

Resist temptations at backyard barbecues

By DONNA BARRETT

CULTURAL CENTER OF CHARLOTTE COUNTY

Congratulations for continuing on your weight-loss journey with The Biggest Losers competition at The Cultural Center. Now is the time when some folks find themselves facing many food-related temptations that can sometimes be difficult to ignore.

There are summer parties and picnics along with family gatherings and holiday celebrations. All of these tend to be brimming with homemade baked goods, frozen treats, mayonnaise-based salads as well as hotdogs and fatty meats.

Though all of these summer treats may be tantalizing, many of them can wreak havoc on your blood sugar and cholesterol.

Before attending an event that will be full of goodies and treats, take a moment to snack on something healthy and drink a couple of glasses of water before you leave. This way, once you reach your destination, you won't be absolutely ravenous.

Not being driven by the desire to immediately fill an empty stomach will enable you to make better choices from the foods that are available.

If you are going to a party where the host has requested you bring a dish, try something that is in line with your healthy lifestyle. A large, varied fruit salad will not only fill you up and taste great, but it's something that other partygoers will enjoy as well.

Congratulations to Kristin Lloyd from team Slimmin' Women. She is the Biggest Loser this week, with a loss of 2.9 percent. Kristin has won a free month at the Fitness Salon at the Cultural Center.

Congratulations also go out to the Persistence winner this week, Shawn Thompson from team The Mad Hatters. Shawn won a jump rope from the health department.

Results from week four, listed by team name, week four total and overall percentage of weightloss: 3's The Charm: 0.6%, 8.4%

3 Fat Waitresses/Bird Lady: 0.8%, 3.3% 3 Women and a Man: 0.7%, 2.7%

A Weigh We Go Girls:

1.1%, 2.4% Belly Busters: 0.2%, -0.3% Big Problem: 0.5%, 2.7% Booya: 0.6%, 7.4% Busy Bees: 0.8%, 1.9% Caribbean Cruisers:

-0.5%, 1.4%

I know what you weighed last summer: -0.2%, 1.7% Just do it: 0.1%, 2.1% Lot 2 lose: -0.1%, 1.7% McChubby Chic: 1.3%, 5.9% Publix391Fab4: 0.7%, 4.1% Slim Chance: 0.0%, 1.1% Slim Mamas: 0.1%, 0.9% Team FSB: 0.9%, 3.3% Slimmin Women: 0.9%, 6.8% The Fab Four: 0.1%, 1.4% The Mad Hatters: 1.0%, 5.3% Team Turner: 0.5%, 2.7% Under Construction:

-0.2%, 1.9% Weight Smashers: 0.8%, 4.6%

Wic Chicks & Rooster:

0.4%, 1.9%

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