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**Port Charlotte
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Biggest Losers

WEEKLY TIP from the Charlotte County Health Department:

Make housework fun! Dust and vacuum to your favorite tunes and throw in a dance step or two along the way. 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:

Are you a couch potato? Commercials can be a blessing! Take this two minutes to an intense high cardio workout. Run in place, do pushups, squats is a sure fire way to help burn some calories- and so much better than running to the kitchen for a snack!

Week 2 is Not Too Weak with the Biggest Losers

In the past three seasons of the Biggest Losers challenge, Week 2 is always a hard week. During the first week water weight goes, and the inspirational energy of staring on a new weight loss journey tends to make you lose more weight. Normally the first week of weight loss brings dramatic and satisfying results. When you weigh in the second week, it can be discouraging, as sometimes the scale doesn't show the same results. Do not let this discourage you! According to Jillian Michaels from the Biggest Loser, normal weight loss is two pounds a week. When you fluctuate more than that in a single week, you are at a greater risk to put the weight back on. Remember this competition is about being healthy. There are still ten more weeks to show results. Keep your chin up...on the pull up bar!

Week 2 and 1700 pounds gone-

That is the Weight of a Car (Smart Car)

Week 1 Winners!

Congratulations to winner of Week 2: **Tom Callan**, from Team All-In, lost 5.0%!!! Tom 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 Reusable Water Bottle with Handle from All Pro Home Health, LLC.

Congratulations to the Persistence Award Winner, Tom Stubbs from Team Out of Breath. Tom won FREE Coffee from the Starbucks at Port Charlotte Town Center just for weighing in!

We want to hear from you!

How is your progress going? We want to know what changes you have made in your life and what you feel has benedited you during this competition. The editor of the Port Charlotte Herald is looking to run stories on YOU. Help others find the motivation you have! If you want to share your story, please email marketing@theculturalcenter.com

Many of your teammates are wanting to reach you. Emails are going out to your team so you can keep in touch.

Good luck and keep losing!

There are already contestants that have earned their free haircut by losing 20 lbs!

Free Haircut by A Select Salon go to:

Dave Antini*** Tom Callan*** Rona Dick*** Josh Gyrich*** Adriane York