

Contestants lose one ton in six weeks

By **DONNA BARRETT**

THE CULTURAL CENTER OF CHARLOTTE COUNTY

What a great way to celebrate the halfway point — one ton lighter.

It has been amazing to see the transformations, and the happiness, higher energy levels, and the new life in so many of the contestants. So many people have won the chance to have a healthier life.

New Hope Natural Healing Center would like to help mark the half way point with a gift for the biggest loser so far — Tom Callun has lost 22.2 percent of his original body weight in six weeks!

As a congratulations for his success in his life changes, New Hope has awarded Tom with a 1/2 hour massage! Congrats to Tom and the rest of the losers!

There are two things you can do to lose weight — exercise and eat right. But, what does eating right mean? One thing to keep in mind when dieting is that, to make it work, think of the diet as a lifestyle change. You are making better choices into what you eat. One way to eat healthier is to visit your local health store. “Our store is a one stop shop for all health food needs” says Erin Moline, store manager of the Port Charlotte Natural Foods. “There is something for all diets, for all needs. We have a full deli, and buffet full of organic vegetables, soups and salads,” Moline added.

But the most important thing when dieting is to ensure you get the vitamins needed. There is an assortment of vitamins available at the store, however the best options are to eat the healthy foods, or even smoothies that help you get the essential vitamins you need. On August 15, Port Charlotte Natural Foods will have a customer appreciation day so you can come stop in for free gifts, and free sample many of the organic and healthy food items, plus receive 20 percent off of everything in the store!

Weekly activity from the Charlotte County Health Department: Try a yoga, tai-chi, aerobics or stretching class. Visit charlottehd.com for more suggestions and helpful hints.

Weekly tip from Jeff Louda, certified personal trainer: Cardiovascular workouts are great, but cardio workouts on an incline are the best! Use a treadmill that has a hill or mountain mode, or an incline. Don't have access to one? Run up a hill or even stairs — this is a sure way to get twice 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/m35_g9n

New fitness salon membership \$10 a month for the evening membership, which includes 5 p.m.-7 p.m., Monday through Friday, and 8 a.m.-4 p.m. on Saturdays. No more excuses!

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

3 C's and a D: 0.9%, 4.5%

4 Weighs To Win: 0.1%, 4.4%

All Stars: 0.2%, 4.4%

BBW'S: 0.0%, 2.4%

Beauties And The Beast:

0.8%, 10.0% Becoming Beauties: -0.2%, 1.9% Belly Buster: 0.6%, 5.6% Big & Sexy: 1.5%, 9.9% Big Women: -0.4%, 4.1% Born

To Lose: -0.1%, 4.5% CHUBBA WUBBAS: 0.1%, 1.8% Chubby Cheeks: 0.3%, 3.9% Chubby Chicks: 1.1%, 4.0% Contenders,

The: 0.7%, 5.2% D-CHUB: 0.0%, 0.3% Fabulous Four: 0.3%, 1.4% Famished Four, The: 0.9%, 3.4% Fat & Sassy: 0.2%, 4.1%

Feisty Moms: 0.2%, 1.5% Git'R Done: 1.6%, 6.3% Here Today-Gone Tomorrow:

0.0%, 1.6% Holy Losers: -0.1%, 2.9% Le Petit Four: -0.7%, 2.5% CHALLENGE, FROM PAGE 6

Mad Dogs: 0.4%, 4.5% Mad Hatters, The: 0.7%, 5.6% Mail Maams: 0.6%, 3.5% Melting Pots: 0.4%, 2.4% MGB4: 0.2%, 4.4%

MoJoe's: 0.3%, 3.9% Mom's Turn: 0.0%, 0.8% Mor Cailins: 0.0%, 2.2% Motivated Mommas: 0.0%, 5.4% Motown Momma's:

0.0%, 1.5% Muggles: 0.6%, 3.7% No pain no gain: 0.6%, 9.2% Patticakes And The Bakerman: 0.5%, 1.7% Pegenas: -0.1%,

2.1% Plus Size Divas: -0.3%, 6.5% Pounds Away: 0.3%, 7.7% Pretenders: 0.5%, 5.1% Skinny Minnies, The: 0.0%, 1.1%

Slenderellas: -0.4%, 4.4% Stealth Bombers: 0.2%, 4.8% Steeler Girls: 0.4%, 3.1% Teene Boppers: -0.5%, 3.0% Think Small:

0.0%, 3.0% Thunder Thighs: -0.1%, 3.4% TNT + Me: 1.8%, 14.9% U Gotta Believe: 0.3%, 3.7% Waist N. Aweigh: -0.3%, 2.4%

We Will Carry Less: 0.3%, 3.1% Weight Warriors: -0.1%, 3.9% Whiskey Babes, The: 0.5%, 2.0% Zebras: 0.6%, 4.5%

Congratulations to the winner of the highest percentage of weight loss for week six: Tom Callun from team “TNT+Me” and lost 2.9 percent. Tom 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 Healthy Eat book from AllPro Home Health, LLC.

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