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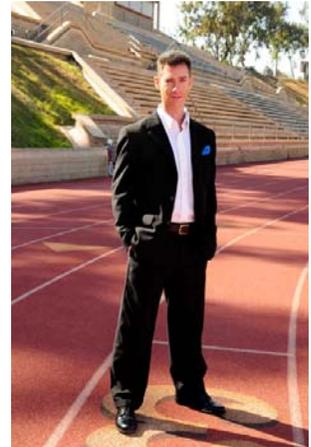
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**DR. JASON KARP HONORED WITH PRESIDENT'S COUNCIL ON FITNESS,
SPORTS & NUTRITION COMMUNITY LEADERSHIP AWARD**

SAN DIEGO, CA – The President's Council on Fitness, Sports & Nutrition (PCFSN) has selected Dr. Jason Karp to receive a 2014 PCFSN Community Leadership Award. The award is given annually to individuals or organizations who improve the lives of others within their community by providing or enhancing opportunities to engage in sports, physical activities, fitness or nutrition-related programs.

Dr. Karp was honored for his contributions to his community through his company, [Run-Fit](#), which provides run coaching and personal training programs throughout San Diego and across the country.



"Dr. Karp has worked to consistently promote the importance of physical activity, sports and good nutrition throughout the community," says Shellie Pfohl, executive director of the President's Council on Fitness, Sports & Nutrition. "Because of Dr. Karp's efforts and contributions, his community can embrace a healthier and more active lifestyle. Together, we are all working to make our nation a healthier one."

"I'm very honored to win the President's Council of Fitness, Sports & Nutrition Community Leadership Award," says Jason, the 2011 IDEA Personal Trainer of the Year. "I have such a deep passion for running and fitness, and it's very fulfilling to share that passion with others to inspire people to lead a fit life."

This year, the President's Council presented the Community Leadership Award to 44 recipients across the country for making sports, physical activity, fitness, and nutrition-related programs available in their communities. For a list of 2014 award winners, go to <http://www.fitness.gov/participate-in-programs/council-awards/pcfsn-community-leadership-award>.

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

The President's Council educates, engages and empowers all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition. PCFSN is a committee of volunteer citizens who advise the President through the Secretary of Health and Human Services. Through its partnerships with the public, private, and nonprofit sectors, PCFSN promotes programs and initiatives that motivate people of all ages, backgrounds, and abilities to lead active, healthy lifestyles. For more information about the Council, visit www.fitness.gov and follow on [Twitter](#).

About Dr. Jason Karp

Dr. Jason Karp is a nationally-recognized running and fitness expert and 2011 IDEA Personal Trainer of the Year. He holds a Ph.D. in exercise physiology. He has more than 200 articles published in international running, coaching, and fitness magazines, is the author of five books, including *Running for Women*, *Running a Marathon For Dummies*, *101 Winning Racing Strategies for Runners*, *101 Developmental Concepts & Workouts for Cross Country Runners*, and *How to Survive Your PhD*, and is a frequent speaker at international fitness and coaching conferences. He was a USA National Team Member at the 2013 World Maccabiah Games in Israel and is the head track & field coach at La Jolla High School. For his popular training programs and autographed copies of his books, go to Run-Fit.com and follow on [Facebook](#) and [Twitter](#).

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