

CT Player of the Month: Mike Fowler

Mike Fowler, a real-estate executive in the Los Angeles area, received disturbing news a few years ago when visiting his physician for a yearly check-up. If he didn't lose 60 pounds then he would be at high-risk for developing diabetes and other serious medical conditions that come with being over-weight.

"After hearing this list of 'horribles' that go with being overweight, I decided I better get serious about getting in shape," says Fowler. So when he read an article about Cardio Tennis with Ojikian Tennis in The LA Times he decided to give it a try. "It sounded interesting and to me that was much better than going to the gym and trudging along on the treadmill."

By playing Cardio Tennis three to four times a week and maintaining a healthy diet, Fowler lost 40 pounds and was excited to revisit his doctor and show-off the progression he had made. "I felt like I had been a good student and would get praised by my doctor when he saw how much weight I had lost," says Fowler. To his surprise, his doctor did not commend him but instead, insisted that Fowler lose another 20 pounds to bring his weight down to 185.

So Fowler hit the Cardio Tennis court again and in a few months was able to take off that extra 20 pounds; and it has made a huge difference. Not only is his good cholesterol up 50% and his bad cholesterol down, he also feels more energized and many people have remarked on his weight-loss.

"I used to be very tired and I thought it was just the stress at work but it became clear that a lot of the drowsiness was from the excess weight that affects your blood sugar levels," says Fowler. "I've also recently run into people that I haven't seen in a few years and only knew me at my heavier weight; a few of them didn't even recognize me and can't get over the weight I've lost!"

Cardio Tennis has helped Fowler lose weight but it is also something he enjoys doing. "You don't even recognize that you're working out because you're distracted by something that is fun," says Fowler. "It helps with tennis skills and improves my game and I get a good workout at the same time."

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. If your story is featured, you will win a Cardio Tennis Survival Kit.