

Eleven weeks down, one to go

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

It has been 11 weeks since the Biggest Losers 3 Challenge started at The Cultural Center. There are 211 contestants in the challenge, taking the first steps toward changing their lifestyles in many ways.

Some started eating healthier, some worked out more, and some did both. With only one more week left in the challenge, this is the time to push yourself. The winning team will be awarded over \$2,600, and there are still many participants in contention for the grand prize.

Upon signing up for the competition, each contestant was given a free week at the Fitness Salon at The Cultural Center. If you haven't used it, now is the time to do so. Jeff and Phyllis, our certified fitness trainers, will be more than happy to acquaint you with the Fitness Salon, and all of the equipment that is available for you to continue on the path to a healthier lifestyle.

Take a moment and think about why you joined the competition in June. Was it to fit into that bikini? To be able to run a mile? To lose a few pounds? Whatever your reason — you made the right decision. If you met your goals congratulate yourself, and then set new ones to keep your lifestyle healthier.

Remember, stairs are a great workout partner. Carbohydrates are overrated. Water is your new best friend. Regardless of any new goals or resolutions you make for yourself, remember that you're always on the road to somewhere, and it is imperative to love yourself during the journey and when you reach your final destination.

Weekly activity from the Charlotte County Health Department:

Think small doses. Do an activity that will get your heart beating faster, even just for ten minutes at a time. Walk, briskly, climb a few extra stairs, dance, walk up a hill, be active in the pool, skip rope or play tag with the children. Try to accumulate at least 30 minutes of physical activity each day.

Weekly tip from Jeff Louda, certified personal trainer: Keeping up your exercise program long term is a challenge for everyone. Here are some of the more common obstacles:

Unrealistic expectations: Weight loss plan should be two pounds a week. Don't plan to lose 20 pounds in two weeks in a healthy way. It is not going to happen.

Too many "shoulds" in your life: People who give up a new lifestyle changes like exercise are often people who haven't found a way to enjoy life. If exercise is just another chore on your list, you won't keep it up. Do something for fun every day.

Ignoring the "slippery slope" of backsliding: It is easier to get back on track after a day or week off than a month. If something gets you off track, get back on quickly without guilt.

Listening to negative people: Some people may feel threatened by your new healthy lifestyle. Don't let them make you feel guilty for being the best person you can be. You deserve to be healthy and happy.

Here are the results from Week 11 and the total percentage of weight loss to date:

3 C's and a D: -0.4%, 5.2% 4 Weighs To Win: 0.0%, 4.7% All Stars: 0.0%, 4.6% BBW'S 0.0%, 2.4% Beauties And The Beast: 0.4% 13.7% Becoming Beauties: 0.0% 2.1% Belly Buster: 0.4% 9.0% Big & Sexy: 0.5%, 13.3% Big Women: 0.0%, 5.0% Born To Lose: 0.0%, 4.4% Chubba Wubbas: 0.2%, 3.8% Chubby Cheeks: -0.3%, 4.3% Chubby Chicks: 0.1%, 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: 0.6%, 5.8% Feisty Moms: 0.2%, 1.8% Git'R Done: 0.4%, 8.8% Here Today-Gone Tomorrow: 0.0%, 1.6% Holy Losers: 0.0%, 2.8% Le Petit Four: -0.4%, 3.3% Mad Dogs: 0.2%, 5.7% Mail Maams: -0.1%, 5.9% Melting Pots: -0.3%, 2.2% MGB4: -0.6%, 4.5% MoJoe's: 0.4%, 5.1% Mom's Turn: 0.0%, 0.8% Mor Cailins: 0.0%, 1.4% Motivated Mommas: 0.0%, 5.4% Motown Momma's: 0.2%, 1.8% Muggles: 0.1%, 5.7% No pain no gain: 0.2%, 10.4% Patticakes And The Bakerman: 0.0%, 1.7% Pegenas: 0.0%, 2.1% Plus Size Divas: -0.1%, 9.2% Pounds Away: 0.0%, 8.3% Pretenders: 0.0%, 5.9% Skinny Minnies, The: 0.0%, 0.9% Slenderellas: 0.1%, 5.1% Stealth Bombers: 0.5%, 5.6% Steeler Girls: 0.0%, 3.7% Teene Boppers: 0.0%, 2.7% The Mad Hatters: 0.0%, 5.6% Think Small: 0.0%, 3.0% Thunder Thighs: 0.0%, 4.0% TNT + Me: 0.8%, 19.7% U Gotta Believe: 0.0%, 3.8% Waist N. Aweigh: 0.2%, 4.7% We Will Carry Less: 0.0%, 4.2% Weight warriors: 0.0%, 3.8% Whiskey Babes, The: -0.2%, 2.1% Zebras: 0.0%, 4.8% Total: 0.1%, 4.9%

Congratulations to winner of Week 11: Rachel Dwyer from team "Git'R Done" who lost 2.7 percent. Rachel 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.