



Bay Area Trainer Urges African Americans to Stay Fit, Safe

Jonathan "Fitness" Jones, a Bay Area breathing aerobics and fitness trainer, and an Ambassador for the Post to community groups, recently announced that he wants everyone to take extra care and exercise during this COVID-19 pandemic. And since African Americans are especially vulnerable because of a history of health disparities and some pre-existing conditions, he hopes that they pay extra care to observe the public health protective recommendations of hand-washing, proper distancing and mask wearing to survive. He celebrated his 58th birthday by doing 58 minutes of push-ups and vigorous exercise.

For information go to www.breathingaerobics.com or call (415) 236-3806.