

# Final Results

## Who lost the Largest percentage of weight?

**LOSE to WIN!**

**Thank you to all the Contestants**



### WOMEN Overall Winners

**1st place**

**2nd Place**



**Kysha Bossley**  
TOTAL loss 19.16%  
**Won**  
**\$500**



**Michlle Sodaro**  
TOTAL loss 17.93%  
**Won**  
**6 Month Membership to Coastal Fitness**

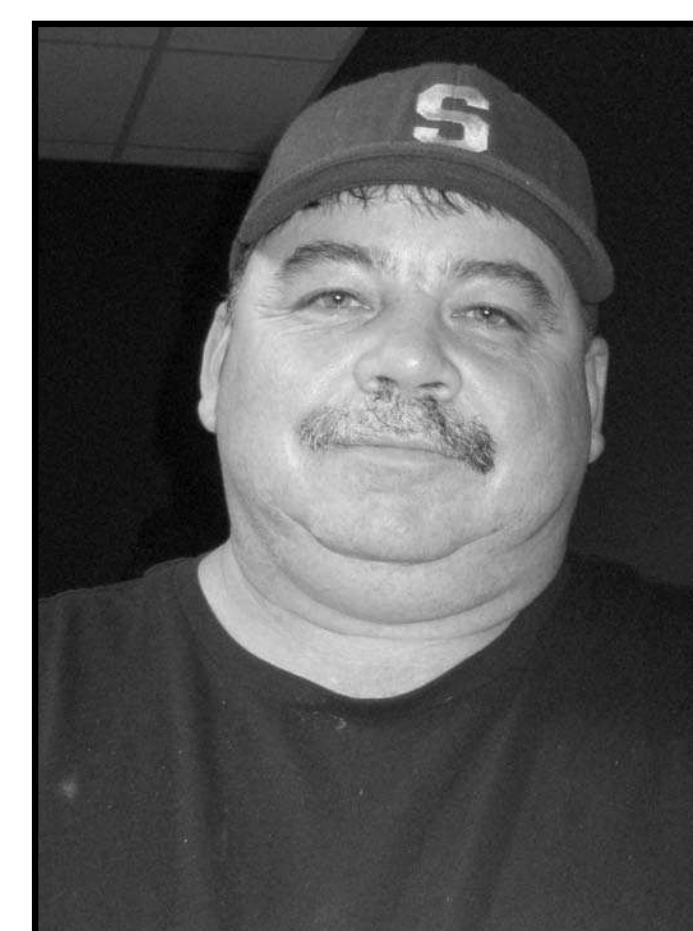
### MEN Overall Winners

**1st place**

**2nd Place**



**Robin Mills**  
TOTAL loss 18.64%  
**Won**  
**\$500**



**Dirk Anderson**  
TOTAL loss 18.25%  
**Won**  
**6 Month Membership to Coastal Fitness**

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	Wittmier, Cheryl*	-2.70%	9.26%	Timothy, Tricia	1.29%	1.48%
			Hecker, Joany	0.32%	9.05%	Holmes, Karen*	0.46%	0.67%
			Mills, Jamie	0.22%	8.77%	<b>MEN'S RESULTS</b>		
			Talamas, Debbie	0.00%	8.13%			
			<b>English, Cree*</b>	-0.95%	7.88%	Anderson, Dirk	3.21%	18.25%
			<b>Haring, Debbie*</b>	1.75%	7.86%	<b>Hecker, Jim*</b>	-0.70%	12.10%
Bossley, Kysha	1.93%	19.16%	Robinson, Nancy	0.83%	7.17%	<b>Rojas, Al*</b>	0.71%	8.65%
Sodaro, Michelle	5.33%	17.93%	Yelle, Kathy	0.10%	7.03%	Hennessee, Todd	0.00%	4.00%
<b>Marmion, Leonor*</b>	0.41%	17.24%	Burkhart, Susan	0.31%	5.54%	Yelle, Bruce	0.40%	3.86%
Galvan, Guadalupe	0.96%	13.49%	Brock, Nancy	0.00%	2.75%	<b>Smoley, Steve*</b>	2.48%	1.41%
<b>Hine, Aurea*</b>	0.00%	11.81%	Hansen, Renee'	1.53%	2.25%	Stevenson, Dustin	0.34%	0.95%
<b>Carpenter, Ann*</b>	-0.46%	11.18%	<b>Davidson, Sandy*</b>	0.16%	2.14%			
<b>Scarborough, Betty*</b>	0.21%	9.38%						

**\*STOP AT THE SIUSLAW NEWS ON MONDAY, MAY 9, 2016 TO CLAIM YOUR PRIZE\***

**Sponsored by**

**Siuslaw News**  
148 Maple St., Florence  
541-997-3441

**Coastal FITNESS & AQUATICS**  
2285 Hwy. 101, Florence  
541-997-8086

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

# PeaceHealth Diet Tip #14

Shift your appetite clock. Eat less in the evening so you are hungrier in the morning. research shows when we eat 80 percent of our calories in the early part of the day, we can lose 1.5 pounds more in 6 weeks than those who eat most of their calories in the evening.

*This message brought to you by PeaceHealth Medical Group.*

### Colorful Quinoa Salad

Makes 8 servings.

**Ingredients**

- 2 cups water
- 1 cup quinoa, rinsed
- 2 cups fresh baby spinach, thinly sliced
- 1 cup grape tomatoes, halved
- 1 medium cucumber, seeded and chopped
- 1 medium sweet orange pepper, chopped
- 1 medium sweet yellow pepper, chopped
- 2 green onions, chopped

**DRESSING:**

- 3 tablespoons lime juice
- 2 tablespoons olive oil
- 4 teaspoons honey
- 1 tablespoon grated lime peel
- 2 teaspoons minced fresh gingerroot
- 1/4 teaspoon salt

**Preparation**

In a large saucepan, bring water to a boil. Add quinoa. Reduce heat; simmer, covered, 12-15 minutes or until liquid is absorbed. Remove from heat; fluff with a fork. Transfer to a large bowl; cool completely. Stir spinach, tomatoes, cucumber, peppers and green onions into quinoa. In a small bowl, whisk dressing ingredients until blended. Drizzle over quinoa mixture; toss to coat. Refrigerate until serving. Yield: 8 servings.

**Recipe for Reduction**

Nutritional Information  
3/4 cup equals 143 calories, 5 g fat (1 g saturated fat), 0 cholesterol, 88 mg sodium, 23 g carbohydrate, 3 g fiber, 4 g protein.  
Diabetic Exchanges: 1 starch, 1 vegetable/1 fat.

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

The **FITNESS of Golf**

Golf an 18-hole course while carrying your own bag burns 721 calories (with a caddy 613 calories)

**SANDPINES** GOLF LINKS

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

\*Fitness information provided by American Golf Corporation