BILOXI, MS (WLOX)

There was plenty of action on the court at the Biloxi Kroc Center as players from throughout the state took part in an indoor wheelchair tennis clinic. The event promoted maintaining a healthy and active lifestyle despite all odds.

"Anybody with any situation with a disability can still be active in the community and you can interact with people who don't have a disability. That's the great thing about tennis," Client Assistance Program Director, Johnny McGinn said.

The event allowed more than thirty players, to completely forget about any limitations and simply have a good time.

"Some people don't know they have the option to play tennis once they become paralyzed or have a disability dealing with them being in a wheelchair, and it's awesome because you still interact with people. It's all about interacting together with other people," McGinn said.

"It's just awareness and just fun to let people who have a disability to know that there is a sport out there. You can have reaction, have fun and just have it with everybody else. It's also a time to teach others who don't have disabilities," Event Organizer, Cindy Singletary said.

It's important that people of all backgrounds maintain a healthy and active lifestyle. That's why the instructors made it clear that the same goes for anyone with a disability.

"It's more important for us because we don't get to move other parts of our body so losing weight is a lot harder for a person in a wheelchair. So we want to keep that weight low and get a healthy attitude about life. It's about changing the way people think about being active and healthy," CEO of the Metro Area Community Empowerment Foundation (MACE,) Antonio Wright said.

The Independent Living Specialists and MACE plan to have more clinics throughout the year. Some of the other sports covered include basketball and softball.

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