

The great debate: Morning or evening workouts?

By **DONNA BARRETT**

THE CULTURAL CENTER OF CHARLOTTE COUNTY

One of the questions that the trainers are asked is, "Is it better to work out in the morning or in the evening?"

According to Certified Fitness Trainer, Jeff Louda, both times have a benefit, "but I enjoy working out in the evening."

Muscles are more stretched after your daily routine, plus the calories consumed during the day can be burned in the workout, or give you the energy for a more intense workout.

Frannie Slagter, from team Chubba Wubbas, didn't realize all she has benefited from working out in the evening. For Frannie it was about timing. After working a full day at work, Frannie also works a full day at home, tending to her children, husband and house.

After joining the Biggest Loser, and a friend loaning her a stair climber, she found time in between bedtimes of her children to tend to herself. "After I had my first child, I was able to eat whatever I wanted and lose the weight within the first year. With my one year old, I still have 25 pounds to shed, and she is turning one this week!"

Frannie found the benefits of an evening workout a great way to destress after a hard day, and has enjoyed the "me time" a mom needs —plus it gives her a great night of rest.

The Cultural Center of Charlotte County has an incentive to helping you all gain the benefit of working out in the evening — a \$10 benefit. A new evening membership is available. For Only \$10 a month, you can workout from 5 p.m.-7 p.m. Monday-Friday, and 8 a.m.-4 p.m. on Saturday. No monthly contracts, no strings attached. Pay as you go, and get all the benefits from working out in the evening.

Phyllis Garneau, assistant trainer, is available during that time to help get you started on your evening workouts. For more information, please call 941-625-4175 ext.263

Weekly activity from the Charlotte County Health Department: Join a fitness class. Visit charlottechd.com for more suggestions and helpful hints.

Weekly tip from Jeff Louda, certified personal trainer: Weight loss or muscle sculpting? This is important to decide before a workout, to ensure that your workout is set to help you achieve this. For weight loss, stick with cardiovascular activities. For muscle sculpting, add weights to any workout, and work slower to ensure that every muscle feels the workout.

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

So far to date, over 1,800 pounds have been lost. That's as much as a Smart Car with two passengers!

Here are the results from week five, along with the total weight loss percentage: 3 C's and a D: -0.3%, 3.9% 4 Weighs To Win: 1.3%, 1.5% All Stars: 0.4%, 4.4% BBW'S: 0.0%, 2.1% Beauties And The Beast: 0.7%, 10.3% Becoming Beauties: -0.3%, 3.2% Belly Buster: 1.0%, 7.9% Big & Sexy: 2.3%, 9.2% Big Women: 0.2%, 5.4% Born To Lose: 0.9%, 8.9% CHUBBA WUBBAS: 0.0%, - 0.7% Chubby Cheeks: -0.4%, 4.1% Chubby Chicks: 0.1%, 5.5% Contenders, The: -0.1%, 4.5% D-CHUB: 0.0%, 0.0% Fabulous Four: -0.2%, 0.0% Famished Four, The: 0.0%, 3.9% Fat & Sassy: 1.6%, 3.7% Feisty Moms: 0.4%, -0.7% Git'R Done: 0.4%, 8.6% Here Today-Gone Tomorrow: 0.0%, 0.0% Holy Losers: -0.3%, 8.3% Le Petit Four: 0.7%, 0.4% Mad Dogs: 0.2%, 0.8% Mad Hatters, The: -0.1%, 9.8% Mail Maams: 1.7%, 3.9% Melting Pots: 1.2%, 3.4% MGB4: 0.6%, 3.0% MoJoe's: 0.3%, 5.1% Mom's Turn: -0.1%, -0.1% Mor Cailins: 0.0%, 2.7% Motivated Mommas: 0.6%, 4.2% Motown Momma's: -0.6%, 1.2% Muggles: 0.1%, 1.1% No pain no gain: 0.7%, 12.8% Patticakes And The Bakerman: -0.1%, 0.3% Pegenas: 0.4%, 0.9% Plus Size Divas: 3.4%, 5.2% Pounds Away: 0.4%, 8.4% Pretenders: 0.9%, 4.0% Skinny Minnies, The: -0.7%, - 1.4% Slenderellas: 0.2%, 6.1% Stealth Bombers: 1.1%, 3.8% Steeler Girls: 0.3%, 2.4% Teene Boppers: 0.8%, 5.1% Think Small: 0.1%, 1.7% Thunder Thighs: 0.0%, 8.4% TNT + Me: 1.7%, 24.8% U Gotta Believe: 0.3%, 6.3% Waist N. Aweigh: 0.2%, 1.4% We Will Carry Less: -0.4%, 3.5% Weight warriors: 1.1%, 4.3% Whiskey Babes, The: -0.5%, 3.3% Zebras: 0.4%, 1.3%

Congratulations to the winner of the highest percentage of weight loss for week five: Merline Hathcoat from Team "Melting Pots" lost 3.3 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 Florida State Cooler from AllPro Home Health, LLC.

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