



Biography

Keith Ahrens is America's #1 Lifestyle Change Expert.

He's an award winning and best selling author of the book, *Outrunning My Shadow: Surviving Open-Heart Surgery and Battling Obesity/The Decision to Change My Life*.

Keith was the recipient of the American Heart Associations Lifestyle Change Award.

He is a Certified Fitness Trainer (CFT) and a Specialist in Fitness Nutrition (SFN).

Keith is a credentialed (BLS) Basic Life Support Instructor for the American Heart Association.

He was awarded The Presidential Champions Physical Fitness Gold Award.

In addition to being a sought after motivational speaker and coach, Keith has appeared as a guest on live television with ABC and has been featured on the AOL Home Page two times. Keith's journey was named one of AOL's most inspirational stories. He has been highlighted in major newspapers and national and international publications. Keith is a regular guest on Radio stations throughout the world.

Keith was born in Washington, D.C. and attended Towson University, where he majored in Marketing/Finance.