



Absolute Body Power Media Press Kit



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BACKGROUND INFORMATION FOR ALAN HARRIS

Former college football star Alan Harris is an innovative and inspirational fitness instructor. Alan's passion is total body fitness for everyone no matter what the age, sex, body type or current condition.

Alan is currently President/CEO of XLR-8 (Accelerated) Fitness Corporation and Body Power Productions (BPP) in Silver Spring, Maryland. He hosts "Interstials with Alan Harris" airing on Discovery Health Network (in over 19 million homes across the country). Alan began his fitness experience at Virginia Polytechnic Institute & State University (Virginia Tech) in Blacksburg, Virginia, while on a full football scholarship. While playing football at Virginia Tech, he won the top award for being the strongest person on the team in weight lifting and endurance. Upon receiving this honor, he was then asked by the strength and conditioning coach to help design the strength and conditioning program for the incoming freshman football players. During his college career, Alan received many other athletic honors, but the four most important were: outstanding student athlete; receiving game ball for outstanding kicking game versus Clemson University; receiving game ball for outstanding defensive back versus West Virginia University; receiving game ball for outstanding defensive back versus University of Florida.

Alan continued his experience in the fitness field when relocating to the Washington, DC metropolitan area and joining Spa Lady health club chain as a fitness consultant. He left Spa Lady in May 1991 to start his own fitness company, XLR-8 (Accelerated). At that time, Alan expanded and contracted his services to corporations as well as health clubs.

Alan has established a solid business in personalized individual training, aerobic instruction, and corporate fitness training and serving over 50 individual clients. The corporate and health club clients he has served include Gilbane Corp. (Laurel, Maryland), Wang Corp. (Bethesda, Maryland), AT&T (Oakton, Virginia and Silver Spring, Maryland), Suto Dance Studios (Rockville, Md.), Step-To-You Company (Bethesda, Maryland), Metro Fitness (Rockville, Maryland), and Fitness First Health Clubs (Silver Spring, Maryland).

In addition to personal and corporate training, Alan formed "Team Body Power," a female power lifting team that he trains to compete on state and national levels in power lifting competitions. Three of these team members are currently record holders in the bench press competition for the state of Maryland and one is ranked 20 overall in the nation. He also competes in state competitions and has received a number of awards, including five 1st place, three 2nd place, and one 3rd place.

Alan is currently certified in personal training and aerobic instruction through the Aerobics and Fitness Association of America (AFAA), the largest professional fitness certification organization in America. I am also currently a member of IDEA, another major fitness association.

In addition, he specializes in lectures/seminars on exercise, fitness, and nutrition for corporations, health clubs, and individuals. He does one-to-one fitness evaluations, designs exercise programs for both children and adults, trains athletes for competition, assesses fitness levels for individuals from beginning to advanced, provides aerobic instruction/teaching, provides weight training instruction/teaching, engages in competitive weight lifting on the state and national level, and sponsors fitness charity events for health clubs and corporations.

In 1999, Alan formed Body Power Productions Company (BPP), a full production company that has produced "Body Power Exercise Program" and "Body Power Home Video Series." BPP has teamed with national known Henninger Distribution (Arlington, Va.), Taylor'd Solutions Productions (York, Pa.), and CMG (Corporate Media Group, Tennessee) to produce and distribute the Body Power Program and Body Power Home Exercise series.

In 2000, Alan teamed with Discovery Health Network and Self Magazine to host a fitness expo charity event in Boston, Massachusetts, raising money for breast cancer.

Fitness-Related Engagements (Media and Other)

- Writer of "Body Power," a fitness column for the Montgomery Journal (Montgomery County, Maryland)
- Sponsor for Ryka Rose (the women's tennis shoe company) Challenge, an event to raise money for efforts to help stop violence against women
- Headline speaker for the AT&T corporate wellness program
- Produced an instructional and training video for ESPN Sports Network
- Guest speaker on "The Rita Foley Show" on radio station WMAL- AM 630 (Washington, DC area)
- Featured in report by Charles Mann (former member of the Super Bowl champion Washington Redskins) focusing on women and weight lifting on Channel 9 News (Washington, DC area)
- Trainer of "Team Body Power," a female weight lifting team whose members participate in state power lifting competitions and have won numerous first place and second place awards
- Featured in report by Kay Lake focusing on women and weight lifting for News Channel 8 (cable news channel - Washington, DC area)
- Featured in story by Renee Miller for the Montgomery Gazette (Montgomery County, Maryland)
- Guest speaker on "Working Girls" on radio station WWRC-AM 980 (Washington, DC area)
- Guest speaker on "The Joe Palka Morning Show" on radio station WWRC-AM 980 (Washington, DC area)
- Host of "Body Power," a live call-in radio program on exercise, fitness, and nutrition on radio station WAGE-AM 1200 (Loudoun County, Virginia and Washington, DC area)

