

## **CT Player of the Month- Mike Woody**

Three years ago, Mike Woody found himself in a rut. He was pushing the scale at 232 pounds and was frustrated with the way he looked. He played tennis three hours a week but was still gaining weight.

“I was constantly being teased or teasing myself about my pudginess,” says Woody, Executive Director at the Midland Community Tennis Center in Midland Michigan. “I knew I needed to start working out but I could never get myself psyched to visit the fitness club.”

Woody had a major dilemma. In order to get himself fit and back in shape he needed to start working out. But he hated the gym and all the boring machines at the fitness club. “The Stair Master and the treadmill nauseated me,” says Woody. “So I chose to stay unfit as the alternative of the psychological drain the fitness club put me through.”

A few months later Woody attended the National USPTA Conference and tried a Cardio Tennis Class. During the one hour of fun drills with seven other players there was a lot of sweating, high fives abounding, great digs, awesome shots, and feet bouncing. It was nothing like a long tedious workout on a treadmill at the gym. At the end of the class his heart rate monitor told him he burned 870 calories. “My first reaction was ‘No Way!’” says Woody. “I burned more than 800 calories doing something that I love to do.”

That moment has changed Woody’s life forever. He was pumped that he could get a good workout by playing the sport he dreams about. After the class he immediately bought a Polar F11 heart rate monitor, which allowed him to keep track of how many calories he burned every week. Woody committed himself to playing Cardio Tennis at least one hour a day and he was also determined to make the program work at his tennis center in Michigan.

Now, three years later, Woody has lost more than 50 pounds and burned 881,235 calories by playing Cardio Tennis. His goal is to shed one million calories by the end of the year. He has caught the Cardio Tennis fire and is sharing it with all the players he teaches at Midland Community Tennis Center.

“My players have been extremely amazed at all the great health and game benefits Cardio Tennis delivers,” says Woody. “I have witnessed in this short journey how people’s lives can be transformed when they are freed from the confines of a fitness gym or club. OUT with the machines and IN for Cardio Tennis!”

Do you or someone you know have what it takes to be Cardio Tennis Player of the Month? E-mail your story to [Amanda@tennisindustry.org](mailto:Amanda@tennisindustry.org). If your story is featured, you will win a Cardio Tennis Survival Kit.

