

Change Your Life Winner Inspires Patients

Dr. Larry Stempel tells the story of how SportsArt Fitness equipment helped him changed his life and his practice.

“Larry do you have cancer?”

That was how one of my surgeon colleagues, who had not seen me for awhile greeted me recently. “No,” I replied, “I have a stationary bike. It’s a lot healthier.” I then proceeded to tell him about my journey of the past few months.

By Thanksgiving of 2006, I had reached rock bottom, and I had begun to wonder if I was going to be around much longer. I weighed almost 400 pounds, and I was always tired and hot. I was terribly out of shape. I was usually short of breath, and I was almost immobilized by excessive weight and osteoarthritis in my knees. The arthritis made it very difficult and painful to get around at the hospital, where I am an obstetrician, and I even had to sit during operations. My back hurt terribly while standing or walking, and I even passed on a free trip to Holland last year because of my immobility. Stairs and even slight inclines presented major obstacles, and I was seriously considering spending thousands of dollars to retrofit my house with an elevator. I even considered applying for disability. The final straw, however, came last November when I traveled to Los Angeles and had to ride through the airports in a wheelchair. Something had to be done.

While in LA, I was talking with a good friend who also had a weight problem, and we placed a wager on losing weight. The problem was, how was I going to lose weight? I could restrict calories, but at age 57, that was unlikely to be the sole answer. I very much wanted to avoid gastric bypass surgery and the attendant risks that surgery entailed. And I was essentially immobile. I decided that I would get a stationary bike. I had ridden a bike the previous year while undergoing physical therapy after one of my numerous knee operations, not only had it

helped my knee at the time, but I also pulled in my belt a couple of notches merely by biking for 10 minutes a day several times a week for three months.

I researched recumbent stationary bikes on the web, and then went to visit Jerry Greenspan at the Exercise Equipment Experts in Columbus, Ohio. I explained my problems to Jerry, and he showed me the SportsArt Fitness C53r. He told me that it would support my weight, and the step-through design would make it easy for me to get on and off. Furthermore, it was “industrial strength.” Four days later my new bike was delivered and assembled and the rest, as they say, is history.

I started gradually, biking slowly for eight minutes at resistance level four. Gradually I increased the duration, speed and resistance, and within several months, I was riding for an hour at over 17 miles per hour on resistance level 7. Almost seven months have passed since my bike arrived.

“The arthritis in my knees began to melt away within days of beginning to bike, and the weight came off at almost a pound a day.”

I have lost over 158 pounds, my knee pain is essentially gone, and my back pain is a fraction of what it was. I am no longer hot or out of breath. My cholesterol has fallen from over 240 to 190, while my triglycerides have fallen from 150 to 75. I no longer have to sit when I perform surgery. I have even begun to travel more, and no, I don’t need a wheelchair in the airport anymore.



Dr. Larry Stempel lost over 158 lbs. on the SportsArt Fitness C53r cycle. For more information on SportsArt Fitness products log on to www.sportsartfitness.com.

Everybody comments on how good I look, and what good color I have. Oh, by the way, I also won the bet with my friend. There has been a downside however, I had to go out and buy all new clothes.

As a physician, I have long been aware of the growing epidemic of obesity and diabetes in our country, and of the hazards of a sedentary lifestyle. Now, when I counsel patients about exercise and weight loss, I speak from experience, and serve as a living breathing example for them.

Riding my stationary bike has truly been a life-changing experience for me. As I tell Jerry Greenspan every time I see him, “I love my bike!!”

-Written by Dr. Larry Stempel

Dr. Larry Stempel is currently a practicing obstetrician in Columbus, Ohio. For his hard work and inspiring story, Larry Stempel was awarded the Grand Prize in SportsArt Fitness’ Change Your Life Contest - a cruise for two to the Caribbean! SportsArt Fitness would like to thank Dr. Stempel for sharing with us his accomplishments and Jerry Greenspan at Exercise Equipment Experts for helping Larry reach his goals.

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