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ALL PRO Home Health



Port Charlotte Natural Foods

A SELECT SALON 941-268-3629

Biggest Loser 4

WEEKLY ACTIVITY
From the Charlotte County Health Department.

Add 5 minutes more to any workout regime you currently have.

Visit www.charlottechd.com
For more suggestions and helpful hints.

\$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:

Choosing high fiber low calorie foods as snacks and side dishes is an easy way to stay fueled up and full throughout the day! Air popped popcorn is a great choice. It'd light, filling and healthy!

Week 11

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

Whatever the reason, it is eleven 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 getting ready to end. One more week and you will find out who has won the competition. Many endings bring on feelings of sadness or loneliness, but that is not the case this time. Your friends at the Cultural Center of Charlotte County, Port Charlotte Natural Foods, A Select Salon by Melinda, 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.

This Monday, March 29th at 5pm, there will be a celebration for the end of the season Biggest loser 4. \$3,750 will be given away as well as additional prizes. Biggest Loser come on down and celebrate your life! Don't miss out because there will be incentives to help you lose eight in the future.

So far 2937 pounds are gone!!! Can we make it to a ton and a half of weight loss? Make sure you weigh in by Monday at 12pm.

Week 11 Winner

Congratulations to winner of Week 9: **Virginia Tracey from team Three Amigos**

Virginia lost 3.6%!!! Virginia wins one 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 Mall just for weighing in.

Biggest Loser's Results, Week 11

Team Name, % Wt Loss, Total % Wt Loss

All For Em,0.0%,1.3%
All-In,0.9%,16.8%
Banyon Point Crew,-0.4%,2.6%
Belly Busters,0.3%,5.3%
Budda Busters,0.0%,2.5%
Busting Bubbles ,0.9%,3.7%
Button poppers,0.5%,14.2%
By His Grace,0.5%,5.3%
Can Do Its,0.0%,3.7%
Classy Divas,0.0%,3.6%
Closed Jaws,0.0%,5.5%
Dare to Lose,0.4%,5.8%
Diet Rites,0.7%,5.0%
Drop it like its hot,0.0%,3.3%
Excess Baggage, 1.2%,6.5%
Fabulous Fattyz,0.5%,8.2%
Fantastic Four,0.2%,5.0%
Fixations,0.0%,0.7%
Four C's,0.3%,3.6%
Four Fun Girls,0.0%,3.1%
G 3 + 1,0.0%,6.1%
Gianna's Hair Salon,0.3%,8.3%
Git R Dun,-0.8%,3.3%
Heavy Weight Champs,0.0%,3.2%
IDC Chicks,0.0%,2.2%
Jello Jigglers,0.0%,4.3%
Lean Lizards,0.1%,5.0%
Lightness of being,0.4%,4.0%
Lose to Win,0.0%,2.1%
M & M Boys,0.0%,6.7%
Managing our change,0.0%,3.8%
Mean Leans,-0.2%,6.4%
Mission Slimpossible,0.9%,13.7%
Obese No More,0.1%,3.1%

Team Name, % Wt Loss, Total % Wt Loss

Out of Breath,0.6%,11.5%
Pack on/Pack off,0.0%,7.0%
Pesky Panda,-0.1%,4.5%
Phat Chicks,0.0%,5.7%
Pirates of the weigh in,0.4%,6.8%
Pounds off,0.4% ,3.5%
Shake n Bake,0.1%,5.8%
Simba,0.0%,6.9%
Slenderellas Fellas,0.0%,4.4%
Slinky Snakes,-1.0%,5.9%
Stingrays,0.0%,3.4%
Targarteers,0.0%,3.8%
Three Amigos,0.6%,2.8%
Three to One,0.5%,6.4%
Three Wyns,0.5%,4.1%
Three Y + 1 X,0.7%,11.4%
Tiny Tornadoes,0.0%,1.6%
Tippin Scales,0.0%,2.7%
Turner's Tubbie,0.0%,2.8%
Two cows and a couple chickens,0.4%,7.1%
United we Lose,0.0%,4.1%
Victor's Angels,0.8%,7.4%
Waist Away,0.0%,5.0%
Waist Busters,0.0%,2.1%
Weighdown Gal,0.0%,2.4%
Weight Slayers,0.0%,1.6%
Weightbusters,0.1%,5.7%
WIC Chicks and the Rooster,0.5%,7.6%
Wild Cats,-0.3%,6.4%