

## It's all about the number 10

By **DONNA BARRETT**

**THE CULTURAL CENTER OF CHARLOTTE COUNTY**

Week 10 has just concluded in the Biggest Losers 3 Competition. Over 2,300 pounds lighter — it is amazing to see the astounding transformations many have experienced in only 10 short weeks.

What is the number 10 all about? If one is being judged during the Olympics, the highest score is a 10. If a beautiful woman walks by a group of men, you might hear one of them say, “She’s a perfect 10!”

What would it take to for you to be a 10? Could your diet use some tweaking? Would your level of self esteem benefit from a boost? Does your exercise plan need a little more juice to help you past a plateau? If you answered yes to one or more of these questions, you might want to consider our “Give 10” philosophy.

If you are just starting a healthy lifestyle transformation, start with perfection. Give 10. Ten minutes of working out. Ten abdominal crunches. Ten bites for each item you eat. Ten minutes to do nothing. Ten minutes for yourself to be proud of who you are and how far you have come. Add 10 more minutes to your walk. Cut 10 more carbohydrates from your diet. Pay \$10 for the Happy Hour Membership. Smile 10 more times today. Congratulations on being a 10!

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

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 fierce competition of the teams online at <http://tinyurl.com/m35g9n>.

Here are the results from Week 10: 3 C's and a D: 0.5%, 5.5% 4 Weighs To Win: 0.0%, 4.7% All Stars: 0.0%, 4.6% BBW'S: 0.0%, 2.4% Beauties And The Beast:

0.9%, 13.4% Becoming Beauties: 0.3%, 2.1% Belly Buster: 0.9%, 8.7% Big & Sexy: 1.1%, 12.9% Big Women: 0.1%, 5.0% Born To Lose: 0.0%, 4.4% CHUBBA WUBBAS: 0.9%, 3.6% Chubby Cheeks: 0.3%, 4.6% Chubby Chicks: 0.2%, 5.7% Contenders, The: 0.0%, 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%, 5.3% Feisty Moms: 0.1%, 1.6% Git'R Done: 2.1%, 8.4% Here Today-Gone Tomorrow:

0.0%, 1.6% Holy Losers: 0.2%, 2.9% Le Petit Four: 0.1%, 3.7% Mad Dogs: 0.8%, 5.5% The Mad Hatters: 0.0%, 5.6% Mail Maams: 0.6%, 6.0% Melting Pots: -0.1%, 2.5% MGB4: 0.2%, 5.1% MoJoe's: 0.0%, 4.7% Mom's Turn: 0.0%, 0.8% Mor Cailins: 0.0%, 1.4% Motivated Mommas: 0.0%, 5.4% Motown Momma's: 0.0%, 1.6% Muggles: 0.4%, 5.7% No pain no gain: 0.1%, 10.2%

Patticakes And The Bakerman: 0.5%, 1.7% Pegenas: 0.0%, 2.1% Plus Size Divas: 1.2%, 9.4% Pounds Away: 0.3%, 8.3% Pretenders: 0.0%, 5.9% Skinny Minnies, The: 0.0%, 0.9% Slenderellas: -0.3%, 5.0% Stealth Bombers: 0.1%, 5.1% Steeler Girls: 0.1%, 3.7% Teene Boppers: -0.3%, 2.7% Think Small: 0.0%, 3.0% Thunder Thighs: 0.0%, 4.0% TNT + Me: 1.8%, 19.1% U Gotta Believe: 0.0%, 3.9% Waist N. Aweigh: -0.1%, 4.5% We Will Carry Less: 0.0%, 4.2% Weight warriors: 0.0%, 3.8% Whiskey Babes, The: 0.5%, 2.2%

Zebbras: -0.2%, 4.8%

Congratulations to winner of Week 10: Danielle White from team “Git'R Done” lost 3.8 percent. Danielle 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](mailto:marketing@theculturalcenter.com).



**Photo provided** Take 10! Take 10 minutes to workout. Do 10 Reps! Smile 10 times today