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DR. JASON KARP SIGNS BOOK DEAL FOR 10TH BOOK

SAN DIEGO, CA – Exercise physiologist and fitness expert Dr. Jason Karp signed a deal this week with Mango Publishing to write *Lose It: The Habits of Successful Weight Losers from the National Weight Control Registry*.

Most people who lose weight gain the weight back. People desperately need to know and understand how to keep the weight off. What is unique about those who succeed? Dr. Karp's new book explores the data from the National Weight Control Registry, the largest registry of individuals successful at long-term maintenance of weight loss. The registry includes more than 10,000 individuals who have lost at least 30 pounds and maintained a weight loss of at least 30 pounds for at least one year.

"Thirty-seven studies have been published in scientific journals using the data from the National Weight Control Registry yet have been ignored by weight loss gurus and publishers," said Dr. Karp, who is represented by literary agent Grace Freedson of Grace Freedson's Publishing Network in New York. "This book fills the hole in the marketplace so that people can learn, from a scientific perspective, exactly what works for others in their position, without relying on anecdotal evidence from their neighbor's or social media friend's experience."

Lose It: The Habits of Successful Weight Losers from the National Weight Control Registry is Dr. Karp's tenth book. His other books include *Sexercise* (in press), *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*.

About Dr. Jason Karp

A competitive runner since sixth grade, the 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 9 books and more than 400 articles, speaker, and educator. In addition to being a two-time recipient of the President's Council on Sports, Fitness & Nutrition Community Leadership award, he was honored as the IDEA Personal Trainer of the Year in 2011 and is a 2019 finalist for Personal Fitness Professional's Trainer of the Year. His REVO₂LUTION RUNNING™ certification has been obtained by fitness professionals and coaches in 23 countries. His training programs and books can be found on [Amazon](https://www.amazon.com) and at run-fit.com. Follow and share with Jason on social media @drjasonkarp.

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