

# Week # 10

## Who Can Lose the Largest percentage of weight?

**LOSE to WIN!**



— Top 5 Women —



Renee Hansen  
1.86% Lost:0.61%



Ann Carpenter  
2.07% Lost:8.37%



Cree English  
2.32% Lost 6.38%

**WEEKLY LEADER**

### This Week's Leaders

**WEEKLY LEADER**

— Top 4 Men —



Al Rojas  
1.97% Lost:7.11%



Steve Smoley  
1.15% Lost: -1.98%



Robin Mills  
0.93% Lost:13.94%



Lenor Marmion  
1.45% Lost: 14.08%



Michelle Sodaro  
0.92% Lost: 11.24%

### Congratulations to our WEEK #10 leaders



Todd Hennessee  
0.21% Lost 3.07%



Jim Hecker  
0.21% Lost 10.65%

### 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 30 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
<b>WOMEN'S RESULTS</b>		
English, Cree	2.32%	6.38%
Carpenter, Ann	2.07%	8.37%
Hansen, Renee'	1.86%	0.61%
Marmion, Leonor	1.45%	14.08%
Sodaro, Michelle	0.92%	11.24%
Timothy, Tricia	0.88%	2.53%
Bossley, Kysha	0.79%	15.98%
Circle, Crystal	0.78%	1.42%
Davidson, Sandy	0.63%	1.29%
Hine, Aurea	0.34%	9.17%
Mills, Jamie	0.32%	7.31%
Scarborough, Betty	0.31%	7.45%
Holmes, Karen	0.30%	1.13%

Hecker, Joany	0.20%	9.23%
Van De Vyner, Carla	0.16%	1.20%
Haring, Debbie	0.00%	6.57%
Dean, Sherry	0.00%	5.66%
Tuttle, Rylie	0.00%	3.39%
Robinson, Nancy	0.00%	6.21%
Smoley, Jayne	0.00%	-1.73%
Wittmier, Cheryl	0.00%	7.31%
Cudaback, Rhonda	0.00%	4.42%
Brock, Nancy	0.00%	3.26%
Bagon, Maggie	0.00%	1.38%
Burkhart, Susan	-0.31%	4.86%
Yelle, Kathy	-0.62%	7.03%
Talamas, Debbie	-0.66%	4.28%
Hastings, Mary	-0.90%	2.13%
Galvan, Guadalupe	-1.13%	10.14%

### MEN'S RESULTS

Rojas, Al	1.97%	7.11%
Smoley, Steve	1.15%	-1.98%
Mills, Robin	0.93%	13.94%
Hennessee, Todd	0.21%	3.07%
Hecker, Jim	0.21%	10.65%
Yelle, Bruce	0.18%	1.86%
Stevenson, Dustin	0.13%	0.61%
Emerson, Billy	0.00%	12.78%
Anderson, Dirk	0.00%	13.75%
Hurd, Calvin	0.00%	-0.26%

### Recipe for Reduction

#### Carrot and Bran Muffins

These are dense, chewy muffins. Makes 18 muffins.

**Ingredients**  
 1 1/2C raw bran  
 1/4C wheat germ  
 1C whole wheat flour  
 1 tsp baking powder  
 1/2 tsp salt  
 1C shredded carrots  
 1C mixed dried fruit (raisins, chopped prunes or apricots)  
 1/2C chopped walnuts or almonds  
 2 egg whites  
 3/4C skim milk  
 1/2C molasses  
 3 Tbsp oil

**Preparation**  
 Preheat oven to 400 degrees. In bowl mix the first 6 ingredients. Add carrots, fruit and nuts, and distribute evenly. Make a well in the center. In another bowl beat egg whites lightly and mix in milk, molasses and oil. Pour all at once into the dry ingredients and stir just to moisten. Pour into lightly oiled or paper-lined muffin tins about 3/4 full. Bake for 15-20min.

**Nutritional Information**  
 Per serving: 1 Muffin  
 133 calories,  
 21.4gm carb  
 5.1gm fat

PeaceHealth Medical Group

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**Siuslaw News**  
 148 Maple St., Florence  
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**Coastal FITNESS & AQUATICS**  
 2285 Hwy. 101, Florence  
 541-997-8086

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

# PeaceHealth Diet Tip # 10

Research shows that it can take up to fourteen times of eating a food before you begin to enjoy and prefer it. The moral of the story is have patience and persistence, because the food you once plugged your nose to eat will soon be what you crave!

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