



FOR IMMEDIATE RELEASE

MAY 11, 2017

Contact:

Run-Fit, LLC
619-787-4084
media@run-fit.com

GOT SEX? DR. JASON KARP SIGNS BOOK DEAL ON SEX AND EXERCISE

SAN DIEGO, CA – Ever wonder how sex affects your exercise life and how exercise affects your sex life? Fitness expert and exercise physiologist Dr. Jason Karp signed a deal this week with Skyhorse Publishing to write *Sex and Exercise and Exercise and Sex*, a unique book that explores exercise and sex, ignites your libido, and gets you sexually fit. The book is scheduled to orgasm in Fall, 2018.

With chapters on the history of sex and exercise, the exerciser's and lover's anatomy, exercise and your libido, workouts for better sex, nutrition for exercise and sex, sex questions your mother or coach never answered, and creative sexual positions for gym rats and cardio junkies, complete with sexually explicit photos to arouse and titillate, this book is sure to increase your orgasms.

"I've been interested in sex and exercise for a long time and I'm grateful to be working with Skyhorse on this project," said Dr. Karp, who is represented by literary agent Grace Freedson of Grace Freedson's Publishing Network in New York. "Exercise and sex are both integral to human survival. Without exercise, there would be no food for the family. And without sexual intercourse, there would be no more family."

Sex and Exercise and Exercise and Sex is Dr. Karp's ninth book. The 2011 IDEA Health & Fitness Association's Personal Trainer of the Year, his other books include [14-Minute Metabolic Workouts](#), [Run Your Fat Off](#), [The Inner Runner](#), [Running a Marathon For Dummies](#), [Running for Women](#), [101 Winning Racing Strategies for Runners](#), [101 Developmental Concepts & Workouts for Cross Country Runners](#), and [How to Survive Your PhD](#).

Founded in 2006 and headquartered in New York, Skyhorse Publishing, Inc. is the fastest-growing small publisher in America and has had eight New York Times bestsellers. For more information, visit skyhorsepublishing.com.

About Dr. Jason Karp

A runner since age 11, Dr. Jason Karp is a nationally recognized running and fitness expert, 2011 IDEA Personal Trainer of the Year, and 2014 recipient of the President's Council on Fitness, Sports and Nutrition Community Leadership Award. In addition to writing 8 books and more than 400 articles, he is the creator of the REVO₂LUTION RUNNING™ certification and is a frequent speaker at international fitness and coaching conferences. He was a member of the silver medal-winning U.S. Masters National Team at the 2013 World Maccabiah Games in Israel. For fitness and running tips and tricks, visit run-fit.com and follow on [Facebook](#), [Twitter](#), and [Instagram](#).

###