

## Staying strong in week two

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

Throughout the past three seasons of the Biggest Losers challenge, week two has proven to be a difficult one. During the first week water weight goes, and the inspirational energy of starting on a new weight loss journey tends to help you lose more weight. Normally, the first week of weight loss brings dramatic and satisfying results.

When you weigh in the second week, it can be discouraging when the scale doesn't show the same results. Don't let this deter you.

According to Jillian Michaels, a trainer from TV's "Biggest Loser," normal weight loss is two pounds per week. Remember this competition is about being healthy. There are still 10 more weeks to show results. Keep your chin up — on the pullup bar!

Week two resulted in the loss of 1,700 pounds — that's the weight of a smart car!

Weekly activity 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. Visit [www.charlottechd.com](http://www.charlottechd.com) for more suggestions and helpful hints. Weekly tip from Jeff Louda, certified personal trainer: Are you a couch potato? Commercials can be a blessing. Take this two minutes to an intense high cardio workout. Run in place, do pushups, squats is a sure fire way to help burn some calories — and so much better than running to the kitchen for a snack!

Team Name, weight loss for week two and total percentage lost:

All For Em: 0.6%, 1.3% All-In: 3.0%, 7.9% Banyon Point Crew: 0.1%, 0.6% Belly Busters: 0.8%, 2.0% Budda Busters: 0.6%, 2.1% Busting Bubbles: 1.2%, 3.4% Button poppers: 2.2%, 5.9% By His Grace: 1.2%, 3.2% Can Do Its: 0.5%, 1.9% Classy Divas: 1.4%, 3.7% Closed Jaws: 1.8%, 5.0% Dare to Lose: 0.8%, 3.6% Diet Rites: 0.2%, 1.5% Drop it like its hot: 1.2%, 2.6% Excess Baggage: 1.2%, 3.6% Fabulous Fattyz: 1.1%, 4.1% Fantastic Four: 1.0%, 3.9% Fixations: 0.2%, 1.0% Four C's: 1.9%, 2.4% Four Fun Girls: 0.5%, 2.5% G 3 + 1: 2.6%, 4.8% Gianna's Hair Salon: 0.5%, 4.3% Git R Dun: 1.0%, 2.8% Heavy Weight Champs: 1.3%, 2.2% IDC Chicks: 0.3%, 0.9% Jello Jigglers: 1.0%, 3.2% Lean Lizards: 1.2%, 3.2% Lightness of being: 0.5%, 1.9% Lose to Win: -0.8%, 0.6% M & M Boys: 0.7%, 3.6% Managing our change: 0.2%, 1.0% Mean Leans: 0.7%, 3.7% Mission Slimpossible: 2.4%, 7.4% Obese No More: 1.2%, 2.3% Out of Breath: 1.3%, 4.5% Pack on/Pack off: 4.5%, 5.0% Pesky Pandas: 0.9%, 2.3% Phat Chicks: 0.9%, 4.5% Pirates of the weigh in: 1.5%, 4.5% Pounds off: 0.8%, 1.4% Shake n Bake: 0.3%, 2.8% Simba: 1.4%, 6.3% Slenderellas Fellas: 1.5%, 2.1% Slinky Snakes: 1.7%, 3.5% Stingrays: 2.0%, 3.7% Targarteers: 1.2%, 3.8% Three Amigos: 0.0%, 1.5% Three to One: 1.2%, 3.1% Three Wyny: 0.1%, 1.2% Three Y + 1 X: 2.1%, 5.0% Tiny Tornadoes: 0.3%, 0.8% Tippin Scales: 0.6%, 1.7% Turner's Tubbie: 1.0%, 2.8% Two cows and a couple chickens: 1.4%, 4.5% United we Lose: 0.7%, 2.5% Victor's Angels: 0.3%, 3.7% Waist Away: 0.9%, 3.6% Waist Busters: 0.5%, 1.0% Weighdown Gal: 1.1%, 2.2% Weight Slayers: -1.5%, 1.4% Weightbusters: 0.8%, 3.5% WIC Chicks and the Rooster: 1.8%, 2.6% Wild Cats: 1.4%, 4.1% Total: 1.0%, 3.1%

Congratulations to Tom Callan, from team All-In, who had a 5 percent weight loss in week two. Tom has won a free month at the Fitness Salon at the Cultural Center, a gift bag from Port Charlotte Natural Foods, and a reusable water bottle from All Pro Home Health, LLC.

Also, congratulations to Tom Stubbs from team Out of Breath, who was the Persistence Award Winner. Tom won free coffee from the Starbucks at Port Charlotte Town Center just for weighing in.

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