

Take The Breathing Aerobics, Reduce Your Stress Challenge!

The creator of Breathing Aerobics, Jonathan “Fitness Jones is known as The Guru of Breathing around town. Jonathan has appeared on major TV and radio shows teaching people how to breathe and improve the quality of their lives.

Jones has over 30 years of experience in the health and fitness field and is now issuing a challenge to the readers of the Post to learn some physical techniques to reduce stress.

“With all the news of tragic events these days, it’s understandable that a lot of people are experiencing stress,” said Jones. “The good news is we can breathe properly to help relieve that stress.”

Jones says that his Breathing Aerobics method “will lessen some intense moments and help you relax. By taking just nine breaths in a few seconds when wake up, as you go throughout the day and before you sleep, it will help you relax.”

He wants everyone to challenge themselves to perform the Breathing Aerobics techniques for three consecutive days. “After the third day, com-



Jonathan “Fitness Jones complete a two-question survey about your experience and you will receive a free complimentary Breathing Aerobics Fat Burning Workout Manual,” said Jones. “We need to be prepared to be more relaxed.”

For more information visit: breathingaerobics.com or [Instagram.com/breathingaerobics](https://www.instagram.com/breathingaerobics).