

Charlotte County Health Department caters to the needs of the community

By **DONNA BARRETT**

THE CULTURAL CENTER OF CHARLOTTE COUNTY

The staff of the Charlotte County Health Department (CCHD) helps to keep our community safe, healthy, and disease free by administering immunizations and physicals.

The CCHD also caters to the needs of the community with their 10 focused departments, which range from clinical services to nutritional programs, such as WIC (Women, Infants and Children), to women's wellness and so much more.

Sharon Mays MA, RD, LD Coordinator at the CCHD says, "The Charlotte County Health Department is committed to promoting healthy lifestyles and finding fun ways to do so."

It is an honor for The Cultural Center to be involved with the CCHD and our many other partners who are committed to strengthening the Charlotte County community on all levels — body, mind, and spirit.

One of the fun ways CCHD has helped the Fitness Salon at the Cultural Center was to donate a Wii Sports game system for all members to enjoy. This gives all members a chance to golf — even when it's raining outside — and build muscles.

The third Biggest Losers challenge is going strong at The Cultural Center of Charlotte County, and one of the reasons is because of the Charlotte County Health Department (CCHD).

The CCHD has been an active partner with The Biggest Losers since Season 2.

They have gifted contestants with pedometers, water bottle insulators, and other free gifts, but they have gone far above and beyond that by providing invaluable advice on nutrition and healthy weight loss to the participants. Even the new digital scale with BMI Index has been donated from CCHD.

To learn more about the programs, or information offered from the Health Department, please visit www.charlottechd.com.

Weekly activity from the Charlotte County Health Department:

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.

Weekly tip from Jeff Louda, certified personal trainer: Move on up! Try adding an incline to your walk by walking up stairs or raising the incline on your elliptical machine.

The discussion group is also available on the Cultural Center of Charlotte County Facebook page. Find tips and suggestions by visiting <http://tinyurl.com/m35g9n>.

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

3 C's and a D: 0.1%, 4.8% 4 Weighs To Win: -0.1%, 4.3% All Stars: -0.2%, 4.4% BBW'S: 0.0%, 2.4% Beauties And The Beast: 0.9%, 12.3% Becoming Beauties: 0.0%, 1.9% Belly Buster: 0.7%, 6.6% Big & Sexy: 0.4%, 11.3% Big Women: 0.1%, 4.5% Born To Lose: 0.0%, 4.5% CHUBBA WUBBAS: 0.2%, 2.2% Chubby Cheeks: 0.0%, 3.9% Chubby Chicks: 0.9%, 4.5% Contenders, The: 0.1%, 5.5% D-CHUB: 0.0%, 0.3% Fabulous Four: 0.0%, 1.4% Famished Four, The: 0.0%, 1.5% Fat & Sassy: 0.5%, 4.5% Fiesty Moms: -0.2%, 1.5% Git'R Done: -0.3%, 6.5% Here Today-Gone Tomorrow: 0.0%, 1.6% Holy Losers: -0.2%, 2.7% Le Petit Four: 0.1%, 3.5% Mad Dogs: 0.4%, 4.4% Mail Maams: 0.5%, 4.9% Melting Pots: 0.0%, 2.4% MGB4: 0.2%, 4.7% MoJoe's: 0.4%, 4.6% Mom's Turn: 0.0%, 0.8% Mor Cailins: 0.0%, 2.2% Motivated Mommas: 0.0%, 5.4% Motown Momma's: 0.0%, 1.6% Muggles: -0.5%, 4.4% No pain no gain: 0.9%, 10.0% Patticakes And The Bakerman: 0.1%, 1.5% Pegenas: 0.0%, 2.1% Plus Size Divas: 1.3%, 8.1% Pounds Away: 0.1%, 8.0% Pretenders: 0.0%, 5.9% Skinny Minnies, The: 0.3%, 1.7% Slenderellas: 0.0%, 4.9% Stealth Bombers: 0.4%, 5.0% Steeler Girls: 0.3%, 3.4% Teene Boppers: 0.0%, 3.0% The Mad Hatters: 0.0%, 5.6% Think Small: 0.0%, 3.0% Thunder Thighs: -0.1%, 3.7% TNT + Me: 1.0%, 17.5% U Gotta Believe: 0.3%, 4.2% Waist N. Aweigh: 0.3%, 3.6% We Will Carry Less: -0.2%, 3.4% Weight warriors: 0.3%, 4.3% Whiskey Babes, The: -0.8%, 1.4% Zebras: -0.1%, 4.8% Total: 0.2%, 4.5%

Congratulations to winner of week 8: Victor Padula from team "Plus Size Divas" and lost 3.2 percent! Victor has won a free month at the Fitness Salon at the Cultural Center of Charlotte County, a gift bag from Port Charlotte Natural Foods, and a 5 minute pilates product from AllPro Home Health, LLC.

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Rose Donaruma, a member of the Cultural Center and Fitness Salon, enjoys playing tennis and bowling on the new Wii Sports at the Fitness Salon while Jeff Louda checks his BMI on the new digital scale, both donated by the Charlotte County Health Department.