



Sponsored by:

**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  
stretching class.

Visit

[www.charlottechd.com](http://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 3 Winner

Congratulations to winner of Week 3: **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.

*One Ton GONE! ...How much more will be lost????*



Mindy and her team from A Select Salon are giving Free consultations to all contestants of the Biggest Losers, as well as a FREE hair cut to anyone who loses twenty pounds on the competition. Being healthier on the inside helps when you feel prettier on the outside!

**\$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:

Cardiovascular  
workouts 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	Week 3	Total
All For Em	-0.3%	1.0%
All-In	2.0%	9.7%
Banyon Point Crew	2.1%	2.6%
Belly Busters	0.7%	2.7%
Budda Busters	0.4%	2.5%
Busting Bubbles	-0.5%	2.9%
Button poppers	1.9%	7.7%
By His Grace	-0.4%	2.9%
Can Do Its	0.0%	1.9%
Classy Divas	0.5%	4.2%
Closed Jaws	0.5%	5.5%
Dare to Lose	-0.1%	3.5%
Diet Rites	-6.4%	-4.8%
Drop it like its hot	0.2%	2.9%
Excess Baggage	0.3%	3.9%
Fabulous Fattyz	0.0%	4.1%
Fantastic Four	0.2%	4.1%
Fixations	0.0%	1.0%
Four C's	0.2%	2.6%
Four Fun Girls	0.0%	2.6%
G 3 + 1	0.3%	5.1%
Gianna's Hair Salon	0.6%	4.9%
Git R Dun	-0.1%	2.7%
Heavy Weight Champs	0.3%	2.5%
IDC Chicks	0.0%	1.0%
Jello Jigglers	0.4%	3.6%
Lean Lizards	0.9%	4.1%
Lightness of being	0.3%	2.2%
Lose to Win	1.3%	1.9%
M & M Boys	0.7%	4.2%
Managing our change	2.1%	3.1%
Mean Leans	0.7%	4.3%
Mission Slimpossible	2.8%	10.0%
Obese No More	0.1%	2.4%
Out of Breath	0.9%	5.3%
Pack on/Pack off	0.4%	5.4%
Pesky Pandas	0.0%	2.4%
Phat Chicks	0.5%	4.9%
Pirates of the weigh in	1.6%	6.0%
Pounds off	0.5%	1.8%
Shake n Bake	1.7%	4.4%
Simba	0.3%	6.6%
Slende-ellas/fellas	1.2%	3.3%
Slinky Snakes	-0.6%	2.9%
Stingrays	0.3%	4.0%
Targarteers	0.0%	3.8%
Three Amigos	0.5%	2.0%
Three to One	0.4%	3.5%
Three Wyns	0.6%	1.8%
Three Y + 1 X	0.4%	5.4%
Tiny Tornadoes	0.6%	1.4%
Tippin Scales	0.7%	2.4%
Turner's Tubbie	-0.2%	2.6%
Two cows and a couple chickens	0.7%	5.2%
United we Lose	0.7%	3.2%
Victor's Angels	1.2%	4.9%
Waist Away	0.3%	3.9%
Waist Busters	0.8%	1.8%
Weighdown Gal	-1.0%	1.2%
Weight Slayers	1.4%	2.8%
Weightbusters	0.4%	3.9%
WIC Chicks and the Rooster	0.7%	3.3%
Wild Cats	-0.1%	4.0%