



FOR IMMEDIATE RELEASE

Mari Garner, Founder of The American Boot Camp Company, Trains Atlanta Police Officer to Victory as Atlanta's Biggest Loser

Atlanta Police Officer Drops 46 Pounds in 11 weeks

ATLANTA, Jan. 17, 2009 –Mari Garner, founder of The American Boot Camp Company, pushed Atlanta police officer Tommy Uhlis to drop 46 pounds—18 percent of his body weight—in just 11 weeks to beat 11 other contestants and become Atlanta's Biggest Loser. Garner, a nationally recognized and ACE-certified trainer, motivated, guided and trained Uhlis to victory in the televised contest that concluded in December.

Atlanta's Biggest Loser is the local version of NBC's hit-reality contest, The Biggest Loser. Garner's mission through the 11-week program was to guide the men's-only Red Team to winning weight loss percentages against an all-women's Blue Team. In total the six-man Red Team lost more than 225 pounds in the 11 weeks they trained with Garner, with Uhlis winning the top prize and the title of Atlanta's Biggest Loser.

"Losing weight for the long term is about making small changes and facing inner challenges every day," said Mari Garner. "Tommy [Uhlis] and the entire Red Team started at the American Boot Camp Co. as beginners, finding their way to fitness through perseverance and our personalized approach to fitness."

Garner provided personalized training to the winning Red Team through a four-times-a-week workout at her Boot Camp and additional training at her flagship Brookhaven Fitness Studio. The Red Team was required to log their workouts, maintain a food diary, and commit to getting comfortable outside their comfort zone. "With today's scheduled lives, we tend to fall into patterns or bad habits easily," added Garner. "To break those patterns requires a program that recognizes where you are and where you can go. At the American Boot Camp Co. we push the comfort zone, but we manage the push based on each person."

Local NBC affiliate 11Alive (WXIA-TV) hosted the competition and followed the progress on the 12 contestants competing to lose the greatest percentage of weight over a twelve-week competition. Supporting their fitness efforts, contestants were provided nutritional counseling and all contestants received a free five-days-a-week meal plan from Good Measure Meals.

Outdoor Fitness: The American Boot Camp Company

Founded in 2004, The American Boot Camp Company offers boot camps in four states, including six locations in the metro Atlanta area: Atlantic Station, Blackburn Park, Chastain Park, Mason Mill Park Fuller's Park (East Cobb/Marietta), and Pickneyville (Peachtree Corners/Norcross). TABCC provides a four-week group outdoor fitness program focused on core strength and conditioning that is tailored to the fitness level of each individual camper. To support the every day fitness needs of clients, the Brookhaven Fitness Studio-a green-centered gym-provides classes and one-on-one training opportunities for the individuals no matter their current goals. More information can be found at www.thebootcampcompany.com.

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Editors Notes:**Web Address:**

www.doyoubootcamp.com
www.thebootcampcompany.com

Images Available:

High-resolution images from Red Team workouts are available

Interview Available:

Mari Garner, founder, The American Boot Camp Company
Tommy Uhlis, winner, Atlanta's Biggest Loser

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