



Sponsored by:

ALL PRO Home Health



Port Charlotte Natural Foods

A SELECT SALON 941-268-3629

Biggest Losers

Lose Weight and Save Your Battery

Look at the cell phone you are using. There was a time when your cell phone was used for just making calls. Before there were applications and all the good stuff on your phone, your battery would last a full day. Today, with an android phone or something similar, you can use the web, text, email, take pictures, play games and work. With every application you use, you are wearing your battery down faster. The more you use the phone, the faster the battery needs charging. A lot of these applications are not a necessity, but a desire. In the back of one's mind, we know that using these applications can wear down the battery faster, but we still use them.

Think of your cell phone battery as your body. We have so many unneeded things we put into our body every day, and we are hurting our own battery-our heart.

February is Heart Awareness Month, and makes it the perfect time to understand what effects a healthier lifestyle has on your heart. The most important thing is to know your blood pressure. High blood pressure can lead to such complications as hypertension, heart attacks and stroke. Take time to learn the importance of your blood pressure and how you can strengthen your battery.

The Cultural Center has free blood pressure checks Monday, Tuesday and Wednesday, which are offered by volunteer nurses, Fire & EMS, Kiwanis Club and All-Pro Home Health, and other places around town. Come on by, or check with your doctor. What matters is that you take the time to check your heart.

WEEKLY ACTIVITY
From the Charlotte County Health Department.

Do sit-ups, push-ups, stretch or other exercises at home.

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:

Add water to a workout.
Two water bottles make for great weights when walking, plus the contents keep you replenished with fluids.

Week 4 Winner

Congratulations to winner of Week 4: **Dave Antini from Team M&M Boys.**

Dave lost 3.5%!!! Dave 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, **Eddisse Turner from Team Turner's Tubbi.**

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

Team Name	Wk 4 Wt Loss	Total Weight Loss
All For Em	-0.1%	0.9%
All-In	1.0%	10.6%
Banyon Point Crew	-0.2%	2.4%
Belly Busters	0.6%	3.2%
Budda Busters	0.0%	2.5%
Busting Bubbles	0.5%	3.3%
Button poppers	1.3%	8.8%
By His Grace	0.9%	3.7%
Can Do Its	0.4%	2.4%
Classy Divas	0.5%	4.7%
Closed Jaws	0.0%	5.5%
Dare to Lose	0.2%	3.7%
Diet Rites	1.1%	2.9%
Drop it like its hot	-0.5%	2.4%
Excess Baggage	0.7%	4.6%
Fabulous Fattyz	0.7%	4.8%
Fantastic Four	0.1%	4.2%
Fixations	-1.0%	0.0%
Four C's	-0.3%	2.3%
Four Fun Girls	0.3%	2.9%
G 3 + 1	0.4%	5.4%
Gianna's Hair Salon	0.7%	5.6%
Git R Dun	0.3%	3.0%
Heavy Weight Champs	0.2%	2.6%
IDC Chicks	0.2%	1.1%
Jello Jigglers	0.5%	4.1%
Lean Lizards	0.9%	4.9%
Lightness of being	0.0%	2.1%
Lose to Win	0.1%	2.0%
M & M Boys	1.1%	5.2%
Managing our change	0.0%	3.1%
Mean Leans	0.4%	4.8%
Mission Slimpossible	0.7%	10.6%
Obese No More	0.4%	2.9%
Out of Breath	1.5%	6.8%
Pack on/Pack off	0.0%	5.4%
Pesky Pandas	0.3%	2.6%
Phat Chicks	0.4%	5.3%
Pirates of the weigh in	0.5%	6.4%
Pounds off	0.6%	2.4%
Shake n Bake	-0.7%	3.7%
Simba	-0.1%	6.5%
Slende-ellas/fellas	0.8%	4.1%
Slinky Snakes	0.9%	4.9%
Stingrays	0.4%	4.4%
Targarteers	0.0%	3.8%
Three Amigos	0.0%	2.0%
Three to One	0.4%	3.9%
Three Wyns	1.2%	3.0%
Three Y + 1 X	1.0%	6.3%
Tiny Tornadoes	0.0%	1.4%
Tippin Scales	0.3%	2.8%
Turner's Tubbie	1.0%	3.6%
Two cows and a couple chickens	0.6%	5.8%
United we Lose	0.3%	3.5%
Victor's Angels	0.8%	5.7%
Waist Away	0.7%	4.6%
Waist Busters	0.5%	2.3%
Weighdown Gal	0.9%	2.0%
Weight Slayers	-0.2%	2.7%
Weightbusters	0.0%	3.9%
WIC Chicks and the Rooster	0.9%	4.2%
Wild Cats	0.3%	4.3%