

# It's the final countdown for season five

By DONNA BARRETT - CULTURAL CENTER OF CHARLOTTE COUNTY

The last weigh-in is imminent and the competition winners will be announced shortly. What is your plan of action for this last week of the game?

Everyone has a different tactic when crunch time is upon them, so dust off your strategy and get to work! That being said, we hope that everyone still approach the competition with a positive attitude and a reasonable and healthy plan for the week.

Maybe you could work out a little bit longer or drink some more water, but remember, being extreme is not a good route to take, so please be careful with your body and your health this week.

Though this will be an active and intense week for you physically, it should also be a week full of reflection about your journey. Think back to the month of June and refocus on the reason that you entered this competition in the first place.

Did you set goals for yourself? If so, what progress have you made toward those goals? Take a moment to remind yourself that, regardless of outcome, joining this competition was a positive choice for you and your health. If you met your goals congratulate yourself, and then set new ones to continue improving upon your new healthy lifestyle.

Don't forget to take a moment outside of those new goals or resolutions to remember that you're always on the road to somewhere, and it is imperative to love yourself as much during the journey as when you reach your final destination.

If you have made progress during the competition but you haven't quite reached your goal weight we hope that you'll consider joining us for the next round of the Biggest Losers at The Cultural Center.

As we plan Season 6 of the Biggest Losers, we have a bonus for our early birds: anyone who signs up before December 1 will receive a "two-pound pass" to be used any week in Season 6. Anyone who watches a TV show with the same concept knows how important those passes are!

The next competition starts January 10, so get ready to tackle those pesky holiday pounds and change (or continue changing!) your life.

Congratulations to Cheyenne Young from team "I Know What You Weighed Last Summer." She is the Biggest Loser this week, losing 2.74 percent, Cheyenne has won a free month at the Fitness Salon at the Cultural Center.

Congratulations to Rachel Krzysiak from team "FSB" who is the Persistence Winner this week! Rachel has won a jump rope from the health department.

Results listed by team name, week 11 percentage, and total percentage:

3's The Charm: 0.9%, 11.1%

3 Fat Waitresses/ Bird Lady: 0.0%, 4.2%

3 Women and a Man: 0.0%, 3.5%

A Weigh We Go Girls: 0.0%, 2.9% Belly Busters: 0.0%, 0.1% Big Problem: 0.0%, 4.4% Booya: 0.0%, 9.7% Busy Bees: 0.0%, 3.4%

Caribbean Cruisers: 0.2%, 2.1%

I know what you weighed last summer: 0.7%, 6.6% Just do it: 0.1%, 2.6% Lot 2 lose: 0.0%, 1.6%

McChubby Chiciz: 0.2%, 8.6%

Publix391Fab4: 0.0%, 4.5% Slim Chance: 0.0%, 1.1% Slim Mamas: 0.0%, 0.7% Team FSB: 0.8%, 6.3%

Slimmin Women: 0.8%, 10.5% The Fab Four: 0.0%, 2.2%

The Mad Hatters: 0.0%, 5.3% Team Turner: 0.0%, 2.5%

Under Construction: 0.0%, 1.4%

Weight Smashers: 0.0%, 6.7%

Donna Barrett is the sales and marketing manager of the Cultural Center of Charlotte County, she can be reached at 941-625-4175 or by e-mail: [marketing@theculturalcenter.com](mailto:marketing@theculturalcenter.com).