

Who won the Biggest Loser Competition?

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

Season four of the Biggest Losers Competition at the Cultural Center of Charlotte County ended with a celebration on March 31 and what a celebration it was! This season's competitors have a lot to be proud of. With more than 63 teams, there was more than 3,000 pounds shed!

The most important thing anyone can learn from the competition is that this was not about a 12-week contest. This was about making a lifestyle change for improved health. There are no miracles performed overnight, and weight can come back as fast as it was taken off. This was about learning ways to keep going in a personal weight loss challenge.

Of course the prize money was a huge motivation. More prizes and incentives were given away than any season in the past as \$3,750 was split between the top three teams. There were even more prizes from partners as well!

Each participant received a water bottle cover and a pedometer from the Charlotte County Health Department. Every week, Starbucks in the Port Charlotte Town Center mall gave a free coffee to the "persistent winner" of the week, a random contestant who weighed in for the week. This helped give incentive to those to make sure they stayed on the weight loss track.

Each week, the contestant who lost the most weight for the week, and had weighed in the week prior, won a gift bag of great items from Port Charlotte Natural Foods, a free month at the Fitness Salon at the Cultural Center, and a prize from ALLPro Home Health.

Every contestant who lost 20 pounds during the competition was given a free haircut by A Select Salon by Malinda. Almost 30 percent of the contestants received the coupon! And now, the winners: Tom Callan from team "All-In" was the highest percent individual weight loss for the men with a 27.3 percent loss! Kristin Lloyd from team "Mission Slimpossible" was the highest percent individual weight loss for the women with a 21.1 percent loss! Team winners: Third Place: Button Poppers had a weight loss of 14.9 percent. Team members were: Bob Blake, Justin Bouchard, Jeremy Davis, and Dan Staples and they split \$750!

Second Place: Mission Slimpossible had a weight loss of 15.5 percent. Team members included: Kristin Lloyd, Cherry Reeves, Sheila Ulp, and Adriane York. They split \$1,125!

First Place: All-in had a weight loss of 18.4 percent. Team members were: Tom Callan, Nick Callan, Josh Gyurich, and Chris Holly. The winners split \$1,875!

Biggest Losers 5 will start June 21. For anyone who is thinking about competing, if you sign up before April 15, you will get a two pound pass to help you during the competition.

Remember weight loss is a lifestyle change. The tricks and tools you have been using need to continue after the competition.

Sharon Mays from the Charlotte County Health Department has tips and advice to promote healthy options in your life. Jeff Louda, the Fitness Salon manager, will be more than happy to help anyone who needs a re-evaluation of their choices. For more information on the next competition please visit www.theculturalcenter.com or call 941-625-4175 ext. 263.

Final team results: Team name, total weight loss All For Em, 1.3 percent All-In, 18.4 percent Banyon Point Crew, 2.6 percent Belly Busters, 5.6 percent Budda Busters, 2.5 percent Busting Bubbles, 3.6 percent Button poppers, 14.9 percent By His Grace, 5.7 percent Can Do Its, 3.3 percent Classy Divas, 3.6 percent Closed Jaws, 5.5 percent Dare to Lose, 6.3 percent Diet Rites, 5.3 percent Drop it like its hot, 3.3 percent Excess Baggage, 6.0 percent Fabulous Fattyz, 8.8 percent Fantastic Four, 5.0 percent Fixations, 0.7 percent Four C's, 3.9 percent Four Fun Girls, 3.1 percent G 3 + 1, 6.1 percent Gianna's Hair Salon, 8.6 percent Git R Dun, 3.3 percent Heavy Weight Champs, 3.2 percent IDC Chicks, 2.2 percent Jello Jigglers, 4.3 percent Lean Lizards, 4.2 percent Lightness of being, 4.3 percent Lose to Win, 2.1 percent M & M Boys, 6.7 percent Managing our change, 3.8 percent Mean Leans, 6.4 percent Mission Slimpossible, 15.5 percent Obese No More, 3.3 percent Out of Breath, 12.8 percent Pack on/Pack o', 7.0 percent Pesky Pandas, 4.5 percent Phat Chicks, 5.8 percent Pirates of the weigh in, 6.7 percent Pounds o', 5.9 percent Shake n Bake, 6.2 percent Simba, 6.9 percent Slenderellas Fellas, 4.7 percent Slinky Snakes, 7.7 percent Stingrays, 3.4 percent Targarteers, 6.8 percent Three Amigos, 2.6 percent Three to One, 6.6 percent Three Wyns, 4.5 percent Three Y + 1 X, 12.3 percent Tiny Tornadoes, 1.6 percent Tippin Scales, 2.7 percent Turner's Tubbie, 2.8 percent Two cows and a couple chickens, 7.1 percent United we Lose, 4.1 percent Victor's Angels, 7.5 percent Waist Away, 5.0 percent Waist Busters, 2.1 percent Weighdown Gal, 2.4 percent Weight Slayers, 1.6 percent Weightbusters, 6.0 percent WIC Chicks and the Rooster, 8.7 percent Wild Cats, 6.0 percent

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Jim Hageman and Rufus Lazzell present the Biggest Losers for the men, Tom Callan who lost 27.3 percent and Kristin Lloyd who lost 21.1 percent of their original weight. Rufus Lazzell, President of the Cultural Center presents Team "All-in" with their first place check of \$1,875 for losing 18.7 percent of their weight in 12 weeks.