

Get ready — the big day is on its way

By **DONNA BARRETT**

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Where will you be three weeks from now? March 29 is on its way — it will be here before you know it — there's no stopping it.

Last January over 250 people signed-up for the challenge and vowed to be healthier by March 29.

Some wanted to lose just 20 pounds, some wanted to lose more. Others joined on their own, to see how well they would fare. The day is coming. How much healthier will you be on March 29?

There is still time to lose weight. With a sensible diet and moderate exercise you could potentially lose up to 12 pounds over the next three weeks.

So where will you be on the big day — will you be 12 pounds lighter? Start now. Today.

Put down that cookie and crunch.

Get off that recliner and run!

Throw the excuses in the trash, along with all that junk food. Make this the day that you make the change.

How great will it be for your jeans to feel a little looser? Can you handle having more energy when you lose more weight? Twelve pounds in three weeks. Can you do it?

Results from week nine (team name, week nine weight loss percentage, total weight loss percentage):

All For Em: 0.0%, 1.3% All-In: 0.4%, 15.1% Banyon Point Crew: 0.0%, 3.2% Belly Busters: 0.2%, 4.9% Budda Busters: 0.0%, 2.5% Busting Bubbles: -0.2%, 3.4% Button poppers: 0.8%, 13.1% By His Grace: 0.6%, 4.9% Can Do Its: 0.5%, 3.4% Classy Divas: 0.0%, 3.6% Closed Jaws: 0.0%, 5.5% Dare to Lose: 0.0%, 5.2% Diet Rites: 0.0%, 4.1% Drop it like its hot: 0.0%, 3.3% Excess Baggage: 0.0%, 5.4% Fabulous Fattyz: 1.1%, 7.5% Fantastic Four: 0.2%, 4.7% Fixations: 0.0%, 0.7% Four C's: 0.7%, 3.6% Four Fun Girls: 0.1%, 4.0% G 3 + 1: 0.0%, 6.1% Gianna's Hair Salon: 0.1%, 7.0% Git R Dun: 0.0%, 3.8% Heavy Weight Champs: 0.0%, 3.2% IDC Chicks: 0.0%, 1.9% Jello Jigglers: 0.0%, 4.3% Lean Lizards: -0.1%, 4.9% Lightness of being: 0.6%, 3.2% Lose to Win: 0.0%, 1.8% M & M Boys: 0.0%, 6.7% Managing our change: 0.0%, 3.8% Mean Leans: -0.1%, 6.7% Mission Slimpossible: 1.2%, 12.4% Obese No More: -0.5%, 3.2% Out of Breath: 0.6%, 10.1% Pack on/Pack off: 0.0%, 7.0% Pesky Pandas: -0.6%, 3.9% Phat Chicks: 0.5%, 5.7% Pirates of the weigh in: 0.8%, 7.1% Pounds off: 0.1%, 3.1% Shake n Bake: 0.1%, 5.2% Simba: 0.0%, 6.9% Slenderellas Fellas: 0.1%, 4.3% Slinky Snakes: 0.5%, 6.1% Stingrays: 0.0%, 3.4% Targarteers: 0.0%, 3.8% Three Amigos: 0.3%, 2.3% Three to One: 0.1%, 5.8% Three Wyns: 0.1%, 3.7% Three Y + 1 X: 0.3%, 10.0% Tiny Tornadoes: 0.0%, 1.6% Tippin Scales: 0.0%, 2.7% Turner's Tubbie: 0.0%, 2.8% Two cows and a couple chickens: -0.1%, 6.7% United we Lose: 0.0%, 4.1% Victor's Angels: 0.0%, 6.8% Waist Away: 0.0%, 5.0% Waist Busters: -0.3%, 1.6% Weighdown Gal: -0.1%, 2.1% Weight Slayers: 0.0%, 1.6% Weightbusters: 0.2%, 5.3% WIC Chicks and the Rooster: 0.6%, 6.7% Wild Cats: 1.3%, 6.8%

Congratulations to winner of week 9: Tee Callan, from team Wildcats who lost 3.6 percent. Tee 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, Marge Harrington from team Slinky Snakes. Marge won free Coffee from the Starbucks at Port Charlotte Town Center just for weighing in!

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