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ALL PRO Home Health



Port Charlotte Natural Foods

A SELECT SALON 941-268-3629

Biggest Loser 4

WEEKLY ACTIVITY
From the Charlotte County Health Department.

Add 5 minutes more to any workout regime you currently have.

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:

Choosing high fiber low calorie foods as snacks and side dishes is an easy way to stay fueled up and full throughout the day! Air popped popcorn is a great choice. It'd light, filling and healthy!

Healthy Habits

What's your habit? Everyone has a habit these days, and we normally hear of the bad ones. Smoking, excessive chocolate consumption, and biting your nails are all hard habits to break. So often the term 'habit' has a negative connotation, and it is each individual's responsibility to take a stand and make healthy habits for their own lifestyle. Adopting new habits can be a fun and attainable way to change your lifestyle into a healthier one, so check out our tips for doing that!

Putting a healthy spin on habits can be either adopting a new behavior or positively modifying an existing tendency. If, for example, you are on a healthy weight loss plan, every time you feel the urge to grab a high calorie indulgence, opt for a bottle of water. The water will not only satisfy your body's urge to consume something, but it will also hydrate you and prime your body for additional activities later in the day. Want to relax in front of the TV? Combine it with something healthy like doing squats or lunges during the commercial breaks. The way you will still get to enjoy the program at hand, but you get to make the best possible use of those annoying advertisements to do something positive for your body. Small changes can make a big impact, or commit to a new habit and stick with it. You can do it!

Week 8 Winner

Congratulations to winner of Week 8: **Tom Henderson from team Dare to Lose**

Tom lost 2.7%!!! 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 prize from All-Pro Home Health, LLC.

Congratulations to the Persistence Award Winner, **Kristin Lloyd from team Mission Slimpossible.**

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

Team Name	Wk 8 %loss	Ttl % loss
All For Em	0%	1.3%
All-In	1%	14.5%
Banyon Point Crew	0%	3.3%
Belly Busters	0%	4.2%
Budda Busters	0%	2.5%
Busting Bubbles	0%	3.8%
Button poppers	1%	11.3%
By His Grace	0%	4.3%
Can Do Its	0%	2.7%
Classy Divas	0%	3.4%
Closed Jaws	0%	5.5%
Dare to Lose	0%	4.5%
Diet Rites	1%	4.2%
Drop it like its hot	0%	3.3%
Excess Baggage	0%	5.4%
Fabulous Fattyz	0%	7.0%
Fantastic Four	0%	4.6%
Fixations	0%	0.7%
Four C's	0%	3.0%
Four Fun Girls	0%	3.8%
G 3 + 1	0%	6.1%
Gianna's Hair Salon	0%	6.4%
Git R Dun	1%	4.6%
Heavy Weight Champs	0%	3.2%
IDC Chicks	0%	1.7%
Jello Jigglers	0%	4.3%
Lean Lizards	0%	4.9%
Lightness of being	0%	3.0%
Lose to Win	0%	1.8%
M & M Boys	0%	6.6%
Managing our change	0%	3.8%
Mean Leans	1%	6.4%
Mission Slimpossible	1%	11.7%
Obese No More	0%	3.4%
Out of Breath	1%	8.8%
Pack on/Pack off	0%	7.0%
Pesky Pandas	2%	3.9%
Phat Chicks	0%	5.5%
Pirates of the weigh in	0%	6.1%
Pounds off	0%	2.9%
Shake n Bake	-1%	4.2%
Simba	0%	6.9%
Slende-ellas/fellas	0%	4.3%
Slinky Snakes	0%	5.5%
Stingrays	-1%	3.4%
Targarteers	0%	3.8%
Three Amigos	0%	2.0%
Three to One	1%	5.3%
Three Wyns	0%	3.6%
Three Y + 1 X	1%	9.0%
Tiny Tornadoes	0%	1.6%
Tippin Scales	0%	2.7%
Turner's Tubbie	0%	2.8%
Two cows and a couple chickens	0%	6.9%
United we Lose	0%	4.1%
Victor's Angels	1%	6.7%
Waist Away	0%	5.0%
Waist Busters	0%	2.5%
Weighdown Gal	0%	2.4%
Weight Slayers	0%	1.6%
Weightbusters	1%	5.3%
WIC Chicks and the Rooster	1%	5.4%
Wild Cats	0%	5.9%