LOSE to WIN!

Week #3 RESULTS

TOTAL POUNDS LOST TO DATE

607

Who Can Lose the Largest percentage of weight?

– Top 5 Women –

Mary Fazzio
2.65%

Debbie Haring
3.64%

WEEKLY LEADER

This Week's Leaders

WEEKLY LEADER

Congratulations to our WEEK #3 leaders

– Top 5 Men –

Delbert R. Hanks
3.04%

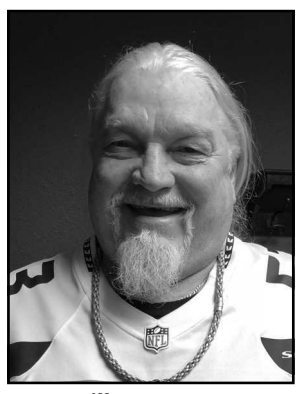
Carlos Galvan
1.77%

AnnaMaria Chavez
2.14%

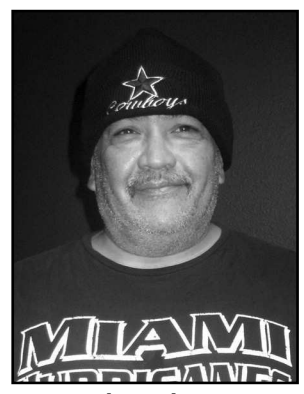
Jamie Wilby
2.01%

Sarah Nunez
1.96%

Wes Mahling
1.68%



Billy Emerson
1.66%



Robert Ybarra
1.37%

Contestant Name	Weekly % Lost	Total % Lost
WOMEN'S RESULTS		
Debbie Haring	3.64%	1.70%
Mary Fazzio	2.65%	1.30%
AnnaMaria Chavez	2.14%	2.49%
Jamie Wilby	2.01%	3.97%
Sarah Nunez	1.96%	4.14%
Melissa Bishop	1.91%	1.76%
Noemi Santos	1.89%	4.53%
Amanda Franklin	1.81%	3.50%
Cheryl Wittmier	1.63%	6.57%
Kysha Bossley	1.62%	4.39%
Michelle Sodaro	1.62%	5.53%
Keli Thrall	1.61%	4.43%
Crystal Circle	1.46%	1.12%
Betty Scarbrough	1.31%	2.19%
Kyla AndrewsMcnew	1.23%	3.38%
Donna Youngblood	1.22%	1.88%
Odilia Garcia	1.22%	3.22%
Aurea Hine	1.20%	6.47%
April Meadows	1.17%	1.33%
Linda Kirsch	1.17%	3.06%
Denyse Renner	1.17%	2.68%
Kim Holden	1.16%	3.95%
Leonor Marmion	1.03%	7.47%
Rhonda Brophy	0.87%	5.29%
Katie Prosser	0.87%	3.64%
Tamara Cole	0.86%	4.50%
Mary Phillips	0.82%	1.27%
Audrey Pearn	0.82%	2.94%
Taylor Roberts	0.79%	6.45%
Vida Hanks	0.78%	1.88%
Leslie Wade	0.75%	7.54%
Kassy Keppol	0.69%	5.11%
Jennifer Wilks	0.66%	2.55%
Margaret Free	0.61%	4.82%
Linda Crowell	0.60%	4.84%
Christi Gangstad Riggs	0.57%	1.92%
Scholastica Turner	0.50%	5.03%
Tracy Hufford-Schmoe	0.44%	3.95%
Ronnie Walker	0.40%	2.19%
Guadalupe Galvan	0.24%	4.68%
Angel McBride	0.24%	3.00%
Jo Beaudreaux	0.22%	-0.27%
Elizabeth Burkhart	0.00%	6.41%
Steffany Jones	0.00%	4.85%
Krispin Hill	0.00%	2.78%
Mariela Rodriguez	0.00%	2.77%
Marguerite Morgan	0.00%	2.36%
Maxine Power	0.00%	1.81%
Ashlee Cole	0.00%	1.76%
Aimee Hamilton	0.00%	1.58%
Mika Hutchinson	0.00%	1.30%
Alisha Hill	0.00%	1.02%
Michele Varland	0.00%	0.84%
Julia Simmons	0.00%	0.76%
Rachel Weidman	0.00%	0.53%
Denise Schilling(Neese)	0.00%	0.50%
Leslie Cutting	0.00%	0.44%
Gina Halpin	0.00%	0.39%
Melissa Keel	0.00%	0.22%
Linda Harklerode	0.00%	-0.36%
Lollie Galvan	0.00%	-0.60%
Juanita H Settle	0.00%	-0.64%
Tiffany Holdahl	-0.05%	5.68%
Terry Dewey	-0.19%	0.53%
Linda Bickel	-0.21%	0.97%
Lisa Spencer	-0.32%	1.32%
Deb Vander Bogart	-0.50%	2.43%
Laurel Latham	-0.55%	-0.45%
Ann Carpenter	-0.58%	1.69%
Hester Grove	-0.59%	-0.26%
Lalitha Stang	-0.61%	0.37%
Gina Lovato	-0.68%	2.10%
Terah Cleveland	-0.77%	-1.44%
Kelsie Snook	-0.87%	-0.47%
Melissa Samel	-1.31%	-0.08%
Whitney Wiliams-King	-1.53%	-0.13%
MEN'S RESULTS		
Delbert R. Hanks	3.04%	4.22%
Carlos Galvan	1.77%	3.89%
Wes Mahling	1.68%	3.52%
Billy Emerson	1.66%	2.95%
Robert Ybarra	1.37%	2.22%
Jim Hecker	1.34%	5.73%
Brett Krause	1.32%	4.88%
Michael Cole	1.11%	3.79%
Randy Schmoe	0.80%	2.64%
Mack Wade	0.76%	5.80%
Rick Hardwick	0.73%	2.63%
Danny Keppol	0.66%	0.59%
Bobby Riggs	0.65%	4.69%
Rodney Dewey	0.61%	2.04%
Vernon Scarbrough	0.59%	1.95%
Jack Hannigan	0.53%	0.36%
Al Rojas	0.52%	3.10%
Bill Prosser	0.15%	5.63%
Dirk Anderson	0.00%	7.50%
John Meir	0.00%	1.04%
Steve Smoley	0.00%	0.93%
David Clark	0.00%	0.32%
Kristopher Keppol	-0.08%	0.37%
Timothy Moffett	-0.08%	5.57%
Kenneth Brophy	-0.25%	3.67%
Matt Holdahl	-0.41%	3.57%
Kurt Vander Bogart	-0.44%	0.60%

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 #3

Healthy Eating Tips:

Focus on your food. Pick one place to sit down and eat at home. Eating unconsciously while doing other things, like watching TV, may lead to eating more than you think.

Know when you've had enough to eat. Quit before you feel full or stuffed. It takes about 20 minutes for your brain to get the message that your body is getting food. When your brain gets this message, you stop feeling hungry. So, fast eaters – slow down and give your brain a chance to get the word.

Sponsored by

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

Coastal FITNESS & AQUATICS
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