"Sacred Life Center"

May Newsletter

Spotlight of the Month!

Cody Graywater

He gives all his glory to God "Philippines 4:13".

Cody has been coming to the Sacred Life Center ever since it first opened in May of 2017. Cody has been with the Spirit Lake Road Department since May of 2012 but moved to Ohio in 2015 for a year and then came back to his original job. He grew up in Fort Totten, ND where he graduated from Four Winds High School, Class of 2003! He participated in football, basketball, golf & track while attending FW high school; he was also named "Athlete of the Year" in 2001.

Cody met his wife, Donna Black, in Spirit Lake Nation back in 2003. They have 2 boys together (Cody Jr. & Calden). They also got happily married in July of 2010.

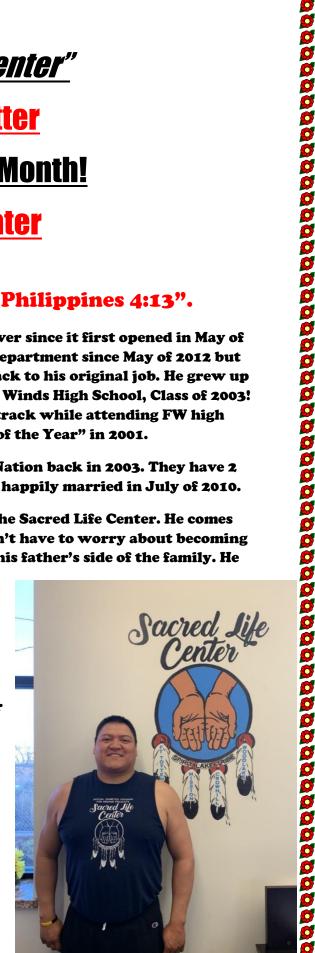
Cody has been a consistent fitness member for the Sacred Life Center. He comes here to stay active and to stay in shape so he doesn't have to worry about becoming a diabetic; diabetes and heart conditions run on his father's side of the family. He

also loves to be a positive role model for his children and the Spirit Lake Community. He's been alcohol, drug & tobacco free for the past 3 years!

Since being a member of the Sacred Life Center, Cody was named Fitness Member of the Month 5 times; May, June, September, October & December (All in 2017).

Cody was the winner of our first Weight-Loss Challenge in early of 2018! He dropped the most weight and body fat percentage in the Men's Bracket.

Cody was also the first fitness member to reach 1,000 Incentive Points!



<u>LIMITLESS</u>

Weight-Loss Challenge Results!

<u>Top 10</u>

1.)	Pound Stompers	40 lbs. lost
2.)	Century 5	37.6 lbs. lost
3.)	Guts to Dust	24 lbs. lost
4.)	Bringin' Sexy Back	19.4 lbs. lost
5.)	Meaty Winyans	18.4 lbs. lost
6.)	Frybread Thighs & Chokecherry Eyes	16.4 lbs. lost
7.)	Thank You, Next	16.2 lbs. lost
8.)	Powderpuff Girls	13.4 lbs. lost
9.)	Sole Sisterz	11 lbs. lost
10.)	8 2 Much	10.6 lbs. lost

*Slimpossible – The MVP's – Double the Peter,
Double the Fun – Team Get Some – Cowboys
& Indians – The Real OG's*

"Were not ranked but are still in the running"

April's Fitness Member of the Month!

Congratulations Brittany Decouteau & Jani Adams!



Brittany & Jani had a total of 31 points in workouts!

Brittany is a part of the 6am squad! She enjoys working with Jake and Melissa's classes.

Jani enjoys her noon workouts! She is consistent and works hard each session with Melissa.



S.D.P.I. Staff

Darcie Lohnes ~ Director

Melissa Dauphinais ~ Data Coord./Admin ASST./Personal Trainer

Jake DeMarce ~ Health Fitness Specialist/Personal Trainer

Farin Liggett ~ Health Fitness Specialist/Personal Trainer

Brad Jensen ~ Outreach Coordinator

Challsey Scallon ~ Program Adviser

Staff's Favorite Foods!

Darcie's favorite is shrimp!

Melissa's favorite is mashed potatoes!

Jake's favorite is spaghetti!

Farin's favorite is chicken!

Brad's favorite is Mexican food!

Challsey's favorite is pizza!



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May 20	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		,	6a-7p	6a-7p	6 a-7p	100
			Full Body Circuit@5:30	Body by Jake@6:15a Full Body		
				Circuit@12:15	<u>Limitless Teams</u> <u>Weigh Ins</u>	
	5 6a-4p	CLOSED	6a-7p	6a-7p	6 a-7p	100
	Body by Jake@6:15a	CLOSED	Stretching @ Blue Bldg@12:15	Body by Jake@6:15a Full Body	Get Fit Class@5p	
1	12 13	14	Full Body Circuit@5:30	Circuit@12:15	17	
	6a-4p Body by Jake@6:15a	6a-7p Stretching @ 12:15	6a-7p Stretching @ Blue	6 a-7p Body by Jake@6:15a	6a-7p Get Fit Class@5p	100
	Body by Jakewo.13d	Get Fit Class@5p	Bldg@12:15 Full Body Circuit@5:30	Full Body Circuit@12:15	Limitless Teams Weigh Ins	
1	19 20	21 4 g 7 p	22 4 g 7 n	23	24	10.
	6a-4p Body by Jake@6:15a	6a-7p Stretching@ 12:15 Get Fit Class@5p	6a-7p Stretching @ Blue Bldg@12:15	6a-7p Body by Jake@6:15a Full Body	6a-7p Get Fit Class@5p	100
2	26 27	Get Fit Class@3p	Full Body Circuit@5:30	Circuit@12:15		
	CLOSED	6a-7p	6a-7p	6a-7p	6a-7p	
		Stretching@ 12:15 Get Fit Class@5p	Stretching @ Blue Bldg@12:15 Full Body Circuit@5:30	Body by Jake@6:15a Full Body Circuit@12:15	Get Fit Class@5p	
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