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ALL PRO Home Health



Port Charlotte Natural Foods

A SELECT SALON 941-268-3629

Biggest Loser

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!

March 29

Where will you be in 3 weeks? March 29th is coming. It will be here and there is no stopping it. That was the date over 250 people took the challenge for last January and vowed to be healthier by then. Some wanted to lose just 20 lbs, some wanted to lose more. Others joined along on their own, to see how they would fair. Well the day is coming up. How much healthier will you be on March 29th?

You still have time to lose weight. In the next three weeks, you can lose up to 12 pounds, If you lose weight being healthy. So where . Today!! Put down that cookie or crunch. Get off that recliner and run! Throw the excuses in the trash, along with all that junk food. Make this the day that you make the change.

How great will it be for your jeans to fit less snug? Can you handle having more energy when you lose more weight? 12 pounds in 3 weeks. Can you do it?

Week 9 Winner

Congratulations to winner of Week 9: **Tee Callan from team Wildcats**

Tee lost 3.6%!!! Tee 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, **Marge Harrington from team Slinky Snakes..** Marge won FREE coffee from the Starbucks at Port Charlotte Town Center Mall just for weighing in.

Team Name	Wk 9 Loss	Total Weight Loss
All For Em	0.0%	1.3%
All-In	0.4%	15.1%
Banyon Point Crew	0.0%	3.2%
Belly Busters	0.2%	4.9%
Budda Busters	0.0%	2.5%
Busting Bubbles	-0.2%	3.4%
Button poppers	0.8%	13.1%
By His Grace	0.6%	4.9%
Can Do Its	0.5%	3.4%
Classy Divas	0.0%	3.6%
Closed Jaws	0.0%	5.5%
Dare to Lose	0.0%	5.2%
Diet Rites	0.0%	4.1%
Drop it like its hot	0.0%	3.3%
Excess Baggage	0.0%	5.4%
Fabulous Fattyz	1.1%	7.5%
Fantastic Four	0.2%	4.7%
Fixations	0.0%	0.7%
Four C's	0.7%	3.6%
Four Fun Girls	0.1%	4.0%
G 3 + 1	0.0%	6.1%
Gianna's Hair Salon	0.1%	7.0%
Git R Dun	0.0%	3.8%
Heavy Weight Champs	0.0%	3.2%
IDC Chicks	0.0%	1.9%
Jello Jigglers	0.0%	4.3%
Lean Lizards	-0.1%	4.9%
Lightness of being	0.6%	3.2%
Lose to Win	0.0%	1.8%
M & M Boys	0.0%	6.7%
Managing our change	0.0%	3.8%
Mean Leans	-0.1%	6.7%
Mission Slimpossible	1.2%	12.4%
Obese No More	-0.5%	3.2%
Out of Breath	0.6%	10.1%
Pack on/Pack off	0.0%	7.0%
Pesky Pandas	-0.6%	3.9%
Phat Chicks	0.5%	5.7%
Pirates of the weigh in	0.8%	7.1%
Pounds off	0.1%	3.1%
Shake n Bake	0.1%	5.2%
Simba	0.0%	6.9%
Slenderellas Fellas	0.1%	4.3%
Slinky Snakes	0.5%	6.1%
Stingrays	0.0%	3.4%
Targarteers	0.0%	3.8%
Three Amigos	0.3%	2.3%
Three to One	0.1%	5.8%
Three Wyns	0.1%	3.7%
Three Y + 1 X	0.3%	10.0%
Tiny Tornadoes	0.0%	1.6%
Tippin Scales	0.0%	2.7%
Turner's Tubbie	0.0%	2.8%
Two cows and a couple chickens	-0.1%	6.7%
United we Lose	0.0%	4.1%
Victor's Angels	0.0%	6.8%
Waist Away	0.0%	5.0%
Waist Busters	-0.3%	1.6%
Weighdown Gal	-0.1%	2.1%
Weight Slayers	0.0%	1.6%
Weightbusters	0.2%	5.3%
WIC Chicks and the Rooster	0.6%	6.7%
Wild Cats	1.3%	6.8%