

Treadmills offer a great workout experience

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

The treadmill has been one of the standards in exercise equipment for many years. Basically, it is a variable speed motorized belt that you walk on, combined with height adjustment at the front end of the machine. These two features permit the used to simulate everything from a gentle walk to a run up a hill, and everything in between, all by selecting the type of exercise you desire.

Benefits of a treadmill include strengthening your cardiovascular system, burning of fat, development of leg muscles and more. Combined with stretching exercises, the treadmill can be the center of your exercise program. Plus, you get to perform these exercises in air conditioned comfort, not in 95 degree heat with 90 percent humidity outdoors.

Today's treadmills incorporate computer programs to automatically ensure the best workout for you. A program will start the treadmill off at a slow speed, then increase the speed and incline so that you receive a good aerobic workout, then reduce the speed for a cool down period, which is very important following any exercise.

For more information about treadmills, we invite you to visit our Fitness Salon and speak with Jeff Louda, our Fitness Salon Manager.

Weekly activity from the **Charlotte County Health Department**:

Organize a walking group. Choose different routes for days of the week to add variety and invite family and friends to join you.

Weekly tip from Jeff Louda, Certified Personal Trainer: Get more of a workout on a cardio machine by not holding onto the sides! This will increase your workout (and help you burn more calories).

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

Here are the results from Week 9: 3 C's and a D: 0.2%, 5.0% 4 Weights To Win: 0.4%, 4.7% All Stars: 0.2%, 4.6% BBW'S: 0.0%, 2.4% Beauties And The Beast:

0.3%, 12.6% Becoming Beauties: -0.1%, 1.8% Belly Buster: 1.3%, 7.8% Big & Sexy: 0.6%, 11.9% Big Women: 0.5%, 4.9% Born To Lose: -0.1%, 4.4% CHUBBA WUBBAS: 0.6%, 2.8% Chubby Cheeks: 0.3%, 4.3% Chubby Chicks: 1.1%, 5.5% 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: 0.4%, 4.9% Feisty Moms: 0.0%, 1.5% Git'R Done: 0.1%, 6.5% Here Today-Gone Tomorrow:

0.0%, 1.6% Holy Losers: 0.0%, 2.7% Le Petit Four: 0.0%, 3.5% Mad Dogs: 0.4%, 4.7% Mail Maams: 0.6%, 5.4% Melting Pots: 0.2%, 2.6% MGB4: 0.2%, 4.9% MoJoe's: 0.1%, 4.7% Mom's Turn: 0.0%, 0.8% Mor Cailins: -0.8%, 1.4% Motivated Mommas: 0.0%, 5.4% Motown Momma's: 0.0%, 1.6% Muggles: 1.0%, 5.3% No pain no gain: 0.1%, 10.2%

Patticakes And The Bakerman: -0.3%, 1.2% Pegenas: 0.0%, 2.1% Plus Size Divas: 0.2%, 8.3% Pounds Away: 0.0%, 8.0% Pretenders: 0.0%, 5.9% Skinny Minnies, The: -0.9%, 0.9% Slenderellas: 0.4%, 5.3% Stealth Bombers: 0.0%, 5.0% Steeler Girls: 0.3%, 3.7% Teene Boppers: 0.0%, 3.0% The Mad Hatters: 0.0%, 5.6% Think Small: 0.0%, 3.0% Thunder Thighs: 0.3%, 4.0% TNT + Me: 0.2%, 17.6% U Gotta Believe: -0.4%, 3.9% Waist N. Aweigh: 1.0%, 4.5% We Will Carry Less: 0.8%, 4.2% Weight warriors: -0.5%, 3.8% Whiskey Babes, The: 0.4%, 1.8% Zebras: 0.2%, 5.0% Total: 0.2%, 4.7%

Congratulations to winner of Week 9: Daphne James from Team "Chubby Chicks" and lost 3.3 percent. Daphne 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 prize from AllPro Home Health, LLC.

Donna Barrett is the Marketing Manager at the Cultural Center of Charlotte County. She can be reached at 941-625-4175 ext. 253 or marketing@theculturalcenter.com.