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DR. JASON KARP TO SPEAK AT TEDxREXBURG

SAN DIEGO, CA – Chief Running Officer at Run-Fit and REVO₂LUTION RUNNING™ Dr. Jason Karp has been invited to share his idea worth spreading at TEDxRexburg. The event will take place on March 28, 2020 at 6:00 pm at Madison High School Auditorium in Rexburg, Idaho.

As far back as the ancient Greeks, humans have understood the relationship between the physical and the psychological, between the body and the brain. In the thousands of years since the Greeks revered the athlete's body, we have lost our way. These days, we talk about meditation, getting your mind right, and how we must work on our inner selves. But we are physical animals first. We need to get back to being animals. Focusing on physical conditioning to live a more successful, creative, and confident life—an outside-in approach—is Dr. Karp's idea worth spreading.

"I'm honored to be asked to give a TED talk," said Dr. Karp. "My idea worth spreading started with a race around the track in sixth grade. I'm thrilled to be able to share at TEDxRexburg and the larger TED community what I have explored and learned through running and what that means for our human potential."

About TEDxRexburg

TEDxRexburg is a local gathering where TED talks are shared with the community. In the spirit of ideas worth spreading, TEDx is program of locally organized events that bring the community together to share a TED-like experience. For more information and for tickets to TEDxRexburg, visit tedxrexburg.com. For more information about TED, visit ted.com.

About Dr. Jason Karp

A competitive runner since sixth grade, Dr. Jason Karp quickly learned how running molds us into better, more deeply conscious people, just as the miles and interval workouts mold us into faster, more enduring runners. This passion that Jason found as a kid placed him on a yellow brick road that he still follows as a coach, exercise physiologist, bestselling author of 10 books and more than 400 articles, speaker, and educator. He was honored as the IDEA Personal Trainer of the Year in 2011 and is a two-time recipient of the President's Council on Sports, Fitness & Nutrition Community Leadership award. His REVO₂LUTION RUNNING™ certification has been obtained by fitness professionals and coaches in 23 countries. His training programs and books can be found at run-fit.com. Follow and share with Jason on social media @drjasonkarp.

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