

“Your Health is Your Wealth:” Mental and Physical Fitness in Oakland

By Aneesah Dryver

Jonathan “Fitness” Jones has discovered the true meaning of “the breath of life.” Jones has been studying breathing techniques for many years and utilizes breathing to reduce stress, promote a positive mentality and to lose weight.

Jones turned to meditation and breathing exercises after enduring a failed marriage and losing his gym, and realized he was at the end of his rope. He masked his depression by “doing destructive things” and isolating himself from the world.

Kim Reinheimer, a close friend, who had been teaching meditation for over 40 years, noticed Jones’ depression and offered him the opportunity to learn breathing exercises. Reinheimer’s knowledge changed Jones’ life.

Now, Jonathan instructs others, utilizing his own special routine of breathing exercises which he calls “Breathing Aerobics.” Jones states that deep breathing improves the mind which then improves the physical body. His clients testify that his exercises have helped them lose weight and gain mind clarity.



Jonathan Jones

Valerie Cooper is the owner of Tyt-N-Up workout/dance. She has been a fitness instructor for over 10 years, and believes that “your health is your wealth.” Tyt-N-Up (pronounced ‘tighten up’) is resistance training combined with a fusion of dance steps she learned in Texas. Her workout is designed to enhance muscle strength and cardio respiratory fitness. She created her workout

in 2007, and with the assistance of Oakland Post Journalist and Editor Chauncey Bailey, she was able to get the word out regarding the importance of fitness. Cooper believes that exercise is healing, and by strengthening our bodies, protects us from our toxic environment.

For more information about Jonathan Jones and Breathing Aerobics, call 415-236-3806. For more information about Valerie Cooper and Tyt-N-Up Fitness, call 510-866-4536 or email at fit4every1@excite.com.