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**DR. JASON KARP HONORED FOR SECOND TIME WITH PRESIDENT'S COUNCIL ON
SPORTS, FITNESS & NUTRITION COMMUNITY LEADERSHIP AWARD**

SAN DIEGO, CA – The President's Council on Sports, Fitness & Nutrition has selected Dr. Jason Karp for a second time for the 2019 President's Council on Sports, Fitness & Nutrition Community Leadership Award. Dr. Karp was also honored with the award in 2014. The award is given to individuals who improve the lives of others within their community by providing or enhancing opportunities to engage in sport, physical activity, fitness, or nutrition-related programs.

"We are proud to recognize Dr. Jason Karp for the work he has done to consistently promote opportunities for individuals to lead healthy lifestyles through his running programs," says Kristina Harder, acting Executive Director of the President's Council on Sports, Fitness & Nutrition.

"Because of Dr. Karp's meaningful efforts and impactful contributions, we are one step closer to improving the physical fitness, health, and nutrition of all Americans. His work reaches not only his community, but also serves as a shining example to inspire and motivate others across the United States to embrace a healthier, more active lifestyle."

"I'm honored to win the President's Council of Fitness, Sports & Nutrition Community Leadership Award for a second time," said Dr. Karp, Chief Running Officer at Run-Fit and REVO₂LUTION RUNNING™. "Through running, we fulfill our destiny as physical beings, and on the foundation of a fitter physical being, we can build a better life."

About the President's Council on Sports, Fitness and Nutrition

The President's Council on Sports, Fitness and Nutrition (PCSFN) is a Federal advisory committee supported by the Office of Disease Prevention and Health Promotion within the U.S. Department of Health & Human Services. The mission of the President's Council is to increase sports participation among youth of all backgrounds and abilities and to promote healthy and active lifestyles for all Americans. For more information about PCSFN, visit fitness.gov and follow on Twitter @FitnessGov.

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 8 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. His REVO₂LUTION RUNNING™ certification has been obtained by fitness professionals and coaches in 21 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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