
Heart Disease and Obesity are the #1 and #3 Causes of Death in The United States.
They are also the most preventable.

“Keith Ahrens Survived Life Saving Open-Heart Surgery and Lost 200 Pounds Without Weight Loss Surgery”

We are a nation that loves a quick fix but often has nowhere to turn for solutions. Heart Attacks kill over 600,000 people a year. 7 out of 10 people are overweight and 1 out of 3 are obese. Adult and Childhood obesity are at epidemic proportions with no signs of slowing down. As deadly as these two diseases are, they are also the most preventable.



Heart Disease, Obesity and Physical Inactivity are in the Spotlight.

No one knows this better than Keith Ahrens. Keith survived life saving open-heart surgery and has **lost 200 pounds without weight loss surgery.** Keith is uniquely qualified to deliver practical solutions and a timely message of the hope and possibilities of a healthier and ultimately happier life. **Keith Ahrens is the expert** to give your audience or readers the advice and courage to take the first step.

Keith Ahrens is a Lifestyle Expert who Specializes in Overcoming and Preventing Heart Disease and Obesity. He is an Author, Motivational Speaker and Certified Fitness Trainer. Keith has appeared as a guest on live television with ABC and has been featured in national publications including AOL Health and The Presidents Council on Physical Fitness.

The **American Heart Association** honored Keith with the **2009 Lifestyle Change Award.**

Outrunning My Shadow: Surviving Open-Heart Surgery and Battling Obesity / The Decision to Change My Life by Keith Ahrens is a fascinating and highly informative memoir about the author’s confrontation with mortality and his determination to save his own life.

AVAILABILITY: Nationwide and International by arrangement. Available as a last minute guest.

CONTACT: Keith Ahrens 702-373-2998 (NV) or Keith@OutrunningMyShadow.com

Web Site: www.OutrunningMyShadow.com visit “Meet The Media” Page

STORY IDEAS

HE COULDN’T LOSE A POUND TO SAVE HIS LIFE, AND THEN HE HAD TO!

COULD YOU LOSE 10 POUNDS IF IT WOULD SAVE YOUR LIFE? HOW ABOUT 200? I DID!

IS WHAT YOU’RE EATING KILLING YOUR KIDS?

WHAT WOMEN NEED TO KNOW TO MAKE SURE THEY WILL NOT BECOME WIDOWS.

BIGGEST LOSER WOULD HAVE PUSHED ME RIGHT OFF THE TREADMILL!

IF SOMEONE WAS GOING TO HARM YOUR CHILD, WOULD YOU DEFEND YOUR CHILD? SO DEFEND YOUR CHILD AGAINST HEART DISEASE AND OBESITY.

6 SENSATIONAL SECRETS TO FEELING YOUNGER EVERYDAY.

PUTTING THE “HEALTH” INTO AN UNHEALTHY MARRIAGE.

**NO VIAGRA REQUIRED!
STIMULATE YOUR SEX LIFE WITH 5 EASY STEPS.**

ARE SKINNY PEOPLE TELLING YOU HOW TO LOSE WEIGHT?

10 EASY EXERCISES YOU CAN DO IN YOUR CUBICLE.

Outrunning My Shadow Reached:

#1 Bestseller on Amazon.com - Heart Disease
#1 Bestseller on Amazon.com - Disorders & Diseases
#3 Bestseller on Amazon.com - Women’s Health

Book Reviews on Amazon.com

