



### **Tonya M. Jones Bio**

Tonya Jones life and her success are examples of her commitment to empower people to make positive changes in their lives. A born and bred Washingtonian with Indian and Scottish ancestry, Jones strived early in life to encourage and motivate others to excel. She emerged as a teen celebrity after competing against several hundred students to become a member of the Teen Summit Posse, Black Entertainment Television's weekly live one-hour teen talk show. She was also chosen as a member of Close-Up Forum, C-Span's, weekly television teen political talk show.

Today, Jones with a decade of teaching experience is an Assistant Professor of English & Psychology at Baltimore City Community College, professional speaker, health and fitness instructor, and founder of Freedom Consulting.

Having completed the Bachelor of Arts Degree in English from University of Maryland College Park, the Master of Education from George Washington University, and post graduate studies in Counseling Psychology at Bowie State University Jones has quickly gained recognition as a professional who is passionate and committed to providing quality programs and services. Jones is also known for her keen sensitivity to the problems that impact women and men. She works tirelessly to help people become the best they can be and, as a result, works in partnership with her clients and special interest groups to develop and design programs to meet their specific goals and objectives.

Jones has conducted workshops and provided informative presentations on Healthy Living, Weight Loss and Weight Management, Abandoning Anger and Embracing Love, Education and Leadership, Diversity in Education, Hip Hop Music and Culture, College Admissions Coaching, Children of Incarcerated Parents, Single Parents as Heads of Households, Retention of African American Male College Students, and Women and Ministry. Jones has also served as keynote speaker for many events and delivered the opening prayer for a Hillary Clinton fundraiser event in August of 2006.

Now the educator and professional speaker has made it her personal mission to encourage youth, women and men to live healthier lives. Jones, a certified cycling instructor is deeply concerned about the obesity epidemic in America. **She understands beating obesity is hard, but it's a battle she's won herself by losing over 70 pounds.** Through her company Freedom Consulting, Jones is working to help others do the same. She organized a Health and Fitness Expo to encourage youth and adults to make positive changes in their lives and as a result, avoid the obesity problem gripping America. Furthermore, Jones is currently working on her debut book, Counting The Cost of Obesity: A Transformative Weight Loss Story, which will be released in 2008.

Jones is a member of Alpha Kappa Alpha Sorority, Incorporated, Phi Delta Kappa International, American Council on Exercise (A.C.E.), American College of Sports Medicine (ACSM), National Strength & Conditioning Association (NCSA), National Association of Sports Medicine (NASM), Mid Maryland Triathlon Club, USA Triathlon & a Lifetime Member of Weight Watchers. Additionally, she is currently training to compete in her first triathlon competition.