



FOR IMMEDIATE RELEASE

October 2, 2014

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NEW RUN-FIT SPECIALIST™ CERTIFICATION FOR FITNESS PROFESSIONALS & COACHES

SAN DIEGO, CA – Run-Fit announces its new specialty certification course Run-Fit Specialist™, developed by renowned running expert and 2011 IDEA Personal Trainer of the Year Dr. Jason Karp. Specifically designed to provide education and training for personal trainers, group exercise instructors, and coaches, it establishes fitness professionals as running experts.

The Run-Fit Specialist™ course includes a selection of Dr. Karp's books, DVDs, and training programs, a multiple-choice exam, certificate of completion, and Run-Fit T-shirt. Those who register for and pass the course receive continuing education credits from the two most respected fitness industry certifying organizations—National Academy of Sports Medicine (NASM) and American Council on Exercise (ACE).

Becoming a Run-Fit Specialist™ enables fitness professionals and coaches to give sound research-driven advice to clients and runners of all ability levels, and gives them the tools to design training programs for a variety of running events, including 5Ks, 10Ks, half-marathons, and marathons.

"I'm very excited to offer this course to educate and inspire fitness professionals and coaches on something I've been so passionate about for so long. There's nothing else like this in the fitness industry," says Dr. Jason Karp, recipient of the 2014 President's Council on Fitness, Sports & Nutrition Community Leadership Award. "Running is second only to walking as the most popular form of physical activity, with millions of runners running around the world. So it pays to know something about it."

For more information and to register for the Run-Fit Specialist™ home-study course, go to <http://run-fit.com/runfitspecialist>.

About Run-Fit

Run-Fit is the premier provider of innovative running and fitness services, including coaching and training programs, throughout San Diego and across the U.S. It's founder, Dr. Jason Karp, is one of the foremost running experts in America, 2011 IDEA Personal Trainer of the Year, and senior editor at [Active Network](#). He has more than 200 articles published in international running, coaching, and fitness magazines, is the author of five books, including [Running for Women](#) and [Running a Marathon For Dummies](#), and is a frequent speaker at international fitness and coaching conferences. He was also a USA National Team Member at the 2013 World Maccabiah Games in Israel. For free running and fitness tips, follow Run-Fit on [Facebook](#) and [Twitter](#).

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