

Lose weight and save your battery

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

Look at the cell phone you are using. There was a time when your cell phone was only used for making calls. Before all of the applications and the good stuff available on cell phones, the battery would last a full day.

Today, with an android phone or something similar, you can access the Internet, text, e-mail, take pictures, play games, and work. The more you use the phone, the faster the battery needs charging.

A lot of these applications are not a necessity, but a desire. Even though we know that using these applications can wear down the battery faster, we still use them.

Think of your cell phone battery as your body. We put many unnecessary things we put into our body every day, and we are hurting our own battery — our heart.

February is Heart Awareness Month, and that makes it the perfect time to understand what effect a healthier lifestyle will have on your heart. It is very important to know your blood pressure. High blood pressure can lead to complications such as hypertension, heart attack and stroke.

The Cultural Center has free blood pressure checks Monday, Tuesday and Wednesday, which are offered by volunteer nurses, fire & EMS, Kiwanis Club and All-Pro Home Health. Come on by, or check with your doctor. Just be sure that you take the time to learn the importance of your blood pressure and find out how you can strengthen your battery. Karen Lewin gets her blood pressured check by Mabs Delahaye, a member of the Kiwanis Club of Port Charlotte. The Kiwanis Club provides free blood pressure checks at the Cultural Center of Charlotte County from 9 a.m.-11 a.m. every Wednesday.

Weekly activity from the Charlotte County Health Department: Do sit-ups, push-ups, stretch or other exercises at home. Visit charlottehd.com for more suggestions and helpful hints.

Weekly tip from Jeff Louda, certified personal trainer: Add water to a workout. Two water bottles make for great weights when walking, plus the contents keep you replenished with fluids!

Weight loss for Week three (Team name, week four total, total percentage of weight loss): All For Em, -0.1%, 0.9% All-In, 1.0%, 10.6% Banyon Point Crew, -0.2%, 2.4% Belly Busters, 0.6%, 3.2% Budda Busters, 0.0%, 2.5% Busting Bubbles, 0.5%, 3.3% Button poppers, 1.3%, 8.8% By His Grace, 0.9%, 3.7% Can Do Its, 0.4%, 2.4% Classy Divas, 0.5%, 4.7% Closed Jaws, 0.0%, 5.5% Dare to Lose, 0.2%, 3.7% Diet Rites, 1.1%, 2.9% Drop it like its hot, -0.5%, 2.4% Excess Baggage, 0.7%, 4.6% Fabulous Fattyz, 0.7%, 4.8% Fantastic Four, 0.1%, 4.2% Fixations, -1.0%, 0.0% Four C's, -0.3%, 2.3% Four Fun Girls, 0.3%, 2.9% G 3 + 1, 0.4%, 5.4% Gianna's Hair Salon, 0.7%, 5.6% Git R Dun, 0.3%, 3.0% Heavy Weight Champs, 0.2%, 2.6% IDC Chicks, 0.2%, 1.1% Jello Jigglers, 0.5%, 4.1% Lean Lizards, 0.9%, 4.9% Lightness of being, 0.0%, 2.1% Lose to Win, 0.1%, 2.0% M & M Boys, 1.1%, 5.2% Managing our change, 0.0%, 3.1% Mean Leans, 0.4%, 4.8% Mission Slimpossible, 0.7%, 10.6% Obese No More, 0.4%, 2.9% Out of Breath, 1.5%, 6.8% Pack on, Pack off, 0.0%, 5.4% Pesky Pandas, 0.3%, 2.6% Phat Chicks, 0.4%, 5.3% Pirates of the weigh in, 0.5%, 6.4% Pounds off, 0.6%, 2.4% Shake n Bake, -0.7%, 3.7% Simba, -0.1%, 6.5% Slendellas fellas, 0.8%, 4.1% Slinky Snakes, 0.9%, 4.9% Stingrays, 0.4%, 4.4% Targarteers, 0.0%, 3.8% Three Amigos, 0.0%, 2.0% Three to One, 0.4%, 3.9%

Congratulations to winner of week four: Dave Antini, from team M&M Boys, who had a 3.5 percent weight loss. Dave 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 All Pro Home Health, LLC.

Congratulations to the Persistence Award winner, Eddisse Turner from team Turner's Tubbi. Kevin won free coffee from the Starbucks at Port Charlotte Town Center just for weighing in!

Donna Barrett is the Marketing Manager at the Cultural Center of Charlotte County. She can be reached by calling 941-625-4175 ext. 253 or by sending an e-mail to marketing@theculturalcenter.com.