

A healthy equation for a healthy lifestyle

By **DONNA BARRETT**
THE CULTURAL CENTER
OF CHARLOTTE COUNTY

Carol Doyka, from Team “Chubby Chicks” realized something had to change in her life. She had quit smoking to be healthier. She also ate anything she wanted. The pounds were packing on.

“It somehow got stuck into my head that I was fat,” Carol said reminiscing of that morning in 2006 when she made changed her life. She then joined the Fitness Salon and worked with the fitness trainers. She cut back on carbohydrates and counted calories. Within 10 months, Carol had lost 103 pounds.

“Losing all the weight, gave me an such a high energy level, and positive outlook on things,” Carol said. She continued to work out five days a week at the Fitness Salon, and even take a brisk three mile walk at a local park.

With all this working out, Carol did not give enough thought to her food plan, and what she consumed. Carol thought working out would be enough to maintain the lifestyle she has enjoyed. Before she knew it, 40 pounds came back on, and clothes were not fitting properly.

Carol has joined the Biggest Losers Challenge with her friend Daphne, and is excited about having the competition to lose the 40 pounds she has put on.

Losing weight is not just about cutting carbs, calories, or working out. It is a lifestyle change at all levels. Dieting and working out together can ensure a healthy life. The Biggest Losers Challenge is not about a 12 week weight loss program; It is about being a stepping stone for a new way of life — a healthier life.

Losing two pounds a week is healthy and a normal amount. If you are not losing the norm, please review what you are eating, as well as your workout program. When you weigh in, Jeff or Phyllis will be more than happy to give you suggestions to get you on the path of the proper weight loss.

Weekly activity from the Charlotte County Health Department: Make housework fun. Dust and vacuum to your favorite tunes and throw in a dance step or two along the way. Visit www.cchd.com for more suggestions and helpful hints.

Weekly tip from Jeff Louda, certified personal trainer: Are you a couch potato? Commercials can be a blessing. Take two minutes to perform a high cardio workout. Run in place, do push ups, and squats are a sure fire way to help burn some calories — and so much better than running to the kitchen for a snack.

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

Here are the results from week four, along with the total weight loss percentage:

3 C's and a D: 0.9%, 4.1% 4 Weighs To Win: 0.2%, 3.1% All Stars: 0.5%, 4.0% BBW'S: 0.0%, 2.5% Beauties And The Beast: 1.5%, 9.5% Becoming Beauties: -0.2%, 2.4% Belly Buster: 2.3%, 4.4% Big & Sexy: 0.6%, 6.9% Big Women: 1.2%, 4.4% Carol after: Carol, after losing 103 pounds.

Born To Lose: 0.2%, 3.9% Chubba Wubbas: 0.3%, 1.8% Chubby Cheeks: 1.1%, 4.2% Chubby Chicks: 0.3%, 2.9% Contenders, The: 1.0%, 4.9% D-Chub: 0.0%, 0.3% Fabulous Four: 0.1%, 1.2% Famished Four, The: 0.1%, 1.2% Fat & Sassy: 0.2%, 2.4% Feisty Moms: 0.0%, 1.0% Git'R Done: 0.6%, 4.6% Here Today-Gone Tomorrow:

0.4%, 1.6% Holy Losers: 1.3%, 4.1% Le Petit Four: -0.1%, 2.5% Mad Dogs: 0.6%, 4.1% Mad Hatters, The: 0.8%, 5.3% Mail Maams: 0.0%, 1.3% Melting Pots: 0.4%, 0.9% MGB4: 0.8%, 3.8%

MoJoe's: -0.1%, 3.4% Mom's Turn: 0.0%, 0.9% Mor Cailins: 0.0%, 2.3% Motivated Mommas: 0.4%, 5.0% Motown Momma's: 0.1%, 2.2% Muggles: 0.0%, 3.1% No pain no gain: -0.1%, 8.7%

Patticakes And The Bakerman: 0.2%, 1.4% Pegenas: 0.1%, 1.8% Plus Size Divas: 0.6%, 3.8% Pounds Away: 1.1%, 7.5% Pretenders: 0.4%, 4.0% Skinny Minnies, The: 1.0%, 1.9% Slenderellas: 0.9%, 4.8% Stealth Bombers: 0.3%, 3.8% Steeler Girls: 0.3%, 2.4% Teene Boppers: 0.4%, 2.7% Think Small: 2.1%, 3.0% Thunder Thighs: 0.9%, 3.6% TNT + Me: 2.4%, 13.5% U Gotta Believe: 0.7%, 3.2% Waist N. Aweigh: 0.4%, 2.6% We Will Carry Less: 1.2%, 3.2% Weight Warriors: -1.0%, 3.0% Whiskey Babes, The: -0.2%, 2.1% Zebras: 0.8%, 3.6%

Congratulations to the winner of the highest percentage of weight loss for week four: Melissa Cole from team “Belly Buster” lost 3.9 percent. Melissa 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 reusable water bottle from AllPro Home Health, LLC.

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