

Contest sponsors share one common goal

By **DONNA BARRETT**

CULTURAL CENTER OF CHARLOTTE COUNTY

The Cultural Center of Charlotte County would not be able to offer the Biggest Losers contest without the help of our generous and involved sponsors.

It is a pleasure to work with each organization and their representatives. Our primary sponsors are AllPRO Home Health, The Charlotte County Health Department, and Port Charlotte Natural Foods.

Each business brings something unique to the competition.

Port Charlotte Natural Foods donates prizes for the weekly winners, and while they cannot diagnose conditions, they do their best to answer any questions that participants and the general public may have.

They strive to provide you with accurate information when it comes to questions on weight loss, digestive enzymes, cholesterol, and multi-vitamins.

The Charlotte County Health Department provides weekly tips and advice as well as startup gifts for all of the contestants. AllPRO Home Health also offers prizes and participant gifts each year along with free BMI screening for the participants.

Each of these organizations share one common goal in sponsoring the competition: To help educate our community about their health and nutritional needs. So, a big thank you goes out to our sponsors, without their generous donations, the Biggest Losers competition would not be what it is today.

Weekly tip from the Charlotte County Health Department: Join a fitness class — exercising and socializing can go hand in hand. This

Weekly tip from Jeff Louda, certified personal trainer: Remember one portion of lean meat is a size of a deck of cards, so think twice about eating that steak that's the size of your plate when you are out to dinner!

Results from week six (Team name, week six weight loss percent, total weight loss percent):

All For Em: -1.0%, 1.3% All-In: 1.9%, 13.4% Banyon Point Crew: 0.9%, 3.1% Belly Busters: 0.4%, 3.9% Budda Busters: 0.0%, 2.5% Busting Bubbles: -0.3%, 3.4% Button poppers: 1.5%, 10.8% By His Grace: 0.1%, 4.1% Can Do Its: -0.2%, 2.7% Classy Divas: 17.0%, 19.8% Closed Jaws: 0.0%, 5.5% Dare to Lose: 0.1%, 4.7% Diet Rites: 0.1%, 3.3% Drop it like its hot: 0.6%, 3.1% Excess Baggage: 0.2%, 5.2% Fabulous Fattyz: 1.4%, 6.6% Fantastic Four: 0.3%, 4.6% Fixations: 0.0%, 0.7% Four C's: 0.2%, 3.3% Four Fun Girls: 1.2%, 4.0% G 3 + 1: 0.7%, 6.1% Gianna's Hair Salon: 0.4%, 6.2% Git R Dun: -0.1%, 3.4% Heavy Weight Champs: 0.1%, 3.0% IDC Chicks: 0.1%, 1.7% Jello Jigglers: 0.0%, 4.3% Lean Lizards: -0.3%, 4.8% Lightness of being: 0.2%, 2.9% Lose to Win: 0.2%, 1.8% M & M Boys: 0.2%, 6.6% Managing our change: 0.7%, 3.8% Mean Leans: 1.1%, 5.6% Mission Slimpossible: 0.2%, 10.6% Obese No More: 0.0%, 3.4% Out of Breath: -0.1%, 7.7% Pack on/Pack off: 1.6%, 7.0% Pesky Pandas: 0.0%, 2.4% Phat Chicks: 0.3%, 5.5% Pirates of the weigh in: 0.0%, 6.2% Pounds off: 1.0%, 2.8% Shake n Bake: 1.1%, 4.8% Simba: 0.0%, 6.9% Slende-ellas fellas: 0.2%, 4.3% Slinky Snakes: 0.1%, 5.1% Stingrays: 0.3%, 4.4% Targarteers: -0.1%, 3.8% Three Amigos: -0.2%, 2.1% Three to One: 0.7%, 4.7% Three Wyns: 0.0%, 3.2% Three Y + 1: 0.4%, 7.1% Tiny Tornadoes: 0.3%, 1.6% Tippin Scales: 0.0%, 2.7% Turner's Tubbie: -1.0%, 2.9% Two cows and a couple chickens: 0.0%, 6.6% United we Lose: 0.6%, 4.1% Victor's Angels: 0.1%, 6.2% Waist Away: 0.1%, 5.0% Waist Busters: -0.4%, 2.1% Weighdown Gal: 0.0%, 2.0% Weight Slayers: -0.2%, 1.6% Weightbusters: 0.2%, 4.4% WIC Chicks and the Rooster: -0.1%, 4.4% Wild Cats: 0.8%, 5.4%

Congratulations to winner of week six, Laura Thompson from team Mean Leans, who lost 3.1 percent. Laura 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, Phil Caudil from team Fabulous Fattyz. Phil won free Coffee from the Starbucks at Port Charlotte Town Center just for weighing in!