



## **Cardio Tennis Player of the Month: Jhena Vieira-Coffey** ***Lost 15 pounds in seven weeks by playing Cardio Tennis!***

When 29-year old Jhena Vieira-Coffey was approached by her good friend Jason Gilbert, a prominent tennis coach in the Miami area, to participate in a Cardio Tennis contest to encourage weight-loss, she jumped at the opportunity. Jhena had never played tennis before but due to some heart problems, she knew she needed to lose weight. If she didn't shed some pounds soon, she was going to resort to gastric bypass surgery to fix the problem.

"Before Jason told me about this contest, I had already gone to get estimates on the gastric bypass surgery," said Jhena. "But I decided that I didn't have anything to lose by trying this first and giving it a shot."

When Jhena stepped on the scale at the initial weigh-in, she weighed 198 pounds. That was when she decided to dedicate herself to play Cardio Tennis four times a week as part of the Cardio Tennis: Get Fit Florida competition. The contest pitted teams from Florida tennis facilities against each other to see who could lose the most weight over a seven-week period by playing Cardio Tennis. Jhena also worked with a nutritionist and a personal trainer throughout the contest to help her make healthy food choices and get the most out of the competition.

"It wasn't easy at first. After my first Cardio Tennis clinic I was dripping wet and exhausted," says Jhena. "But before this I wasn't doing anything good for my body or for myself. I was letting my job stress me out too much so it felt great to do something for me. It became a daily stress reliever and made me feel happier and like my life was more complete."

At Jhena's final weigh-in, seven weeks later, the scale said 181 pounds. A total of 15 pounds in just seven weeks! Jhena was thrilled. She not only won the individual contest for Cardio Tennis: Get Fit Florida by losing the most weight out of all the other women in the contest but she also won tickets to the finals of the Sony Ericsson Open – and she avoided gastric bypass surgery by losing weight in a healthy and natural way.

Jhena plans on maintaining her Cardio Tennis classes 3 to 4 times a week so she can continue to lose weight and feel good about herself.

"People that are overweight many times feel like there's no way to get back to a healthier lifestyle, but there is **always** a way," says Jhena. "When there's a will, there's a way. If I can do it, anyone can."