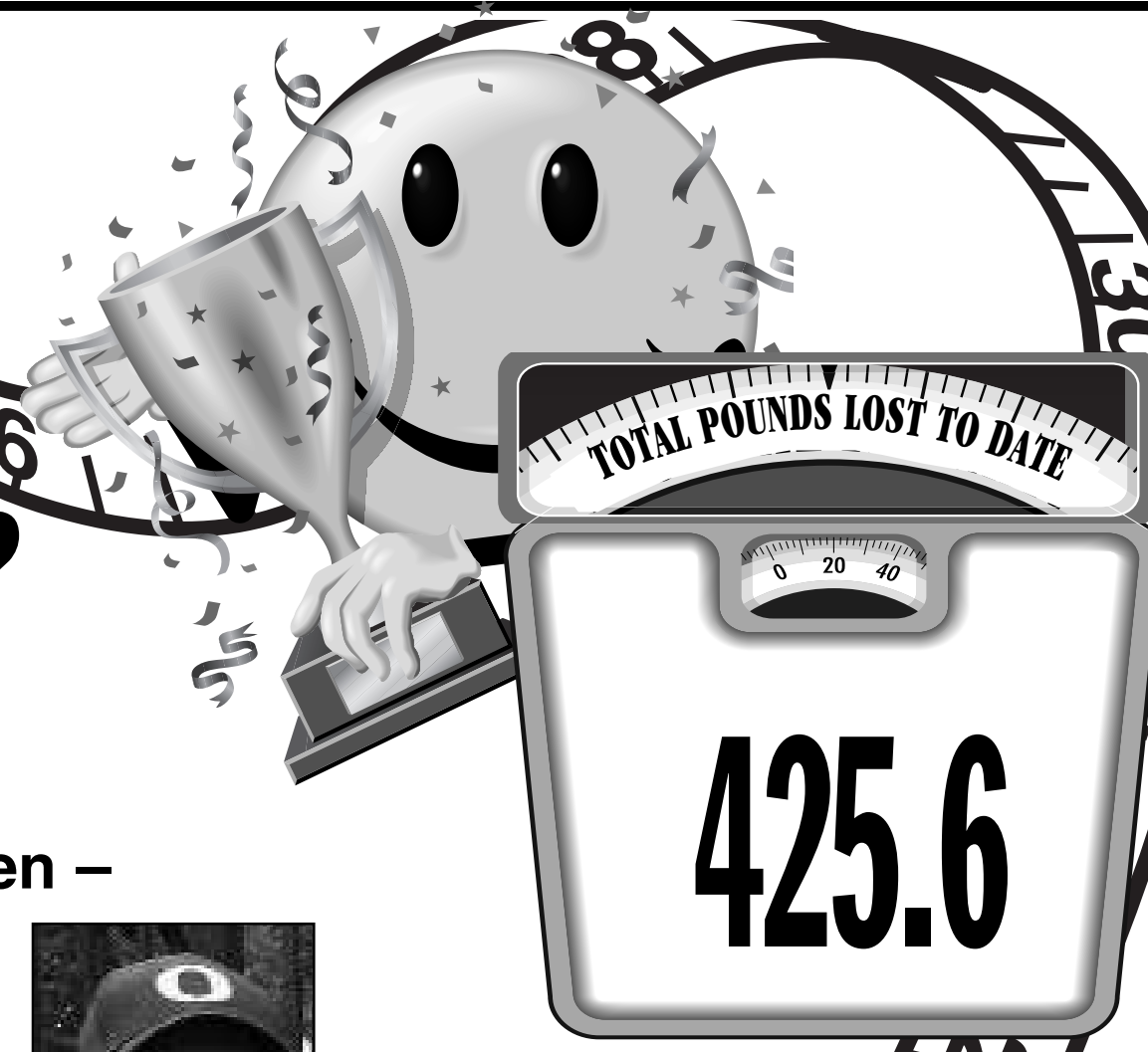



Week #8

Who Can Lose the Largest percentage of weight?


LOSE to WIN!




