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## **American Health Centers** **“Biggest Loser”**

**Ashland, KY / January 19, 2012-- AHC “Biggest Loser” campaign will kick-off its first set of interviews for candidates interested in competing in the free weight loss program.**

Candidates who are chosen will commit to the AHC Weight Loss™ Program, an eight-week program following nutritional meal plans daily and meeting three times a week for personal training. The interview process is open to the public and will be from 6:30-8pm, at 1301 Winchester Ave, Ashland, KY.

American Health Centers is dedicated to providing affordable and convenient health and wellness. In a recent interview with Beth Hendricks for the Herald-Dispatch, Scott Landers, CEO, commented on the success of the company and shared his vision of AHC's role in facilitating change for the Tri-State's unhealthy image.

“We're not going to be one of the most unhealthy places to live in 10 years, but it takes a while to change that. We're trying to help in that transition to health and wellness,” said Landers. The new year is here, and AHC's “Biggest Loser” campaign gives people the opportunity to start the year out healthy and take advantage of a great program, for free.

“We want people to get healthy, get motivated, and what's better encouragement than knowing if you follow our program, then you will be guaranteed results?” said Jimmy Billheimer, VP of AHC Fitness and facilitator of the AHC Weight Loss™ Program.

The Ashland, KY location will be the first of the five, 24 hour locations to begin their “Biggest Loser” campaign. The size of the campaign group will depend on how many people show for the interview process. The interviews will consist of weigh-ins, height measurement and blood pressure checks. Complimentary refreshments and healthy snacks will be provided, plus exclusive discounts on other AHC services.

American Health Centers is a company dedicated to a total approach in a person's overall health and wellness. By combining all the key aspects of proper nutrition, personal fitness, and complete spinal health, our doctors and staff are dedicated to providing people with all the components needed for perfect health. Please visit our website for more information, [www.americanhealthcenters.com](http://www.americanhealthcenters.com).