



Sponsored by:

ALL PRO Home Health



Port Charlotte Natural Foods

A SELECT SALON 941-268-3629

Biggest Losers

WEEKLY ACTIVITY
From the Charlotte County Health Department.

Join a fitness class! Exercising and socializing can go hand in hand. This might be just the ticket for you.

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

WEEKLY TIP
from Jeff Louda,

Remember one portion of lean meat is a size of a deck of cards, so think twice about eating that plate sized steak when you are out to dinner!

Sponsors

The Cultural Center of Charlotte County would not be able to offer the Biggest Losers contest without the help of our generous and involved sponsors. It is a pleasure to get to work with each organization and their representatives. Our primary sponsors are All-Pro Home Health, The Charlotte County Health Department, and Port Charlotte Natural Foods. Each business brings something unique to the competition. Port Charlotte Natural Foods donates prizes for weekly inners and they do their best to answer any questions that participants and the general public may have. Though they cannot diagnose conditions, they provide you with as much personal knowledge as possible when it comes to questions on weight loss, digestive enzymes, cholesterol, and multi-vitamins. The Charlotte County Health Department provided us with weekly tips and advice as well as start-up prizes for all of the contestants. All-Pro Home Health also offers prizes and participant gifts each year along with free BMI screening for participants. Each of these organizations shares one common goal in sponsoring the competition: To help educate our community about their health and nutritional needs. So 'Thank You' to our sponsors, as without their generous donations, The Biggest Losers competition would not be what it is today.

Week 5 Winner

Congratulations to winner of Week 5: **Laura Thompson from team Mean Leans**

Laura lost 3.1%!!! Laura 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, **Phil Caudil from team Fabulous Fattyz.**

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

Team Name	Wk 5 Wt Loss%	Ttl %
All For Em	1.4%	2.3%
All-In	1.3%	11.8%
Banyon Point Crew	-0.2%	2.3%
Belly Busters	0.3%	3.5%
Budda Busters	0.0%	2.5%
Busting Bubbles	0.3%	3.6%
Button poppers	0.6%	9.4%
By His Grace	0.3%	4.0%
Can Do Its	0.5%	2.9%
Classy Divas	-1.3%	3.4%
Closed Jaws	0.0%	5.5%
Dare to Lose	0.9%	4.6%
Diet Rites	0.3%	3.2%
Drop it like its hot	0.0%	2.4%
Excess Baggage	0.4%	5.0%
Fabulous Fattyz	0.5%	5.3%
Fantastic Four	0.1%	4.2%
Fixations	0.7%	0.7%
Four C's	0.8%	3.1%
Four Fun Girls	0.0%	2.9%
G 3 + 1	0.0%	5.4%
Gianna's Hair Salon	0.3%	5.8%
Git R Dun	0.6%	3.5%
Heavy Weight Champs	0.2%	2.9%
IDC Chicks	0.4%	1.5%
Jello Jigglers	0.2%	4.3%
Lean Lizards	0.1%	5.0%
Lightness of being	0.6%	2.7%
Lose to Win	-0.4%	1.6%
M & M Boys	1.2%	6.4%
Managing our change	0.0%	3.1%
Mean Leans	-0.2%	4.5%
Mission Slimpossible	-0.2%	10.4%
Obese No More	0.5%	3.4%
Out of Breath	1.1%	7.8%
Pack on/Pack off	0.0%	5.4%
Pesky Pandas	-0.3%	2.4%
Phat Chicks	-0.2%	5.2%
Pirates of the weigh in	-0.3%	6.2%
Pounds off	-0.5%	1.9%
Shake n Bake	0.0%	3.7%
Simba	0.4%	6.9%
Slende-ellas/fellas	0.1%	4.2%
Slinky Snakes	0.1%	5.0%
Stingrays	-0.2%	4.2%
Targarteers	0.0%	3.8%
Three Amigos	0.3%	2.3%
Three to One	0.2%	4.0%
Three Wyns	0.2%	3.2%
Three Y + 1 X	0.5%	6.7%
Tiny Tornadoes	-0.1%	1.3%
Tippin Scales	-0.1%	2.7%
Turner's Tubbie	0.2%	3.9%
Two cows and a couple chickens	0.9%	6.6%
United we Lose	0.1%	3.5%
Victor's Angels	0.4%	6.1%
Waist Away	0.3%	4.9%
Waist Busters	0.2%	2.5%
Weighdown Gal	-0.1%	2.0%
Weight Slayers	-0.9%	1.9%
Weightbusters	0.4%	4.2%
WIC Chicks and the Rooster	0.4%	4.6%
Wild Cats	0.4%	4.6%