

# **“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!**



# LIMITLESS

## Weight-Loss Challenge Results!

### Top 10

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

**\* 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!**



# Spirit Lake Special Diabetes May 2019

Sacred Life Center

766-4988

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6a-7p Full Body Circuit@5:30	2 6a-7p Body by Jake@6:15a Full Body Circuit@12:15	3 6a-7p <u>Limitless Teams</u> <u>Weigh Ins</u>	4 10a-2p
5	6 6a-4p Body by Jake@6:15a	7 <b>CLOSED</b>	8 6a-7p Stretching @ Blue Bldg@12:15 Full Body Circuit@5:30	9 6a-7p Body by Jake@6:15a Full Body Circuit@12:15	10 6a-7p Get Fit Class@5p	11 10a-2p
12	13 6a-4p Body by Jake@6:15a	14 6a-7p Stretching @ 12:15 Get Fit Class@5p	15 6a-7p Stretching @ Blue Bldg@12:15 Full Body Circuit@5:30	16 6a-7p Body by Jake@6:15a Full Body Circuit@12:15	17 6a-7p Get Fit Class@5p <u>Limitless Teams</u> <u>Weigh Ins</u>	18 10a-2p
19	20 6a-4p Body by Jake@6:15a	21 6a-7p Stretching @ 12:15 Get Fit Class@5p	22 6a-7p Stretching @ Blue Bldg@12:15 Full Body Circuit@5:30	23 6a-7p Body by Jake@6:15a Full Body Circuit@12:15	24 6a-7p Get Fit Class@5p	25 10a-2p
26	27 <b>CLOSED</b>	28 6a-7p Stretching @ 12:15 Get Fit Class@5p	29 6a-7p Stretching @ Blue Bldg@12:15 Full Body Circuit@5:30	30 6a-7p Body by Jake@6:15a Full Body Circuit@12:15	6a-7p Get Fit Class@5p	

## Contact Information

**P.O. Box 398 Fort Totten, ND 58335**

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**Sacred Life Center - SDPI**

