



Week #2 RESULTS

Who Can Lose the Largest percentage of weight?



– Top 5 Women –



Aurea Hine
5.27%



Kim Holden
3.86%



Gina Lovato
2.27%



Kysha Bossley
2.24%



Leonor Marmion
2.17%



Bill Prosser
1.95%



Timothy Moffett
2.76%



Dirk Anderson
2.24%



Mack Wade
1.78%



Brett Krause
1.66%

WEEKLY LEADER

This Week's Leaders

WEEKLY LEADER

Congratulations to our WEEK #2 leaders

Contestant Name	Weekly % Lost	Total % Lost	Contestant Name	Weekly % Lost	Total % Lost	Contestant Name	Weekly % Lost	Total % Lost	Contestant Name	Weekly % Lost	Total % Lost
WOMEN'S RESULTS						MEN'S RESULTS					
Aurea Hine	5.27%	5.27%	AnnaMaria Chavez	0.92%	0.36%	Julia Simmons	0.00%	0.76%	Mack Wade	1.78%	3.26%
Kim Holden	3.86%	2.80%	Betty Scarbrough	0.87%	0.87%	Donna Youngblood	0.00%	0.66%	Brett Krause	1.66%	1.91%
Gina Lovato	2.27%	2.78%	Whitney Williams-King	0.86%	1.39%	Leslie Cutting	0.00%	0.44%	Bobby Riggs	1.52%	2.52%
Kysha Bossley	2.24%	2.77%	Deb Vander Bogart	0.83%	2.94%	Laurel Latham	0.00%	0.10%	Kenneth Brophy	1.46%	2.46%
Leonor Marmion	2.17%	6.45%	Rhonda Brophy	0.82%	4.42%	Becky Olson	0.00%	0.00%	Michael Cole	1.42%	1.26%
Tiffany Holdahl	1.79%	5.73%	Amanda Franklin	0.80%	1.69%	Catherine Sierra	0.00%	0.00%	Vernon Scarbrough	1.35%	1.35%
Keli Thrall	1.76%	2.82%	Vida Hanks	0.78%	1.10%	Melissa Bishop	0.00%	-0.15%	Billy Emerson	1.29%	1.29%
Jamie Wilby	1.64%	1.96%	Maxine Power	0.76%	1.81%	Crystal Circle	0.00%	-0.34%	Rodney Dewey	1.18%	0.24%
Margaret Free	1.58%	4.21%	Krispin Hill	0.76%	2.78%	Terah Cleveland	0.00%	-0.67%	Matt Holdahl	1.08%	2.89%
Steffany Jones	1.58%	4.85%	Audrey Pearn	0.71%	2.13%	Ashlee Cole	-0.04%	1.76%	Kurt Vander Bogart	1.05%	-1.97%
Cheryl Wittmier	1.58%	4.94%	Jo Beaudreaux	0.71%	-0.49%	Alisha Hill	-0.06%	1.02%	John Meir	1.04%	0.00%
Michelle Sodaro	1.48%	3.91%	Mariela Rodriguez	0.63%	2.77%	April Meadows	-0.27%	0.15%	Rick Hardwick	0.69%	1.21%
Linda Crowell	1.43%	4.23%	Tamara Cole	0.59%	3.65%	Melissa Keel	-0.27%	0.22%	Wes Mahling	0.69%	1.15%
Katie Prosser	1.41%	2.77%	Marguerite Morgan	0.59%	2.36%	Rachel Weidman	-0.30%	0.53%	Kristopher Keppol	0.45%	-1.55%
Guadalupe Galvan	1.34%	4.43%	Tracy Hufford-Schmoe	0.54%	3.51%	Melissa Samel	-0.36%	1.23%	Randy Schmoe	0.40%	1.45%
Scholastica Turner	1.33%	4.54%	Linda Kirsch	0.50%	1.89%	Kyla AndrewsMcnew	-0.43%	2.15%	Al Rojas	0.09%	2.49%
Mika Hutchinson	1.30%	1.30%	Mary Phillips	0.45%	0.45%	Terry Dewey	-0.44%	0.73%	Larry Meyers	0.00%	0.00%
Sarah Nunez	1.29%	2.18%	Kelsie Snook	0.40%	0.40%	Juanita H Settle	-0.64%	-0.64%	Bill Olson	0.00%	0.00%
Kassy Keppol	1.27%	4.42%	Leslie Wade	0.38%	6.79%	Jennifer Wilks	-0.66%	1.88%	Pete Warren	0.00%	0.00%
Lisa Spencer	1.16%	1.64%	Elizabeth Burkhart	0.34%	6.41%	Lollie Galvan	-1.12%	-0.60%	Danny Keppol	-0.07%	-0.40%
Ronnie Walker	1.13%	1.79%	Ann Carpenter	0.23%	2.27%	Gina Halpin	-1.21%	0.39%	Jack Hannigan	-0.18%	-0.89%
Taylor Roberts	1.12%	5.66%	Linda Bickel	0.11%	1.18%	Mary Fazzio	-1.35%	-1.35%	Jim Hecker	-0.18%	4.58%
Angel McBride	1.08%	2.76%	Noemi Santos	0.11%	2.63%	Debbie Haring	-2.17%	-1.94%	David Clark	-0.25%	0.57%
Odilia Garcia	1.03%	2.01%	Linda Harklerode	0.10%	-0.36%	Patricia Jamison			Carlos Galvan	-0.35%	2.47%
Denise Schilling(Neese)	1.00%	0.50%	Aimee Hamilton	0.00%	1.58%				Robert Ybarra	-0.48%	1.32%
Hester Grove	0.99%	0.33%	Denyse Renner	0.00%	1.51%				Delbert R. Hanks	-0.54%	1.72%
			Christi Gangstad Riggs	0.00%	1.36%				Steve Smoley	-0.76%	1.68%
			Lalitha Stang	0.00%	0.98%						
			Michele Varland	0.00%	0.84%						

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 #2

Healthy Eating Tips:

Eat at least three meals a day and plan your meals ahead of time. Whether you're eating at home, packing a lunch or eating out, an overall eating plan for the day will help keep you on track.

Balance your plate with the right portions of a variety of foods. Half your plate should be filled with vegetables, one fourth with lean meat, poultry or fish and one fourth with grains. To round out your meal, add a glass of fat-free or low-fat milk and a serving of fruit for dessert.

Try changing from a large dinner plate to a small one. It may help you feel satisfied with reduced portions.

Start your meal with low calorie foods like fruits, vegetables and salads. Then move on to the main course and side dishes.

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