

Step after grueling step, mile by mile, Jason Shen keeps moving. As a husband, a father, a son, a co-worker and a leader, he moves himself and those around him to reach their full potential.

Jason's journey began as one of self-fulfillment. Waylaid by an injury and feeling less than healthy, he was searching for an exercise that would push his body, mind and spirit. It wasn't long before he was pounding the pavement every chance he could.

"There is great joy and motivation from completing the challenge," Jason says. "I feel that running has given me a lot of benefits. My focus and energy have improved."

Now, from simple jogs with his family at his side to long-distance events that test the limits of his endurance, Jason knows that running is a crucial part of his life. More than just a great way to energize mind and body, running brings Jason closer to his wife, daughter, parents and co-workers as they all work towards a healthier tomorrow.

"I persuaded my wife, my parents and my daughter to run with me," he says. "My father had high blood pressure, my mother had symptoms of high blood pressure and diabetes. Through training, their symptoms have significantly improved. And our life is happier and more fulfilled."