

LOSE to WIN!

Week #1 RESULTS

Who Can Lose the Largest percentage of weight?

318.8

TOTAL POUNDS LOST TO DATE

WEEKLY LEADER

WEEKLY LEADER

This Week's Leaders

Congratulations to our WEEK #1 leaders

– Top 5 Women –



Elizabeth Burkart
6.06%



Leslie Wade
6.41 %



Taylor Roberts
4.54%



Leonor Marmion
4.28%



Tiffany Holdahl
3.94%

– Top 5 Men –



Dirk Anderson
5.26%



Jim Hecker
4.58%



Mack Wade
3.26%



Matt Holdahl
2.89%



Bill Prosser
3.52%

Contestant Name	Weekly % Lost							
WOMEN'S RESULTS								
Leslie Wade	6.41%	Angel McBride	1.68%	Lisa Spencer	0.48%	Bill Prosser	3.52%	
Elizabeth Burkhart	6.06%	Gina Halpin	1.59%	Leslie Cutting	0.44%	Mack Wade	3.26%	
Taylor Roberts	4.54%	Melissa Samel	1.59%	April Meadows	0.42%	Matt Holdahl	2.89%	
Leonor Marmion	4.28%	Aimee Hamilton	1.58%	Jamie Wilby	0.32%	Timothy Moffett	2.89%	
Tiffany Holdahl	3.94%	Denyse Renner	1.51%	Vida Hanks	0.31%	Bobby Riggs	2.52%	
Rhonda Brophy	3.60%	Audrey Pearn	1.42%	Debbie Haring	0.23%	Al Rojas	2.49%	
Cheryl Wittmier	3.37%	Linda Kirsch	1.40%	Laurel Latham	0.10%	Carlos Galvan	2.47%	
Steffany Jones	3.27%	Katie Prosser	1.36%	Mary Fazzio	0.00%	Kenneth Brophy	2.46%	
Scholastica Turner	3.21%	Christi Gangstad Riggs	1.36%	Aurea Hine	0.00%	Brett Krause	1.91%	
Kassy Keppol	3.15%	Terry Dewey	1.16%	Mika Hutchinson	0.00%	Delbert R. Hanks	1.72%	
Guadalupe Galvan	3.10%	Alisha Hill	1.08%	Becky Olson	0.00%	Steve Smoley	1.68%	
Tamara Cole	3.06%	Linda Bickel	1.07%	Betty Scarbrough	0.00%	Randy Schmoe	1.45%	
Tracy Hufford-Schmoe	2.98%	Keli Thrall	1.06%	Juanita H Settle	0.00%	Robert Ybarra	1.32%	
Linda Crowell	2.80%	Maxine Power	1.05%	Catherine Sierra	0.00%	Michael Cole	1.26%	
Margaret Free	2.63%	Lalitha Stang	0.98%	Kelsie Snook	0.00%	Rick Hardwick	1.21%	
Kyla AndrewsMcnew	2.58%	Odilia Garcia	0.97%	Mary Phillips	0.00%	Wes Mahling	1.15%	
Jennifer Wilks	2.55%	Sarah Nunez	0.89%	Melissa Bishop	-0.15%	David Clark	0.57%	
Noemi Santos	2.53%	Amanda Franklin	0.88%	Crystal Circle	-0.34%	Rodney Dewey	0.24%	
Michelle Sodaro	2.43%	Michele Varland	0.84%	Linda Harklerode	-0.46%	Billy Emerson	0.00%	
Mariela Rodriguez	2.14%	Rachel Weidman	0.84%	Denise Schilling(Neese)	-0.50%	Larry Meyers	0.00%	
Deb Vander Bogart	2.10%	Julia Simmons	0.76%	AnnaMaria Chavez	-0.56%	Bill Olson	0.00%	
Ann Carpenter	2.04%	Donna Younblood	0.66%	Hester Grove	-0.66%	Vernon Scarbrough	0.00%	
Krispin Hill	2.02%	Ronnie Walker	0.66%	Terah Cleveland	-0.67%	Pete Warren	0.00%	
Ashlee Cole	1.80%	Whitney Williams-King	0.53%	Kim Holden	-1.06%	John Meir	0.00%	
Marguerite Morgan	1.77%	Lollie Galvan	0.53%	Jo Beaudreaux	-1.20%	Danny Keppol	-0.40%	
		Kysha Bossley	0.53%	MEN'S RESULTS				
		Gina Lovato	0.51%	Dirk Anderson	5.26%	Jack Hannigan	-0.89%	
		Melissa Keel	0.49%	Jim Hecker	4.58%	Kristopher Keppol	-1.55%	
						Kurt Vander Bogart	-1.97%	

More than 100 contestants are competing for
OVER \$1,500
IN PRIZES & GIFTS

14-WEEK CONTEST
January 24 - May 2, 2018

- Weigh in each week at Coastal Fitness & Aquatics
2285 Hwy. 101, Florence, each Wednesday,
7:30a.m.-9:00a.m. -or- 4:30p.m.-6:00p.m.
- Weekly leaders in each category (male & female) will be pictured in the Saturday edition of the Siuslaw News.
- 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 not 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 24 and will weigh-in every Wednesday through May 2, 2018 at the Florence location at Coastal Fitness and Aquatics, 2285 Hwy. 101, Florence.

Diet Tip #1

Start with a plan:

Develop a plan for lifelong health, not just short-term weight loss. Don't lose sight of the big picture: achieving overall good health. By putting more emphasis on your health, experts agree that you can raise your overall self-esteem, resulting in healthy eating, weight loss and improved health.

Set healthy, realistic goals. When you make changes step-by-step and set realistic goals, you are more likely to succeed in reaching them. Start with two or three specific, small changes at a time. Track your progress by keeping a food and activity log. When you've turned a healthy change into a habit, reward yourself with a fun activity.

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Siuslaw News

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www.peacehealth.org/phmg/florence

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