

Cardio Tennis Player of the Month: Jim Bell

Jim Bell was your average high school JV tennis player back in the late 1970's. He played a couple times a week, understood the game, and had a fun time messing around with his buddies on the court. But when high school ended, so did playing tennis and it wasn't until 30 years later and many pounds heavier that Bell stepped back on the court, this time not with his buddies from school and not just to mess around.

Bell rejoined the tennis world in January of 2006 when his wife, who had recently discovered Cardio Tennis at Midtown Tennis Club in Overland Park, Kansas, convinced him to come along and give it a try. "At the time I weighed about 300 pounds. I clogged around the court and the pros were kind enough not to kick me off," says Bell. "They were very encouraging and by the end of the hour I was hooked."

Bell and his wife began to play Cardio Tennis together about four times a week and have reaped many benefits from the program. Bell has lost more than 90 pounds and his wife lost about 25 pounds by playing Cardio Tennis and counting their calories. Bell has also been taken off almost all of his medication for high blood pressure and high cholesterol. But Bell says that he lost this weight by having fun.

"Cardio Tennis is like playing with a dog. The dog doesn't realize they're getting a workout and they will just keep chasing the ball if you keep throwing it," says Bell. "It's like that with Cardio Tennis. I don't even realize I'm getting a workout and as long as the pro keeps going, so will I. The hour just flies by and it's so much fun."

Before Cardio Tennis, Bell had been on an up-hill climb with his weight for most of his life. He had tried a weigh-loss program which involved eating six meals, running on the treadmill, and doing lots of weight-lifting but it just wasn't for him. "I lost 60 pounds on that program but in two years had put it all back on again," says Bell. "I have an elliptical, treadmill and several weight machines in my home but they just gather dust and bore me to tears."

Cardio Tennis is something that Bell can do almost every day of the week and he says he never gets tired of. When he's traveling for work or pleasure he will find a facility in the area that is offering Cardio Tennis so he can play it on the road. There was also a period of time when he wasn't working and he would play Cardio Tennis seven days a week.

Bell and his wife have not only enjoyed the weight-loss and improved fitness they've gained because of Cardio Tennis; they also enjoy having something fun they can do together. "We're at a point in our lives where our kids are getting older and more independent," says Bell. "It's nice to have a hobby we can really enjoy doing together."