– Top 5 Women –



Michelle Sodaro
2.18% Lost:10.41%



Nancy Brock
2.50% Lost:3.76%




Leonor Marmion
3.53% Lost:13.22%

WEEKLY LEADER

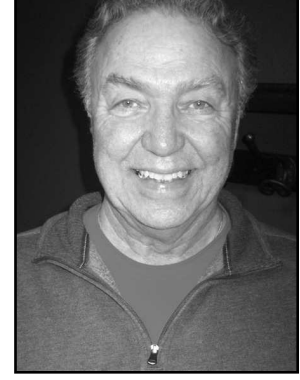
This Week's Leaders

WEEKLY LEADER


– Top 5 Men –



Calvin Hurd
2.50% Lost:0.57%



Jim Hecker
1.71% Lost: 11.07%



Todd Hennessee
1.15% Lost: 2.77%




Nancy Robinson
2.12% Lost: 6.21%

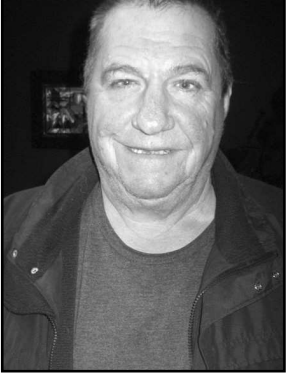


Rhonda Cudaback
2.08% Lost: 4.58%

Congratulations to our WEEK #8 leaders



Al Rojas
0.64% Lost 5.66%




Bruce Yelle
0.53% Lost 1.69%

Contestant Name	Weekly % Lost	Total % Lost	Contestant Name	Weekly % Lost	Total % Lost
WOMEN'S RESULTS			Bagon, Maggie	0.00%	3.32%
Marmion, Leonor	3.53%	13.22%	Burkhart, Susan	0.00%	2.83%
Brock, Nancy	2.50%	3.76%	Hansen, Renee'	0.00%	-0.73%
Sodaro, Michelle	2.18%	10.41%	Thomsen, Jessica	0.00%	2.93%
Robinson, Nancy	2.12%	6.21%	Egerton, Bettie	0.00%	5.22%
Cudaback, Rhonda	2.08%	4.58%	Circle, Crystal	0.00%	0.64%
Tuttle, Rylie	1.63%	3.39%	Burkhart, Lizz	0.00%	-0.74%
Dean, Sherry	1.10%	5.66%	Edwards, Victoria	0.00%	3.24%
Yelle, Kathy	0.62%	7.60%	Galvan, Guadalupe	-0.12%	9.31%
Holmes, Karen	0.38%	0.29%	Hastings, Mary	-0.27%	2.84%
Van De Vyner, Carla	0.36%	1.04%	Mills, Jamie	-0.27%	6.66%
English, Cree	0.35%	4.16%	Wittmier, Cheryl	-0.29%	7.42%
Haring, Debbie	0.25%	6.57%	Hine, Aurea	-0.62%	7.36%
Carpenter, Ann	0.12%	6.26%	Davidson, Sandy	-0.79%	0.16%
Hecker, Joany	0.00%	8.17%	Talamas, Debbie	-0.91%	3.65%
Smoley, Jayne	0.00%	-1.73%	Scarbrough, Betty	-1.14%	6.20%
			Bossley, Kysha	-1.17%	11.68%
			Timothy, Tricia	-2.48%	-0.76%
			MEN'S RESULTS		
			Hurd, Calvin	2.50%	0.57%
			Hecker, Jim	1.71%	11.07%
			Hennessee, Todd	1.15%	2.77%
			Rojas, Al	0.64%	5.66%
			Yelle, Bruce	0.53%	1.69%
			Stevenson, Dustin	0.00%	1.11%
			Emerson, Billy	0.00%	5.15%
			Eisele, Frank	0.00%	3.22%
			Anderson, Dirk	-0.07%	11.54%
			Mills, Robin	-0.08%	11.12%
			Smoley, Steve	-0.30%	-3.17%

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 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.

Sponsored by



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Siuslaw News
148 Maple St., Florence
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PeaceHealth Medical Group
www.peacehealth.org/phmg/florence

PeaceHealth Diet Tip #8

Try the "fresh first, frozen follows" trick. Purchase fresh and frozen produce – get enough fresh for only the first 4 or 5 days and then also get frozen for refilling in the time between grocery store trips. Frozen produce is just as nutritious as fresh but can last up to 12 months in the freezer without going to waste. Just be sure to get the frozen vegetables without added salt, seasoning, or fat and fruits without added sugar.

This message brought to you by
PeaceHealth Medical Group.

Recipe for Reduction

Three-Bean Soup

Makes 3 quarts (12 svgs).

Ingredients


- 3C water
- 1 can (28oz) diced tomatoes, not drained
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15oz) black-eyed peas, drained and rinsed
- 1 can (15oz) garbanzo beans, drained and rinsed
- 1 can (6oz) tomato paste
- 1 Tbsp Dijon mustard
- 1 1/2 tsp chopped garlic
- 1 tsp chili powder
- 1 tsp dried basil
- 1 tsp dried oregano
- 1/2 tsp ground cumin
- 1/2 tsp ground black pepper
- 1 1/3C frozen whole-kernel corn
- 1C chopped carrots
- 1C chopped zucchini or celery
- 1 med. Onion, chopped

Preparation

Combine the first 13 ingredients in a large stockpot. Bring to a boil. Reduce heat and simmer, covered, for 10min. Stir in remaining vegetables and simmer, covered, for an additional 10min.


Nutritional Information

Per serving: (1 cup)
124 calories
1gm fat
25gm carbohydrate
8gm fiber
7gm protein



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


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*Fitness information provided by: American Golf Corporation