

# Picture yourself positively healthy

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

Positive self-image is an important factor to enjoying every day to its fullest. You may find some of the greatest confidence boosters along the way to this goal are losing a few pounds, slipping into a smaller size, or looking into the mirror and noticing something new about yourself that you can appreciate.

A positive self-image can be magnified even more after a "day of beauty." That's why Mindy, a stylist from A Select Salon, is offering free haircuts to all the Biggest Losers contestants who lose more than twenty pounds during the competition. That's a great motivation, as well as a wonderful way to help renew your confidence and improve your self-image.

Take time out for yourself. Realize what it is that makes you happy. Learn to smile more. This will help keep you on your way to being healthier and losing weight!

Week three finds one ton gone — how much more will be lost?

Weekly activity from the Charlotte County Health Department: Try a yoga, tai-chi, aerobics or a stretching class. Visit [www.charlottechd.com](http://www.charlottechd.com) for more suggestions and helpful hints

Weekly tip from Jeff Louda, certified personal trainer: Cardiovascular workouts are great, but cardio on an incline is even better. Use a treadmill that has a hill or mountain mode, or an incline. Don't have access to one? Run up a hill or even stairs — this is a sure way to get twice the workout.

Weight loss for week 3 (team name, week three percentage, total): All For Em: -0.3%,1.0% All-In: 2.0%,9.7% Banyon Point Crew: 2.1%, 2.6% Belly Busters: 0.7%,2.7% Budda Busters: 0.4%,2.5% Busting Bubbles: -0.5%,2.9% Button poppers: 1.9%,7.7% By His Grace: -0.4%,2.9% Can Do Its: 0.0%,1.9% Classy Divas: 0.5%,4.2% Closed Jaws: 0.5%,5.5% Dare to Lose: -0.1%,3.5% Diet Rites: -6.4%,-4.8% Drop it like its hot: 0.2%,2.9% Excess Baggage: 0.3%,3.9% Fabulous Fattyz: 0.0%,4.1% Fantastic Four: 0.2%,4.1% Fixations: 0.0%,1.0% Four C's: 0.2%,2.6% Four Fun Girls: 0.0%,2.6% G 3 + 1: 0.3%,5.1% Gianna's Hair Salon: 0.6%,4.9% Git R Dun: -0.1%,2.7% Heavy Weight Champs: 0.3%,2.5% IDC Chicks: 0.0%,1.0% Jello Jigglers: 4%,3.6% Lean Lizards: 0.9%,4.1% Lightness of being: 0.3%,2.2% Lose to Win: 1.3%,1.9% M & M Boys: 0.7%,4.2% Managing our change: 2.1%,3.1% Mean Leans: 0.7%,4.3% Mission Slimpossible: 2.8%,10.0% Obese No More: 0.1%,2.4% Out of Breath: 0.9%,5.3% Pack on/Pack off: 0.4%,5.4% Pesky Pandas: 0.0%,2.4% Phat Chicks: 0.5%,4.9% Pirates of the weigh in: 1.6%,6.0% Pounds off: 0.5%,1.8% Shake n Bake: 1.7%,4.4% Simba: 0.3%,6.6% Slendellas-fellas: 1.2%,3.3% Slinky Snakes: -0.6%,2.9% Stingrays: 0.3%,4.0% Targarteers: 0.0%,3.8% Three Amigos: 0.5%,2.0% Three to One: 0.4%,3.5%

Congratulations to winner of week two: Cherry Reeves, from Mission Slimpossible, lost 5.8 percent. Cherry wins one 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 All Pro Home Health, LLC.

Congratulations to the Persistence Award Winner, Kevin Faber from team Jello Jigglers. Kevin won free coffee from the Starbucks at Port Charlotte Town Center just for weighing in!

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Mindy and her team from A Select Salon are giving a free hair cut to anyone who loses 20 pounds during the competition.