

Never Too Late to Get into Shape for Summer

By Conway Jones

Do you want to improve the quality of your life? Who doesn't?

Jonathan 'Fitness' Jones has the answer. He says it is never too late to get into shape for summer.

Here's how.

Jones is the creator of breathing aerobics, a fitness regime centered on deep-breathing techniques.

The Breathing Guru is adamant about spreading the benefits of breathing and the impact it can have on wellness.

"I've got a breathing technique for everybody," Jones says. "Breathe-to-achieve is the secret."

Jones says there is never a bad time to incorporate deep breathing into your wellness program.

Throughout the day, Jones suggests you invest



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in your mind and body by deep breathing. "Mornings set the tone of your day; right before meals, speeds up your metabolism; during breaks, prevents burn-out; before major tasks, improves focus; and before bed, clears the mind to achieve better sleep."

Jones hopes to help people break the cycle of lay-

ered stress. "Many people have stress on top of stress on top of stress. Eventually you reach a breaking point. With my techniques, you can prevent that."

By relieving stress periodically, Jones says you can increase your energy and improve the quality of your life.

Contact Jonathan "Fit-

ness" Jones to learn more 415-236 3806. Website: at jnathanfitnessjones@gmail.com or telephone www.breathingaerobics.com