

Take Care of Yourself During the Holidays

By Post Staff

After Jonathan Jones was featured in the Post (09/13/2011), he was asked to provide Breathing Aerobics training to the staff and clients at Alzheimer's Services of the East Bay.

He has also appeared as a guest on several radio shows to talk about Breathing Aerobics and health. He is a regular guest on David Hollander's "Protect Your Assets" show, which airs 8 a.m. Saturday mornings on KNBR 680.

"I provide a weekly health tip at 8:15 a.m. on such topics as stress reduction, ways to burn fat and prostate cancer prevention," said Jones.

During the month of October, his Breast Cancer Awareness messages focused on the importance of mammograms, performing monthly self-exams, and eating foods that support breast cancer prevention.



Jonathan Jones

Jones will release his Breathing Aerobics DVD during the holidays as a gift selection for families. Three of his Breathing Aerobics exercises focusing on weight control for the holidays can be acquired at (415) 236-3806.