

# Jeff Fitness to lead Big 25-Hour Workout in aid of SA's frontline workers

Sports conditioning specialist, performance coach and Jeff Fitness team captain Johnno Meintjes will attempt to complete a month's worth of exercise in one day in the Big 25-Hour Workout on 30 January 2021. Meintjes is encouraging the public to join in to focus on their health and fitness while raising funds for South Africa's frontline healthcare workers battling the Covid-19 pandemic.

Interested participants can register for free and commit to joining the workout (whether for 30 minutes or the full 25 hours) and make a small, optional donation to the Gift of the Givers Foundation.



Meintjes will be accompanied by celebrities, sporting legends and some top talent including GoldFish and Mathew Gold. The event will be livestreamed to Facebook and YouTube so anyone can join from anywhere, joining some of South Africa's favourite personalities like Graeme Smith, Siv Ngesi, Jean De Villiers and Dale Steyn.

Meintjes is not quite sure about how he is going to meet this challenge, however, he is very clear on why he is doing it: "We all know the effects of this pandemic. The uncertainty, anxiety and misery that it's brought. And all we can do is control the controllables. These include regular exercise, eating well and a healthy mindset. Nothing contributes to our sense of well-being like daily fitness. It's just hard to get it right. I'm no athlete, but if I can do it for 25 hours straight, there's no reason everyone at home can't squeeze in half an hour."

For more information go to [Jeff.fitness](https://www.jeff.fitness) and visit the [Jeff Together Facebook group](#).