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MEET THE BILLIONAIRE BOSS, 75, WHO DOES ONE BIRTHDAY PRESS-UP FOR EVERY YEAR OF HIS LIFE IN FRONT OF THE TEAM

Hong Kong, January 16, 2015 - How would your boss celebrate his 75th birthday? Well, if you are an employee at Crown Worldwide it's by doing one press-up for every year of his life in front of cheering office staff!

Entrepreneur Jim Thompson is the founder and chairman of logistics giant Crown Worldwide, which he started in 1965 to one within excess of 800m USD turnover as it approaches its 50th anniversary in the next few weeks.

The American born businessman could easily be forgiven for taking it easy and enjoying the kind of lifestyle you would expect of the owner of a company with offices in some 60 countries around the globe.

But instead he continues to lead the business with vigour – and demonstrates his fitness each year with an unusual birthday ritual that is tipped to become an internet hit.

So, on January 14 he dropped to the floor in front of colleagues at Crown Worldwide's headquarters in Hong Kong to push out 75 press-ups – in just 47 seconds!

"It's become a tradition and creates quite a stir," said Jim, who hails from New Jersey in the United States. "I've always tried to stay fit by keeping my weight down and keeping my strength up, so I always did press ups at home. But on one of my birthdays some years ago my office staff said they'd like to see me do them.

I think they had a few bets going on about whether I could do it or not - but I did, and it became a ritual that every year on my birthday I had to do a press-up for every year of my life. Now it's like a trademark."

Jim's tradition took on extra meaning this year as it came just a few weeks before his company also celebrates an important landmark – its 50th birthday.

"I started the company in Yokohama in 1965 from small beginnings and with very little capital – so to see it grow into an international global business is very special," he said. "It's really a huge anniversary that I never thought I'd see and I'm very proud of all the people that helped us to get to this point."

Sounds like both founder and his business are going strong. So stand by for more press-ups.

"I managed to get through 75 with no problems this time so we'll have to see how long the tradition continues," said Jim. "I don't know if I'll be able to do 100 at 100 but I hope I'm around to try!"

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Crown Relocations
Crown Relocations provides transportation, destination and immigration services, as well as employee and family support, to assist people relocating internationally or domestically.

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