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ALL PRO Home Health



Port Charlotte Natural Foods

941-268-3629

Biggest Losers

WEEKLY ACTIVITY
From the Charlotte
County Health
Department.

Try a yoga, tai-chi,
aerobics or stretch-
ing class.

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

Pretty Yourself Healthy!

Positive self image is a key to enjoying every day to its fullest. Some of the greatest confidence boosters on the way to this goal are losing a few pounds, slipping into a smaller size, or looking into the mirror in the morning and noticing something new about yourself that you appreciate. A positive self-image can be magnified even more after a "day of beauty." That's why Mindy, a stylist from A Select Salon is offering free haircuts to all Biggest Losers contestants who lose more than twenty pounds during the competition. What a great motivator, and what a wonderful way to help renew your confidence and improve self-image.

Take time out for yourself. Realize what it is that makes you happy. Learn to smile at more things. This will help keep you on your way to being healthier and losing weight!

Week 2 Winner

Congratulations to winner of Week 2: **Cherry Reeves, from Mission Slimpossible.**

Cherry lost 5.8%!!! Cherry 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,

Kevin Faber from Team Jello Jigglers.

Kevin won a FREE coffee from the Starbucks at Port Charlotte Town Center Mall just for weighing in.

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

WEEKLY Tip from
Jeff Louda, Certified
Personal Trainer:
Cardiovascular work-
outs are great, but
cardio workouts on
an incline are the
best! Use a treadmill
that has a hill or
mountain mode, or
an incline. Don't have
access to one? Run
up a hill or even
stairs! This is a sure
way to get twice the
workout

Team Name	wk 1 % Loss	Wk 2 % Loss	Total Weight Loss %
All For Em	0.7%	0.6%	1.3%
All-In	5.0%	3.0%	7.9%
Banyon Point Crew	0.5%	0.1%	0.6%
Belly Busters	1.2%	0.8%	2.0%
Budda Busters	1.5%	0.6%	2.1%
Busting Bubbles	2.2%	1.2%	3.4%
Button poppers	3.8%	2.2%	5.9%
By His Grace	2.1%	1.2%	3.2%
Can Do Its	1.4%	0.5%	1.9%
Classy Divas	2.4%	1.4%	3.7%
Closed Jaws	3.2%	1.8%	5.0%
Dare to Lose	2.7%	0.8%	3.6%
Diet Rites	1.3%	0.2%	1.5%
Drop it like its hot	1.4%	1.2%	2.6%
Excess Baggage	2.4%	1.2%	3.6%
Fabulous Fattyz	3.1%	1.1%	4.1%
Fantastic Four	2.9%	1.0%	3.9%
Fixations	0.8%	0.2%	1.0%
Four C's	0.5%	1.9%	2.4%
Four Fun Girls	2.1%	0.5%	2.5%
G 3 + 1	2.3%	2.6%	4.8%
Gianna's Hair Salon	3.9%	0.5%	4.3%
Git R Dun	1.8%	1.0%	2.8%
Heavy Weight Champs	0.9%	1.3%	2.2%
IDC Chicks	0.7%	0.3%	0.9%
Jello Jigglers	2.2%	1.0%	3.2%
Lean Lizards	2.0%	1.2%	3.2%
Lightness of being	1.4%	0.5%	1.9%
Lose to Win	1.4%	-0.8%	0.6%
M & M Boys	2.9%	0.7%	3.6%
Managing our change	0.8%	0.2%	1.0%
Mean Leans	2.9%	0.7%	3.7%
Mission Slimpossible	5.1%	2.4%	7.4%
Obese No More	1.2%	1.2%	2.3%
Out of Breath	3.3%	1.3%	4.5%
Pack on/Pack off	0.5%	4.5%	5.0%
Pesky Pandas	1.5%	0.9%	2.3%
Phat Chicks	3.6%	0.9%	4.5%
Pirates of the weigh in	3.0%	1.5%	4.5%
Pounds off	0.6%	0.8%	1.4%
Shake n Bake	2.5%	0.3%	2.8%
Simba	5.0%	1.4%	6.3%
Slende-ellas/fellas	0.6%	1.5%	2.1%
Slinky Snakes	1.9%	1.7%	3.5%
Stingrays	1.8%	2.0%	3.7%
Targarteers	2.7%	1.2%	3.8%
Three Amigos	1.5%	0.0%	1.5%
Three to One	1.9%	1.2%	3.1%
Three Wyns	1.1%	0.1%	1.2%
Three Y + 1 X	3.0%	2.1%	5.0%
Tiny Tornadoes	0.5%	0.3%	0.8%
Tippin Scales	1.2%	0.6%	1.7%
Turner's Tubbie	1.8%	1.0%	2.8%
Two cows and a couple chickens	3.1%	1.4%	4.5%
United we Lose	1.8%	0.7%	2.5%
Victor's Angels	3.4%	0.3%	3.7%
Waist Away	2.7%	0.9%	3.6%
Waist Busters	0.5%	0.5%	1.0%
Weighdown Gal	1.0%	1.1%	2.2%
Weight Slayers	2.8%	-1.5%	1.4%
Weightbusters	2.7%	0.8%	3.5%
WIC Chicks and the Rooster	0.8%	1.8%	2.6%
Wild Cats	2.8%	1.4%	4.1%
Total	2.1%	1.0%	3.1%