

Set your sights on being healthy

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

You see it while standing in line at the grocery or drug store. Fitness centers, book stores and billboards scream it. Lose weight, and you can have a beautiful swimsuit body or rock-hard abs.

The message is loud and clear — we want to look healthy.

But, shouldn't we say we want to be healthy? The most important reason behind the desire to lose weight should be to improve your health. Popping some diet pill will not deliver a healthier you. There is no miracle shake or remedy that will do the trick.

The best way to lose weight is simple. Eat right and move more. The motto of the Charlotte County Health Department is "Healthy Lifestyles=Better Health." The Health Department's mission is to promote healthier lifestyles.

"The Health Department is about re-teaching our community how to make better choices in what they eat and how active they should be," says Sharon Mays, MA, RD, LD, Coordinator for the WIC, Nutrition and Healthy Lifestyle Programs at the Charlotte County Health Department. Making a conscious decision to be healthier will also allow you to get closer to that swimsuit body this season. For more information on how you can make healthier choices, please visit the Charlotte County Health Department at www.charlottechd.com. Weekly activity from the Charlotte County Health Department: Dance to your favorite music 10 minutes each day.

Weekly tip from Jeff Louda, certified personal trainer: How bad do you want that snack? Challenge yourself. Look at the calories of that forbidden snack you want. Tell yourself if you eat it, you will do that many jumping jacks, push-ups, or situps. Enjoy 130 jumping jacks when you eat a bag of chips. How bad do you want them now?

Results from week five (team name, Week 5 weight loss percentage, total percentage lost): All For Em: 1.4%,2.3% All-In: 1.3%,11.8% Banyon Point Crew: -0.2%, 2.3% Belly Busters: 0.3%, 3.5% Budda Busters: 0.0%, 2.5% Busting Bubbles: 0.3%, 3.6% Button poppers: 0.6%, 9.4% By His Grace: 0.3%, 4.0% Can Do Its: 0.5%, 2.9% Classy Divas: -1.3%, 3.4% Closed Jaws: 0.0%, 5.5% Dare to Lose: 0.9%, 4.6% Diet Rites: 0.3%, 3.2% Drop it like its hot: 0.0%, 2.4% Excess Baggage: 0.4%, 5.0% Fabulous Fattyz: 0.5%, 5.3% Fantastic Four: 0.1%, 4.2% Fixations: 0.7%, 0.7% Four C's: 0.8%, 3.1% Four Fun Girls: 0.0%, 2.9% G 3 + 1: 0.0%, 5.4% Gianna's Hair Salon: 0.3%, 5.8% Git R Dun: 0.6%, 3.5% Heavy Weight Champs: 0.2%, 2.9% IDC Chicks: 0.4%, 1.5% Jello Jigglers: 0.2%, 4.3% Lean Lizards: 0.1%, 5.0% Lightness of being: 0.6%, 2.7% Lose to Win: -0.4%, 1.6% M & M Boys: 1.2%, 6.4% Managing our change: 0.0%, 3.1% Mean Leans: -0.2%, 4.5% Mission Slimpossible: -0.2%, 10.4% Obese No More: 0.5%, 3.4% Out of Breath: 1.1%, 7.8% Pack on/Pack off: 0.0%, 5.4% Pesky Pandas: -0.3%, 2.4% Phat Chicks: -0.2%, 5.2% Pirates of the weigh in: -0.3%, 6.2% Pounds off: -0.5%, 1.9% Shake n Bake: 0.0%, 3.7% Simba: 0.4%, 6.9% Slende-ellas/fellas: 0.1%, 4.2% Slinky Snakes: 0.1%, 5.0% Stingrays: -0.2%, 4.2% Targarteers: 0.0%,3.8% Three Amigo: 0.3%,2.3% Three to One: 0.2%,4.0% Three Wyns: 0.2%,3.2% Three Y + 1 X: 0.5%,6.7% Tiny Tornadoes: -0.1%,1.3% Tippin Scales: -0.1%,2.7% Turner's Tubbie: 0.2%,3.9% Two cows and a couple chickens: 0.9%,6.6% United we Lose: 0.1%,3.5% Victor's Angels: 0.4%,6.1% Waist Away: 0.3% ,4.9% Waist Busters: 0.2%,2.5% Weighdown Gal: -0.1%,2.0% Weight Slayers: -0.9%,1.9% Weightbusters: 0.4%,4.2% WIC Chicks and the Rooster: 0.4%,4.6% Wild Cats: 0.4%,4.6%

Congratulations to winner of week five: Charles Roberts, from team All for Em lost 6.4 percent! Charles 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, Laura Thompson from team Mean Leans. Laura 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 at 941-625-4175 ext. 253 or send an e-mail to marketing@theculturalcenter.com.



Photo provided -Cindy Jones (left) and Jeanne Sheldon, Nutrition Educators with the WIC, Nutrition & Healthy Lifestyles Program at the Charlotte County Health Department, promote healthy choices and increased physical activity at a recent Cultural Center event.