

Week # 13

Who Can Lose the Largest percentage of weight?

LOSE TO WIN!

Final weigh-in May 4th!



– Top 5 Women –



Cheryl Wittmier
1.98% Lost: 11.65%



Sandy Davidson
2.06% Lost: 1.99%



Cree English
2.53% Lost 8.75%

WEEKLY LEADER

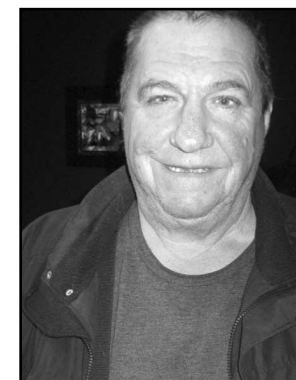
This Week's Leaders

WEEKLY LEADER

– Top 5 Men –



Robin Mills
2.07% Lost: 16.76%



Bruce Yelle
2.03% Lost: 3.48%



Todd Hennessee
1.06% Lost 4.00%



Leonor Marmion
1.97% Lost: 16.90%



Ann Carpenter
1.88% Lost: 11.59%

Congratulations to our WEEK #13 leaders



Dustin Stevenson
0.32% Lost 0.61%



Jim Hecker
0.21% Lost: 12.71%

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

Contestant Name	Weekly % Lost	Total % Lost
English, Cree	2.53%	8.75%
Davidson, Sandy	2.06%	1.99%
Wittmier, Cheryl	1.98%	11.65%
Marmion, Leonor	1.97%	16.90%
Carpenter, Ann	1.88%	11.59%
Talamas, Debbie	1.85%	8.13%
Hine, Aurea	1.68%	11.81%
Mills, Jamie	1.46%	8.57%
Bossley, Kysha	0.86%	17.57%
Scarborough, Betty	0.47%	9.18%

WOMEN'S RESULTS

Galvan, Guadalupe	0.44%	12.65%
Robinson, Nancy	0.44%	6.39%
Holmes, Karen	0.21%	0.21%
Burkhart, Susan	0.09%	5.25%
Hansen, Renee'	0.00%	0.73%
Brock, Nancy	0.00%	2.75%
Hastings, Mary	0.00%	1.35%
Hecker, Joany	0.00%	8.76%
Sodaro, Michelle	0.00%	13.31%
Tuttle, Rylie	0.00%	3.94%
Van De Vyner, Carla	0.00%	1.04%
Timothy, Tricia	-0.53%	0.19%
Yelle, Kathy	-0.62%	6.94%
Haring, Debbie	-1.52%	6.22%

MEN'S RESULTS

Mills, Robin	2.07%	16.76%
Yelle, Bruce	2.03%	3.48%
Hennessee, Todd	1.06%	4.00%
Stevenson, Dustin	0.32%	0.61%
Hecker, Jim	0.21%	12.71%
Rojas, Al	0.20%	8.00%
Anderson, Dirk	0.00%	15.54%
Hurd, Calvin	0.00%	-1.82%
Smoley, Steve	-0.57%	-1.10%

Recipe for Reduction

Strawberry Yogurt Pie

Makes 8-12 servings.

Ingredients

- 1 9-inch Graham Cracker Crust
- 1 1/2 C plain non-fat yogurt
- 1 1/2 C non-fat cottage cheese, drained
- 4 Tbsp honey
- 1 tsp vanilla
- 1/4 tsp. freshly squeezed lemon juice
- 1 envelope unflavored gelatin
- 3 C sliced fresh strawberries

Preparation

To prepare filling, combine yogurt, cottage cheese, honey, vanilla, and lemon juice in blender. While blender is running, dissolve gelatin by first sprinkling over 1 Tbsp cold water, then stirring in 3 Tbsp cold water, then stirring in 3 Tbsp boiling water. Add dissolved gelatin to blender and blend well. Spread sliced strawberries in bottom of pie shell and pour yogurt mixture over them. Chill several hours.

From: "Quick and Healthy by Ponichterra"

Nutritional Information
Serving Size: 1/10 of 9" pie
170 calories
29gm carb.

PeaceHealth Medical Group

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.

Sponsored by

Siuslaw News

148 Maple St., Florence
541-997-3441

2285 Hwy. 101, Florence
541-997-8086

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

PeaceHealth Diet Tip # 13

Clean house. Remove all tempting cravings, you will not have access to trigger foods from your home such as chips, doughnuts, cookies, and candy. In moments of weak resolve and emotional

sabotaging goodies.

This message brought to you by PeaceHealth Medical Group.

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