

## The key to winning is being healthy

By **DONNA BARRETT**

**THE CULTURAL CENTER OF CHARLOTTE COUNTY**

We are seeing some intense weight loss in The Biggest Losers 3 competition at The Cultural Center of Charlotte County. So far, over 1,200 pounds has been shed. Though losing weight is the goal of this competition, remember, it should be done in a healthy, realistic, and reasonable manner.

Shedding pounds in a healthy fashion is something that should be tantamount for anyone in the midst of a weight-based lifestyle change.

There is so much more to The Biggest Losers 3 than winning a prize or losing the most weight, and there is more to a lifestyle change program than getting to your goal weight in the least amount of time. The potential overall health benefits of shrinking your waistline are immeasurable.

We're talking big benefits here, like lowering your risk for heart disease and diabetes, and increasing your overall quality of life, and that's just to name a few. The way to maximize those, and other benefits, is to lose weight at a rate that is effective and safe for your body.

National health guidelines dictate that a healthy rate of weight loss is no more than two pounds per week. This rate allows your body to maintain a healthy internal balance and to adjust for changes in size in a natural way.

Losing weight at an extreme rate may indicate that you are not taking in enough calories, or that you are not taking in the right kind of calories to fuel your body. This could result in various nutrient deficiencies, or in the dreaded weight loss plateau.

For information on how many calories your body needs to maintain healthy and consistent weekly weight loss check with our program partner the Charlotte County Health Department at their Web site: <http://www.doh.state.fl.us/chdCharlotte>.

Weekly tip from the Charlotte County Health Department: Dance to

your favorite music 10 minutes each day. Weekly tip from Jeff Louda, Certified Personal Trainer: Do more, start less. When you are just starting to workout, remember not to overexert yourself. This can cause injury. Begin slowly, and gradually increase your workout. Start walking on a treadmill, then increase to a run, then add weights to your ankles and hands. This will maximize your health plans without unnecessary pain.

Discussion Group is also available on the Cultural Center of Charlotte County Facebook page. Here you can find tips, suggestions, and fierce competition of the teams. Go online to <http://tinyurl.com/m35g9n>.

Here are the team results, listed by team name, followed by week 3 results and the total percentage lost.

3 C's and a D: 0.3%, 3.2%

4 Weighs To Win: 0.6%, 3.0%

All Stars: 1.6%, 3.4%

BBW'S: 0.0%, 2.5%

Beauties And The Beast:

1.8%, 7.8% Becoming Beauties: 0.0%, 2.6% Belly Buster: -0.5%, 2.0% Big & Sexy: 0.0%, 6.3% Big Women: 1.1%, 3.2% Born To Lose: 0.7%, 3.7% CHUBBA WUBBAS:

0.2%, 1.5% Chubby Cheeks: -0.3%, 3.0% Chubby Chicks: 0.2%, 2.5% Contenders, The: 2.5%, 0.7% D-CHUB: 0.0%, 0.3%

Fabulous Four: -0.1%, 1.2% Famished Four, The: 0.3%, 1.1% Fat & Sassy: 0.2%, 2.2% Fiesty Moms: -0.2%, 1.0% Here Today-Gone Tomorrow:

0.4%, 1.3% Holy Losers: 1.0%, 2.8% Le Petit Four: 0.5%, 2.6% Mad Dogs: 0.5%, 3.5% Mad Hatters, The: 0.7%, 4.4% Mail

Maams: 0.3%, 1.3% MGB4: 0.6%, 3.0% MoJoe's: 1.0%, 3.5% Mom's Turn: 0.4%, 0.8% Mor Cailins: 1.4%, 2.3% Motivated

Mommamas: 0.7%, 4.7% Motown Momma's: 0.0%, 2.1% Muggles: 1.2%, 3.1% No pain no gain: 1.8%, 8.9% Patticakes And The

Bakerman: -0.1%, 1.1% Pegenas: 0.4%, 1.3% Plus Size Divas: 0.9%, 3.1% Pounds Away: 0.7%, 6.3% Pretenders: 0.9%, 3.6%

Skinny Minnies, The: -0.5%, 0.9% Slenderellas: 0.7%, 3.9% Stealth Bombers: 0.7%, 3.6% Steeler Girls: -0.2%, 2.2% Teene

Boppers: 0.9%, 2.4% Think Small: -0.1%, 0.9% Thunder Thighs: 0.8%, 2.7% TNT + Me: 2.2%, 10.6% U Gotta Believe: 0.3%,

2.5% Waist N. Aweigh: -0.4% 2.1% We Will Carry Less: 0.2%, 2.1% Weight warriors: 0.8%, 4.1% Whiskey Babes, The: 0.4%,

2.2%

Zebras: -0.6%, 2.9%

Congratulations to the winner of the highest percentage of weight loss for week three: Jason York from Team "Beauties and the Beast" who lost 4.3 percent. Jason has won one free month at the Fitness Salon at the Cultural Center of Charlotte County, a gift bag from Port Charlotte Natural Foods, and a Fitness Pedometer from AllPro Home Health, LLC.

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There are ways to eat healthy without sacrificing taste. This Garbanza Burger is high in protein, low in fat, and you can't even tell it is meatless.