

LOSE

to WIN!

Week #6

RESULTS

Who Can Lose the Largest percentage of weight?

TOTAL POUNDS LOST TO DATE

697.6

– Top 5 Women –



Keli Thrall
1.96%



Terah Cleveland
1.96%



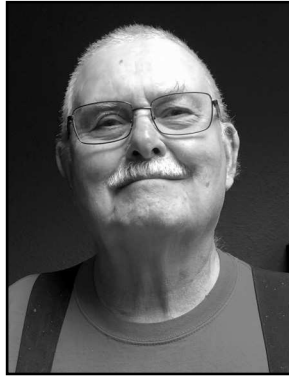
Linda Crowell
1.92%



Michelle Sodaro
1.75%



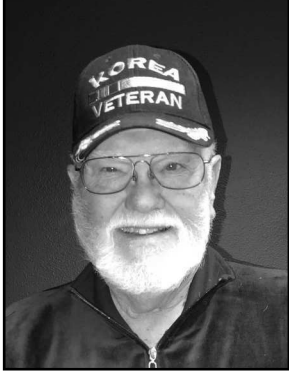
Taylor Roberts
1.73%



Mack Wade
1.06%



Carlos Galvan
2.32%



Rick Hardwick
1.12%



David Clark
0.84%

WEEKLY LEADERS TIE

This Week's Leaders

WEEKLY LEADER

Congratulations to our WEEK #6 leaders

Contestant Name	Weekly % Lost	Total % Lost	Lollie Galvan	0.73%	0.99%	Kassy Keppol	0.00%	3.23%	Mack Wade	1.06%	8.60%
			Rhonda Brophy	0.71%	8.02%	Mary Phillips	0.00%	0.37%	Bill Prosser	0.92%	7.31%
			Ashlee Cole	0.67%	4.43%	Denyse Renner	0.00%	2.58%	David Clark	0.84%	2.22%
WOMEN'S RESULTS			Jennifer Wilks	0.66%	3.00%	Melissa Bishop	0.00%	0.55%	Rodney Dewey	0.82%	3.51%
Terah Cleveland	1.96%	1.60%	Ann Carpenter	0.64%	5.54%	Kysha Bossley	0.00%	5.54%	Billy Emerson	0.75%	2.66%
Keli Thrall	1.96%	7.25%	Linda Bickel	0.59%	0.59%	Lalitha Stang	0.00%	-0.37%	Timothy Moffett	0.67%	9.25%
Linda Crowell	1.92%	8.96%	Tamara Cole	0.59%	7.45%	Aimee Hamilton	-0.08%	1.50%	Matt Holdahl	0.63%	5.38%
Michelle Sodaro	1.75%	10.71%	Linda Kirsch	0.50%	3.69%	Angel McBride	-0.12%	2.76%	Delbert R. Hanks	0.54%	6.67%
Taylor Roberts	1.73%	10.73%	Mariela Rodriguez	0.47%	3.41%	Amanda Franklin	-0.12%	2.21%	Wes Mahling	0.34%	3.52%
Vida Hanks	1.57%	5.34%	Tiffany Holdahl	0.46%	6.29%	Crystal Circle	-0.19%	1.06%	Bobby Riggs	0.30%	5.47%
Leslie Wade	1.50%	9.38%	Scholastica Turner	0.39%	7.96%	Marguerite Morgan	-0.26%	3.93%	Al Rojas	0.19%	6.19%
Margaret Free	1.44%	6.83%	Rachel Weidman	0.37%	1.20%	Kyla AndrewsMcnew	-0.37%	3.69%	Michael Cole	0.00%	4.37%
Betty Scarbrough	1.36%	3.40%	Denise Schilling(Neese)	0.37%	0.87%	Jo Beaudreaux	-0.60%	-2.29%	Robert Ybarra	0.00%	3.17%
Cheryl Wittmier	1.36%	9.72%	Donna Youngblood	0.35%	2.79%	April Meadows	-0.64%	1.17%	Danny Keppol	0.00%	1.46%
Katie Prosser	1.20%	6.74%	Audrey Pearn	0.33%	3.71%	Melissa Keel	-0.82%	2.31%	Kurt Vander Bogart	0.00%	0.68%
Terry Dewey	1.07%	2.43%	Elizabeth Burkhart	0.23%	3.89%	Whitney Williams-King	-1.03%	0.66%	Kristopher Keppol	0.00%	0.45%
Jamie Wilby	1.06%	4.76%	Christi Gangstad Riggs	0.23%	1.36%	Odilia Garcia	-1.22%	0.67%	Brett Krause	0.00%	3.48%
Melissa Samel	0.95%	2.18%	Aurea Hine	0.22%	10.55%	Sarah Nunez	-3.33%	0.98%	Jack Hannigan	0.00%	-1.02%
Debbie Haring	0.88%	3.87%	Maxine Power	0.19%	0.95%	Leonor Marmion	-6.96%	1.25%	Kenneth Brophy	0.00%	4.05%
Kim Holden	0.87%	5.78%	Noemi Santos	0.16%	2.21%				Vernon Scarbrough	-0.22%	1.95%
AnnaMaria Chavez	0.86%	3.81%	Gina Lovato	0.11%	3.86%	MEN'S RESULTS			Steve Smoley	-0.46%	0.29%
Guadalupe Galvan	0.79%	6.56%	Hester Grove	0.00%	-0.26%	Carlos Galvan	2.32%	8.13%	Jim Hecker	-0.51%	6.24%
Tracy Hufford-Schmoe	0.78%	6.24%	Deb Vander Bogart	0.00%	2.28%	Rick Hardwick	1.12%	5.86%	Randy Schmoe	-1.12%	3.29%

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 #6

Is It Right For You?

Make sure your weight loss plan is right for you.

Does it include:

- Foods from all five food groups?
- The right number of servings from each group?
- Food you will enjoy eating for the rest of your life?
- Foods you can buy at the supermarket?
- Some of your favorite foods?
- Food that fit your budget and lifestyle?
- Regular physical activity or exercise?

If the answer is “yes” to all the questions, your weight loss plan is right for you. For names of registered dietitians in your area who can develop a personalized weight management plan, visit www.eatright.org.

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Siuslaw News

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