



**Sirius Fitness**  
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[www.siriusfitness.net](http://www.siriusfitness.net)

July 21, 2015

Barbara Jiménez  
Director Central and South Regions  
Health and Human Services Agency  
County of San Diego

Dear Ms. Jiménez:

It is with great pleasure to inform you that *Sirius Fitness* fully supports the County of San Diego's *Live Well San Diego* vision.

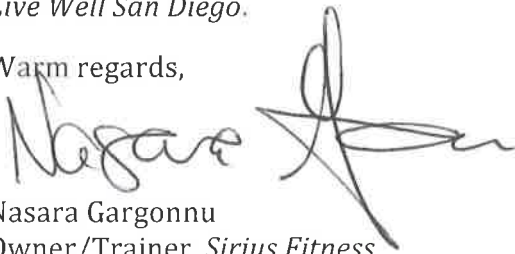
As a local small business in Central Region, *Sirius Fitness* strongly believes in the goal of *Live Well San Diego* and will continue to work to promote positive, healthy choices to our clients and the San Diego County community at large.

Our work includes special events and programs that help San Diego County residents to *thrive* and enjoy the highest quality of life.

- Every Saturday – free to low cost boot camps at Malcolm X Library
- Every Wednesday - teach at Project Access at Meadowbrook Apartments, which is certified under the Crime Free Multi-housing Program
- Weekly Fitness for all ages at Jackie Robinson YMCA & Copley YMCA
- 2x/3x week Health and Wellness for Port of San Diego employees
- Support volunteer park run enjoyed by thousands of members of the community on a weekly basis
- Assist with Warm Up and promote fitness at various 5K event, including the ***Live Well San Diego 5K*** in 2014 & 2015, ***Hot Chocolate 5K/15K*** 2013, 2014, 2015, ***LT (Ladanian Tomlinson) 5k*** 2014 & 2015, ***Miracle Babies 5k*** 2014 & 2015, ***Gorder 5k Walk*** (Cancer) 2013 & 2014, ***Breath of Hope 5k*** (Cancer) 2014 & 2015, ***Resolution Run 15k*** 2012, Annual Jog-A-Thon with Total Deliverance Baptist Church
- Volunteer at the “Healthier Me” program which supports Health & Exercise at faith based organizations
- Local Ambassador of the ***Hot Chocolate 15k/ 5k*** which brings 16, 000+ runners Annually
- Assisted in Organization of the ***Urban Collaborative Project 5K*** with Barry Pollard
- Volunteered at People’s Produce Farmers’ Market, Jacobs Center for Diane Moss
- Volunteered at the UC San Diego’s Center for Community Health 2015 “Veggie Fest” at City Heights Farmers Market
- Health Events – health and fitness workshops at Annual “Kuumba Fest” where nearly 100 vendors help San Diego County residents learn more about available resources
- Support San Diego Black Nurses and San Diego Black Social Workers events
- Presenter at the 2015 *Live Well San Diego* HSA “It’s All About You” Health Fair

As a recipient of the San Diego YMCA 2014 Fitness Instructor of the Year, I am very happy to partner with the County of San Diego and look forward to doing more to help achieve the vision of *Live Well San Diego*.

Warm regards,



Nasara Gargonnu  
Owner/Trainer, *Sirius Fitness*