

# The Biggest Loser competition is back

By **DONNA BARRETT**

## CULTURAL CENTER OF CHARLOTTE COUNTY

Season four of the Biggest Losers challenge at the Cultural Center of Charlotte County is back and bigger than ever.

This season more than 250 people have stepped-up to the challenge to lose weight and win money. This season there will be more than \$3,700 in prizes awarded — that's a great incentive to help make life changing decisions.

The competition started when the teams gathered for a meet and greet and a "pig out" party. There were competitions during the party including treadmill races, medicine ball lifts, and jumping hoola hoops. It was a great start to the fun with prizes from Starbucks, Days Inn (Port Charlotte), All Pro-Home Health, Skintopia by Bina, Perkins Restaurants and Port Charlotte Natural Foods.

The Charlotte County Health Department, a partner of the event, supplied information on how to begin a healthier lifestyle with tips on weight loss. The pay by the participants there is bound to be a tough competition this season! This season all contestants receive a pedometer and water koozy from the Charlotte County Health Department, one free week at the Fitness Salon at the Cultural Center, and each contestant that loses 20 pounds will receive a free hair cut from A Select Salon by Malinda.

In the first week over 1,000 pounds have already been lost!

If you need any additional tips on working out, please stop by and see our Fitness Trainers, Jeff Louda, and Phyllis Garneau. They can help set you up with a schedule to help get you losing! Our fitness salon has no contracts, and we have memberships starting at only \$10 a month.

Weekly tip 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: Do more — start less. When you are just starting to workout, remember not to overexert yourself, this can cause injury. Start off slow, and gradually increase your workout. Start walking on a treadmill, then increase to running, then add weights to your ankles and hands. This will maximize your health plans without unnecessary pain.

Here are the results from the first week: The winner of the largest percentage of weightloss is Sheila Ulp, from team Mission Slimpossible, with an 8 percent weight loss. Sheila has won a gift bag from Port Charlotte Natural Foods.

The persistent winner for the first week was Anna Vanderhorn from Team Stingrays. Anna won a free coffee from Starbucks just for weighing in.

Team name and weight loss percent for week one: All For Em: 0.7% All-In: 5.0% Banyon Point Crew: 0.5% Belly Busters:1.2% Budda Busters: 1.5% Busting Bubbles: 2.2% Button poppers: 3.8% By His Grace, 2.1% Can Do Its: 1.4% Classy Divas: 2.4% Closed Jaws: 3.2% Dare to Lose: 2.7% Diet Rites: 1.3% Drop it like its hot: 1.4% Excess Baggage: 2.4% Fabulous Fattyz: 3.1% Fantastic Four: 2.9% Fixations: 0.8% Four C's: 0.5% Four Fun Girls:2.1% G 3 + 1: 2.3% Gianna's Hair Salon: 3.9% Git R Dun: 1.8% Heavy Weight Champs: 0.9% IDC Chicks: 0.7% Jello Jigglers: 2.2% Lean Lizards: 2.0% Lightness of being: 1.4% Lose to Win: 1.4% M & M Boys: 1.4% Managing our change: 0.8% Mean Leans: 2.9% Mission Slimpossible: 5.1% Obese No More: 1.2% Out of Breath: 3.3% Pack on/Pack off: 0.5% Pesky Pandas: 1.5% Phat Chicks: 3.6% Pirates of the weigh in: 3.0% Pounds off: 0.6% Shake n Bake:2.5% Simba:5.0% Slende-ellas/fellas: 0.6% Slinky Snakes: 1.9% Stingrays: 1.8% Targarteers: 2.7% Three Amigos: 5.2% Three to One: 1.9% Three Wyns: 1.1% Three Y + 1 X: 3.0% Tiny Tornadoes: 0.5% Tippin Scales: 1.2% Turner's Tubbie: 1.8% Two cows and a couple chickens: 3.1% United we Lose: 1.8% Victor's Angels: 3.4% Waist Away: 2.7% Waist Busters: 5.5% Weighdown Gal: 1.0% Weight Slayers:2.8% Weightbusters: 3.8% WIC Chicks and the Rooster: 0.8% Wild Cats: 2.8% Total: 2.1%

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