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**ALL PRO
Home Health**



Biggest Losers

WEEKLY TIP from the Charlotte County Health Department:

Think small doses. Do an activity that will get your heart beating faster, even just for ten minutes at a time. Walk, briskly, climb a few extra stairs, dance, walk up a hill, be active in the pool, skip rope or play tag with the children. Try to accumulate at least 30 minutes of physical activity each day.

\$10 a month Happy Hour membership at the Fitness Salon. Sign up at your next weigh in!

WEEKLY Tip from Jeff Louda, Certified Personal Trainer. Do More- start less. When you are just starting to workout, remember not to exert yourself too much. This can cause injury. Start off slow, and gradually increase your workout. Start walking on a treadmill, then increase to running, then add weights to your ankles and hands. This will maximize your health plans without unnecessary pain!

Biggest Losers is Back and ready to lose

Season 4 of the Biggest Losers at the Cultural Center of Charlotte County is back and Bigger than ever! This season over 250 people have stepped up to the challenge to lose weight and win money! Over \$3,700 in prizes will be awarded and that is a great incentive to help you make life changing decisions. The beginning of the competition started with a meet and greet of the teams, and a Pig Out Party! At the party, competitions took place, such as races on a treadmill, lifting medicine balls, and jumping hoola-hoops was a great start to the fun with great prizes from Starbucks, Days Inn (Port Charlotte), All Pro-Home Health, Skintopia by Bina, Perkins Restaurants and Port Charlotte Natural Foods. The Charlotte County Health Department, a partner of the event, has information on how to start a healthier lifestyle with tips on weight loss. With the excitement in the room, there is bound to be a tough competition this season! This season all contestants receive a pedometer and water koozy from the Charlotte County Health Department, 1 week free at the Fitness Salon at the Cultural Center, and each contestant that loses 20 lbs will receive a free hair cut from A Select Salon by Malinda.

In the first week over 1,000 lbs have already been lost!

Week 1 Winners!

Week 1 Biggest Loser is Sheila Ulp from team Mission Slimpossible with a 8.0% weight loss. Sheila has won a gift bag from Port Charlotte Natural Foods!

Week 1 Persistent Winner: Anna Vanderhorn from Team Stingrays! Anna won a Free Coffee from Starbucks just for weighing in!

IMPORTANT REMINDERS

Weigh-Ins must be done by Monday at 12pm

In order to be eligible for weekly prizes, you MUST weigh in the week prior.

If you need any advice, or tips, our Certified Fitness Team is ready to help you.

You have a FREE week at the Fitness Salon to be used anytime during the contest

Everyone who weighs in is eligible for the Weekly Persistence Award

When you lose 20 lbs, you are eligible for a FREE Hair Cut from A Select Salon

Thank you to Perkins, All-Pro Home Health, Charlotte County Health Department and Port Charlotte Natural Foods for their donations to the Pig-Out Party.

Good luck and have fun!

Team Name	Week 1 Weight Loss
All For Em	0.7%
All-In	5.0%
Banyon Point Crew	0.5%
Belly Busters	1.2%
Budda Busters	1.5%
Busting Bubbles	2.2%
Button poppers	3.8%
By His Grace	2.1%
Can Do Its	1.4%
Classy Divas	2.4%
Closed Jaws	3.2%
Dare to Lose	2.7%
Diet Rites	1.3%
Drop it like its hot	1.4%
Excess Baggage	2.4%
Fabulous Fattyz	3.1%
Fantastic Four	2.9%
Fixations	0.8%
Four C's	0.5%
Four Fun Girls	2.1%
G 3 + 1	2.3%
Gianna's Hair Salon	3.9%
Git R Dun	1.8%
Heavy Weight Champs	-26.3%
IDC Chicks	0.7%
Jello Jigglers	2.2%
Lean Lizards	2.0%
Lightness of being	1.4%
Lose to Win	1.4%
M & M Boys	10.5%
Managing our change	0.8%
Mean Leans	2.9%
Mission Slimpossible	5.1%
Obese No More	1.2%
Out of Breath	3.3%
Pack on/Pack off	0.5%
Pesky Pandas	1.5%
Phat Chicks	3.6%
Pirates of the weigh in	3.0%
Pounds off	0.6%
Shake n Bake	2.5%
Simba	5.0%
Slende-ellas/fellas	0.6%
Slinky Snakes	1.9%
Stingrays	1.8%
Targarteers	2.7%
Three Amigos	5.2%
Three to One	1.9%
Three Wyns	1.1%
Three Y + 1 X	12.3%
Tiny Tornadoes	0.5%
Tippin Scales	1.2%
Turner's Tubbie	1.8%
Two cows and a couple chickens	3.1%
United we Lose	1.8%
Victor's Angels	3.4%
Waist Away	2.7%
Waist Busters	5.5%
Weighdown Gal	1.0%
Weight Slayers	2.8%
Weightbusters	3.8%
WIC Chicks and the Rooster	0.8%
Wild Cats	2.8%