- Host of "It's Your Body," a fitness segment on "Teen Summit," a show aired nationally on a weekly basis on cable channel BET (Black Entertainment Television)
- Certified as a field producer for Montgomery Cable Television
- Guest speaker on "The Stevens and Core Show" on radio station WMAL-AM 630 (the station with the largest listening audience for talk radio in the Washington, DC metropolitan area)
- Guest speaker on "Voices of America" a live international radio broadcast in Washington, DC. with approximately 100,000,000 listeners
- Guest speaker on Z-104 FM - "The Lisa Barragan Show"
- News Channel 7 segment on women and weight lifting with Kathleen Matthews and Paul Berry
- Guest speaker on MetroTalk with Jerry Phillips on WTEM Sports Talk 980
- Host of "Interstials with Alan Harris" for Discovery Health channel
- Perform for Self Magazine and Discovery Health for breast cancer charity fund raising event in Boston Commons Park
- Creator, Owner and Executive Producer of the best seller "Absolute Body Power" home video exercise series
- Featured story in Videography Magazine
- Creator/Host and Executive Producer of the best selling Total Circuit Training DVD series
- Creator/Host of the Executive Workout DVD series
- Host of "The Absolute Body Power Show" on Comcast Cable
- Featured guest on "Business Her Way" radio show, WDMV 700, Washington, DC

ABSOLUTE BODY POWER MISSION STATEMENT

Absolute Body Power Media (ABP) was created to provide you valuable information, inspiration and motivation on how to become and stay FIT and HEALTHY for life by combining the science and common sense behind exercise, fitness, health, and nutrition. Through ABP's combination of aerobic activity, weight/strength training, core strength, flexibility, and a fantastic nutritional guide for healthy eating; YOU had best get ready for 100% pure POWER, ENERGY, and FUN!!

We are here as your fitness trainer, friend, and sometimes drill instructor to help you along the way; however, YOU must do it!

ABP PRODUCTS AND SERVICES

Absolute Body Power Media's Training programs get people moving quickly towards their goals.

Training DVD

Training Book

Released October 2006: *Absolute Body Power-A Total Circuit Training and Aerobic Workout* book on how to become Fit and Healthy for life.

Training Programs

Corporate Seminars

Alan gives motivational lectures and health seminars on using health, exercise, and fitness to take charge of your work environment.

Personal Training

Alan takes on personal clients whom he guides to fitness and health crafting individual programs to fit specific needs.

Book Alan Anywhere in the World

Alan personally visits your home, office, organization, event, or function to teach a class, headline a fitness party, put on a health/fitness seminar, or motivate/inspire your friends, neighbors, co-workers.

Mano Y Mano

Alan is your online personal fitness professional. For clients he builds and tracks a customized workout program, schedules on line meetings, schedules 2 weekly phone calls, and helps plan your grocery shopping via email and phone.

Alan has passion and ideas future plans include:

A Specialized training camp for "Brides-To-Be and Recently married Brides,"

The Executive Workout designed for the traveling businessperson, vacationer, or person on the go, and

Children's Fun Fit teaches kids how to exercise safe, the importance of food, all about muscles; while at the same time having great fun.

ALAN IN THE MEDIA

Articles about Alan

Idea Fitness Journal – May 2006

Videography – July 2004

Washington's Finest – June 2005

DC One Magazine

Montgomery Magazine

Montgomery Journal Papers

USA Powerlifting Magazine

NATPE Daily News

Alan on TV

Absolute Body Power

Alan explores various types of fitness from yoga and dancing to body building for all ages and levels.

