

Week #6

Who Can Lose the Largest percentage of weight?

LOSE to WIN!

WEEKLY LEADER

WEEKLY LEADER

TOTAL POUNDS LOST TO DATE
381

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

— Top 5 Women —

Sherry Dean
2.03% Lost: 5.84%

Victoria Edwards
2.29% Lost: 4.32%

Kysha Bossley
2.93% Lost: 11.68%

Joany Hecker
1.57% Lost: 7.28%

Michelle Sodaro
1.34% Lost: 8.41%

This Week's Leaders

— Top 5 Men —

Robin Mills
3.32% Lost: 12.40%

Jim Hecker
2.16% Lost: 8.58%

Dirk Anderson
1.35% Lost: 12.23%

Al Rojas
0.97% Lost: 4.86%

Todd Hennessee
0.93% Lost: 1.64%

Congratulations to our WEEK #6 leaders

Contestant Name	Weekly % Lost	Total % Lost
Carpenter, Ann	0.31%	5.80%
Burkhart, Susan	0.26%	1.44%
Smoley, Jayne	0.13%	-1.73%
Alberto, Lina	0.00%	2.45%
Garcia, Paula	0.00%	-1.89%
Lovato, Gina	0.00%	0.12%
Yelle, Kathy	-0.09%	5.48%
Timothy, Tricia	-0.10%	0.29%
Cudaback, Rhonda	-0.11%	1.49%
Hine, Aurea	-0.11%	6.84%
Brock, Nancy	-0.11%	1.57%
Wittmier, Cheryl	-0.23%	5.63%
Van De Vyner, Carla	-0.40%	-1.12%
Talamas, Debbie	-0.45%	4.18%
Davidson, Sandy	-0.47%	0.94%
Marmion, Leonor	-0.51%	8.85%
Circle, Crystal	-0.55%	1.47%
Mills, Jamie	-0.74%	5.01%
Hastings, Mary	-0.80%	3.09%
Robinson, Nancy	-0.88%	4.18%
Ternyik, Wendy	-1.04%	-0.57%
Holmes, Karen	-1.16%	1.21%
Whitney, Lisa	-1.47%	-1.22%
Beaudreaux, Jo	-1.55%	0.41%
Galvan, Guadalupe	-1.98%	8.14%
DeCeault, Mary	-2.71%	2.41%
Mills, Robin	3.32%	12.40%
Hecker, Jim	2.16%	8.58%
Anderson, Dirk	1.35%	12.23%
Rojas, Al	0.97%	4.86%
Hennessee, Todd	0.93%	1.64%
Emerson, Billy	0.88%	4.17%
Hurd, Calvin	0.71%	-1.98%
Smoley, Steve	0.60%	-2.37%
Stevenson, Dustin	0.19%	0.95%
Yelle, Bruce	-0.15%	4.42%
Eisele, Frank	-1.29%	3.22%

WOMEN'S RESULTS

Bossley, Kysha	2.93%	11.68%
Edwards, Victoria	2.29%	4.32%
Dean, Sherry	2.03%	5.84%
Hecker, Joany	1.57%	7.28%
Sodaro, Michelle	1.34%	8.41%
Eberhard, Teresa	1.23%	0.37%
Haring, Debbie	1.12%	6.34%
Scarborough, Betty	1.11%	6.06%
Burkhart, Lizz	1.10%	0.37%
English, Cree	1.08%	3.00%
Hansen, Renee'	1.07%	-1.34%
Thomsen, Jessica	0.87%	2.45%
Egerton, Bettie	0.56%	5.22%
Tuttle, Rylie	0.51%	1.80%
Bagon, Maggie	0.32%	-1.62%

MEN'S RESULTS

Robinson, Nancy	-0.88%	4.18%
Ternyik, Wendy	-1.04%	-0.57%
Holmes, Karen	-1.16%	1.21%
Whitney, Lisa	-1.47%	-1.22%
Beaudreaux, Jo	-1.55%	0.41%
Galvan, Guadalupe	-1.98%	8.14%
DeCeault, Mary	-2.71%	2.41%
Mills, Robin	3.32%	12.40%
Hecker, Jim	2.16%	8.58%
Anderson, Dirk	1.35%	12.23%
Rojas, Al	0.97%	4.86%
Hennessee, Todd	0.93%	1.64%
Emerson, Billy	0.88%	4.17%
Hurd, Calvin	0.71%	-1.98%
Smoley, Steve	0.60%	-2.37%
Stevenson, Dustin	0.19%	0.95%
Yelle, Bruce	-0.15%	4.42%
Eisele, Frank	-1.29%	3.22%

Recipe for Success

Parmesan Yogurt Chicken

Easy to make

Ingredients

- 1 chicken, cut in pieces & skinned
- 2 T freshly squeezed lemon juice
- cayenne pepper or Tabasco sauce, to taste
- 1 C plain nonfat yogurt
- 2 T flour
- 1/4 C low fat mayonnaise
- 1/4 tsp Worcestershire sauce
- 1/2 tsp thyme leaves
- 1/4 C minced green onions
- paprika
- 2 T grated Parmesan cheese

Preparation

Preheat oven to 350 degrees. Arrange chicken in lightly oiled baking dish. Drizzle with lemon juice. Sprinkle lightly with cayenne pepper or Tabasco sauce (use more if you like it hot). In small bowl mix yogurt with flour and add mayonnaise, mustard, Worcestershire and thyme. Spread over chicken. Top with green onions and sprinkle with paprika. Bake uncovered for 60min or until fork tender. Sprinkle chicken evenly with Parmesan cheese. Broil 6 inches from heat until cheese is slightly brown. Serve warm. Sauce is good served over brown rice.

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

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 may 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.

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 #6

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 exercise?

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

This message brought to you by PeaceHealth Medical Group.

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Siuslaw News

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www.peacehealth.org/phmg/florence

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

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*Fitness information provided by: American Golf Corporation