



## Cardio Tennis Player of the Month: Dennis West

Dennis West - also known around Midtown Athletic Club in Weston, Florida as 'Cardio Dennis' - was all smiles on the morning of March 24<sup>th</sup> when he received news that his weight-loss of eleven pounds over seven weeks made him the male-individual winner for the inaugural Cardio Tennis: Get Fit Florida Contest.

The new competition, created by the Tennis Industry Association, pitted different Florida tennis facilities against each other to see which facility's team (which consisted of three males and three females) could lose the most amount of weight by playing Cardio Tennis, a fun group activity that features drills to give players of all abilities a high-energy, calorie-burning workout. But along with the team aspect of the contest, there was also an individual part for the overall male and female that lost the most amount of weight.

"Winning this contest took a lot of hard work and dedication," says West, who was awarded two tickets to the men's final of the Sony Ericsson Open. "But it definitely paid off and I am so excited to take my daughter, who was my cheerleader throughout this competition, to the finals of the tournament with me."

West was enthusiastic and excited about the contest from the very beginning. He meticulously kept track of his daily calories burned, body fat percentage, maximum heart rate, and total exercise for the day as he tried to shed some pounds that he had put on due to several recent injuries.

But the hard work he put in on the court was not easy in the beginning. "During the first week my legs felt like lead," says West, who dropped from 204 to 193 in the seven-week contest. "But it progressively got easier and now I can go out there and play an hour of Cardio Tennis and feel like I just warmed up."

Although an avid tennis player who spends countless hours on the court with his 15-year old daughter, who also has a love for the game, West had never played Cardio Tennis before the competition. Now, after the contest he plans on continuing to play twice a week (he played four times a week during the contest), and finds that Cardio Tennis has helped him in more ways than just losing weight.

"During the last few weeks of the competition I started noticing a drastic improvement in how fast I was," says West. "My mobility got much better and the ability to keep running around the court time and time again was tremendous. Not too bad for someone that had a blown meniscus."

In addition, West has now found a new tennis activity to do with his daughter. "The reason I got back into the game was so I could be a better hitting partner for her," says West. "Now we go play Cardio Tennis together every Saturday morning. She doesn't need to lose any weight, but it's been a great way to build her stamina and endurance."

And still after the contest, Cardio Dennis is continuing to lose weight. He has currently lost \_\_\_ more pounds and doesn't plan on stopping anytime soon.