

Keep working after the competition is over

By **DONNA BARRETT**

CULTURAL CENTER OF CHARLOTTE COUNTY

Eleven weeks ago contestants signed up for the Biggest Losers competition. Why? What made them sign up? Was it for the team camaraderie to help them lose weight? Was it the great prizes and incentives? Were they finally ready to make changes in their life to be healthier?

Whatever the original reason, it is now 11 weeks later. Weight loss is not a 12-week competition -- it is a way of life. Eating healthier, exercising more, and making better choices in your life will help you to continue on your weight loss journey, as well as maintain your healthy life.

The contest is coming to an end. In one more week the winner of the competition will be revealed. Endings often bring on feelings of sadness or loneliness, but that is not the case this situation.

Your friends at the [Cultural Center of Charlotte County](#), Port Charlotte Natural Foods, A Select Salon by Malinda, All-Pro Home Health and the Charlotte County Health Department are always here to help you.

Difficult choices will continue to be made in your new way of life, and when you need help regarding your healthy lifestyle, please do not hesitate to contact us.

Tomorrow at 5 p.m., there will be a party to commemorate the finale of Biggest Losers 5, when \$3,750 will be given away (as well as additional prizes). So, Biggest Losers, come on down and celebrate your life! Don't miss out because there will be incentives to help you lose weight in the future.

So far, 2,937 pounds are gone! Can we make it to a ton and a half of weight loss? Make sure you weigh in by tomorrow at noon!

Results from week 11 (team name, week 11 weight loss percentage, total weight loss percentage):

All For Em:0.0%, 1.3%	Mission Slimpossible:0.9%, 13.7%
All-In:0.9%, 16.8%	Obese No More:0.1%, 3.1%
Banyon Point Crew:-0.4%, 2.6%	Out of Breath:0.6%, 11.5%
Belly Busters:0.3%, 5.3%	Pack on/Pack off:0.0%, 7.0%
Budda Busters:0.0%, 2.5%	Pesky Panda:-0.1%, 4.5%
Busting Bubbles:0.9%, 3.7%	Phat Chicks:0.0%, 5.7%
Button poppers:0.5%, 14.2%	Pirates of the weigh in:0.4%, 6.8%
By His Grace:0.5%, 5.3%	Pounds off:0.4%, 3.5%
Can Do Its:0.0%, 3.7%	Shake n Bake:0.1%, 5.8%
Classy Divas:0.0%, 3.6%	Simba:0.0%, 6.9%
Closed Jaws:0.0%, 5.5%	Slenderellas Fellas:0.0%, 4.4%
Dare to Lose:0.4%, 5.8%	Slinky Snakes:-1.0%, 5.9%
Diet Rites:0.7%, 5.0%	Stingrays:0.0%, 3.4%
Drop it like its hot:0.0%, 3.3%	Targateers:0.0%, 3.8%
Excess Baggage:1.2%, 6.5%	Three Amigos:0.6%, 2.8%
Fabulous Fattyz:0.5%, 8.2%	Three to One:0.5%, 6.4%
Fantastic Four:0.2%, 5.0%	Three Wyns:0.5%, 4.1%
Fixations:0.0%, 0.7%	Three Y + 1 X:0.7%, 11.4%
Four C's:0.3%, 3.6%	Tiny Tornadoes:0.0%, 1.6%
Four Fun Girls:0.0%, 3.1%	Tippin Scales:0.0%, 2.7%
G 3 + 1:0.0%, 6.1%	Turner's Tubbie:0.0%, 2.8%
Gianna's Hair Salon:0.3%, 8.3%	Two cows and a couple chickens:0.4%, 7.1%
Git R Dun:-0.8%, 3.3%	United we Lose:0.0%, 4.1%
Heavy Weight Champs:0.0%, 3.2%	Victor's Angels:0.8%, 7.4%
IDC Chicks:0.0%, 2.2%	Waist Away:0.0%, 5.0%
Jello Jigglers:0.0%, 4.3%	Waist Busters:0.0%, 2.1%
Lean Lizards:0.1%, 5.0%	Weighdown Gal:0.0%, 2.4%
Lightness of being:0.4%, 4.0%	Weight Slayers:0.0%, 1.6%
Lose to Win:0.0%, 2.1%	Weightbusters:0.1%, 5.7%
M & M Boys:0.0%, 6.7%	WIC Chicks and the Rooster:0.5%, 7.6%
Managing our change:0.0%, 3.8%	Wild Cats:-0.3%, 6.4%
Mean Leans:-0.2%, 6.4%	

Congratulations to winner of week 11: Virginia Tracey, from team Three Amigos, who lost 3.6 percent. Virginia 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, Fred Soltys from team Slinky Snakes. Fred won free Coffee from the Starbucks at Port Charlotte Town Center just for weighing in!

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