



TONY JAMES

Fitness Coordinator

My name is Tony James, and I am from Clinton, MS. I am a graduate of Mississippi State University with a degree in Fitness Management. The reason I chose this field was to motivate, educate, and promote the importance of physical fitness and exercise for all individuals no matter what limitations they may endure. I have been with the Baptist family for over 18 years and have had the privilege to meet a lot of wonderful people over the years. I have a passion to help people and have been blessed with

the opportunity to work in a field that allows me to do so. In 2002, I was chosen as Employee of the Month at Baptist Medical Center. I was a member of the Mississippi State Football team from 1989-1993, where I was a record breaker in weight lifting and became MSU's All Time Kick Return Leader in yards gained. I enjoy spending time with my family and friends, playing sports, attending sporting events, and helping others in any way possible. Above all, the Lord is the head of my life.

Testimonials —

By Pam Farr

There are not enough good words I can say about Tony James. The first day I came to take a look at the Jackson Healthplex, I met Tony. He had a big smile and listened to my story of what had kept me away from the gym for years and what had ultimately brought me here. He gave me a big hug, that big smile, and said, "Don't you worry. We will take care of you here." After that, I joined with Tony as my personal trainer. I have been going a month now and look forward to seeing him almost every day. He is so encouraging and patient, but expects the best out of me. There are days that I really do not want to be there, but I know that Tony will be there to keep me motivated. I am feeling better, losing weight, and can already tell I am losing inches. I can't wait until we measure at the end of six weeks. I do not believe I would have made it this long without Tony. He is not only my trainer, but has also become my friend. Thanks so much Tony and all the wonderful people at the Jackson Healthplex.

By Perry Huff, Mississippi Senior Olympics, 2011 Hall of Fame Inductee

Tony James is a trainer par excellence for all champions of life. Approaching 80 years of age, I wanted to run in the 2009 Summer National Senior Olympics at Stanford University, California. Tony devised a program suitable to my age, goals, and athletic abilities. He supervised, advised, counseled, and encouraged me all during my year long training. I give Tony's individualized training program credit for my wins! Whether your goal is to become more physically fit so as to stroll around the block or to compete nationally and become an Olympic medal winner, Tony James can help you get the job done. Truly, Tony James is a trainer for life!

By Donnetta McAdoo

It has been my privilege to have Tony James as my personal trainer. After consulting with me to identify my training goals, Tony developed a customized plan that allowed me to begin and reach a level of fitness which has surprised me. Tony has consistently challenged me and has also celebrated every accomplishment. In truth, because of Tony's dedication to my fitness, I am certain I have progressed beyond any level I would have achieved on my own. I have found Tony to be professional, encouraging, and dedicated to helping me reach my training goals. I am just beginning my fitness journey and am happy to know that I have someone of Tony's caliber to champion my cause as I take these fledgling steps.



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