Wednesdays at 7:30 p.m.

Comcast Cable, Channel 16, Montgomery County, Maryland

mmctv.sailorsite.net/Shoes?health.html

Get Fit Now

Alan and Michelle Katz, MSN, on location with top medical professionals and celebrities in the health and fitness industry to bridge the gap between lifestyle change and medicine.

Cox cable, Fairfax, Virginia Channel 10

www.fcac.org

Alan appears as a fitness expert on BET and the Discovery Health Network

Alan on Radio

Business Her Way

Alan has a regular spot and gives his insights and motivational tips on exercise, fitness, Wednesdays from 10-11 am on WDMV 700 AM, Eastern, Financial Talk Radio

businessherway.net

Absolute Body Power
A Total Circuit Training
And
Aerobic Workout
The Complete Book
On
How To Become Fit and Healthy
For Life!

Hello everyone, I'm Alan Harris founder/creator of Absolute Body Power Media. I want to thank all of you for taking the time, energy, and (of course) your hard-earned money to purchase the *Absolute Body Power-A Total Circuit Training and Aerobic Workout* book on how to become Fit and Healthy for life. It's my mission to make sure you receive valuable information, inspiration, and motivation on how to become fit and healthy for life by combining both the science and common sense behind exercise, fitness, health, and nutrition. You will learn the best form of cardio/aerobic training (stress and recovery), safe and effective weight training, and of course how to eat healthy.

Most of us believe if something isn't complicated it can't possibly work. Wrong attitude! The simpler you make exercise, fitness, health, and nutrition, the greater results you will achieve. Why? Because you will stick to the program. And that's the key to success -- making choices that become part of your life.

All too often you are bombarded with conflicting exercise and fitness information through magazines, newspapers, television, radio, friends, family, co-workers, and the so called fitness gurus. It's enough to make you want to scream or at least pull your hair out. ARE YOU TIRED OF BEING SCAMMED, FOOLED, HOOD-WINKED, AND BAMBOOZLED????

Absolute Body Power is a unique program that combines simple, easy to follow steps of what I call the BIG 3: cardio, weights, and healthy eating. You can't do one or two without the other. You MUST do alllllllll 3 together!! Most important with ABP you will enjoy yourself and have fun while at the same time receive an awesome and fantastic workout!!

I am here as your friend, fitness trainer, motivational speaker, and sometimes your drill instructor to help you along the way to becoming fit and healthy; however, YOU must do it!! That's why I want to make sure you contact me through email, letter carrier, website, or telephone to let me know how YOU are doing.

Absolute Body Power is a program that accepts no excuses and forces you to take charge of your life and personal responsibility for your own health and fitness. This program Ain't no fluff. I don't think you heard me so I will repeat myself. This program:

**“Ain’t No Fluff!
If You Want Fluff
Go Buy A Pillow”!!!**

however, if you are willing to listen, pay attention, and put forth the effort, not only will you become fit and healthy for life, there will be a more fantastic you. What else could you ask for?

Enough of me wasting your time! It's Showtime baby!! Put the work down, tell the kids to go play, make your significant other leave you alone for a while. Now go forth my brothers and sisters and read the complete Absolute Body Power book on how to become Fit and Healthy for life. Get ready for 100% PURE POWER, ENERGY, MOTIVATION, and FUN!!!

***ALWAYS REMEMBER TO KEEP YOUR
MIND RIGHT AND BODY TIGHT AND HAVE
YOURSELF A FIT AND FANTASTIC DAY!!!**



ABSOLUTE BODY POWER MEDIA PARTNERSHIPS

Absolute Body Power Media is partnered with strong organizations such as the NBA (National Basketball Association) and NFL (National Football League) to design and create products to promote health and wellness throughout the country. In addition, we have teamed with charity organizations such as The Ryka Rose Foundation, Discovery Health/Self Magazine, Rejuvenation III (National Women Ovarian Cancer Coalition), Mrs. Maryland International and Mrs. America Pageants to raise awareness and money for breast cancer, ovarian cancer, stopping violence against women, and other causes. And we have teamed with Passion for Life Coaching to help our clients further their growth.

ABSOLUTE BODY POWER MEDIA Video Clip - Step Aerobics

