

Van De Vyner, Carla



5.48%	DeCeault, Mary	-2.71%	2.41%
0.29%	MEN'S	<b>RESULT</b>	S
1.49% 6.84% 1.57% 5.63% -1.12% 4.18%	Mills, Robin Hecker, Jim	3.32% 2.16%	12.40% 8.58%
	Anderson, Dirk	1.35%	12.23%
	Rojas, Al Hennessee, Todd	0.97% 0.93%	4.86% 1.64%
0.94%	Emerson, Billy Hurd, Calvin	0.88% 0.71%	4.17% -1.98%
8.85% 1.47%	Smoley, Steve	0.60%	-1.96 % -2.37%
5.01%	Stevenson, Dustin	0.19%	0.95%
3.09%	Yelle, Bruce Eisele, Frank	-0.15% -1.29%	4.42% 3.22%

## Sponsored by

### Siuslaw News

148 Maple St., Florence 541-997-3441



www.peacehealth.org/phmg/florence



2285 Hwy. 101, Florence 541-997-8086

#### 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

"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

#### Is It Right For You?

Make sure your weight loss plan is right for you.

Does it include: • Foods from all five food groups?

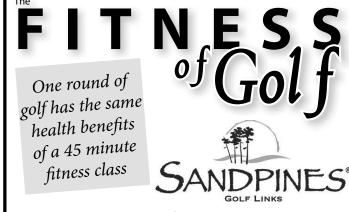
- The right number of servings from each group?
- Food you will enjoy eating for the rest of your life? • Foods you can buy at the supermarket? • Some of your favorite foods?

• Food that fit your budget and lifestyle?

Regular physical activity or excercise?

If the anser is "yes" to all the questions, your weight loss plan is right for you. For names of registered dieticians in your area who can delveop a personalized weight management plan, visit www.eatright.org.

> This message brought to you by PeaceHealth Medical Group.



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