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Mari Garner's Lifestyle Makeover Lets Atlantans Experience Biggest Loser
Winning Trainer Creates Personalized 30-Day Fitness, Nutrition Program for the Rest of Us

ATLANTA, Feb. 17, 2009 –You too, can train like the contestants on Atlanta's Biggest Loser. Mari Garner, winning trainer from this past season of Atlanta's Biggest Loser turned her team's success into a health and weight-loss program for the rest of us. Based on her success, Garner now offers the [Lifestyle Makeover](#), a 30-day personalized training and nutrition program patterned on her winning formula of exercise, nutrition and prepared meals.

"I kept hearing 'I wish I was big enough for the Biggest Loser' and realized that many of us crave the highly-personalized fitness and nutrition program that the contestants on the hit television show receive," said Mari Garner, and ACE-certified trainer and national expert on outdoor fitness. "Just like for the contestants, the Lifestyle Makeover is a demanding program but one that is designed just for you to meet your specific goals, no matter if you have 15 or 50 pounds to lose."



The [Lifestyle Makeover](#) includes 30 days of indoor training at the Garner's Brookhaven Fitness Studio, outdoor training at various convenient locations across metro Atlanta, a personal workout schedule designed by Garner and four weeks (three meals-a-day, five days-a-week) of Healthy Meals from Fresh-N-Fit Cuisine. More information, including sign-up, can be found at <http://www.thebootcampcompany.com/studio/lifestylemakover.shtml>.

Garner was the Red Team trainer for Atlanta's Biggest Loser where she 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. But the program didn't just work for Uhlis. Garner trained 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. The personalized exercise and eating program is now available through Garner's Lifestyle Makeover.

"For some of us, having someone to train us, to prepare our meals, to offer us guidance on what to eat and how to train is the most meaningful investment we can make," added Garner. "There is nothing more valuable than our health."

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Editors Notes:

Web Address:

<http://www.thebootcampcompany.com/studio/lifestylemakover.shtml>

Images Available:

High-resolution images from Atlanta's Biggest Loser and the 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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