



## MIKE JONES FOLLOWING IN FOOTSTEPS OF BERNARD HOPKINS, PREPARING FOR JUNE 25 FIGHT



Philadelphia, PA— If **Bernard Hopkins** set the standard, **Mike Jones** would like to carry on the tradition.

Jones, the undefeated and top-ranked welterweight who boxes **Raul Munoz**, of Mexico, on June 25 at the South Philly Arena, has followed the same strict regimen of ring preparation as fellow-Philadelphian Hopkins, the multi-division world champion who recently became, at age 46, the oldest man to win a major boxing title.

‘I talk to Bernard when he comes to the (Joe Hand) gym,’ said Jones. ‘He always gives me something (advice) I can use inside the ring and outside the ring. He’s a real wise dude.’

Like Hopkins, Jones is known for always being in top shape. Nutrition, along with exercise and a healthy mental outlook, forms the core of that foundation.

‘Eating properly is about your well-being,’ Jones said, who will be fighting in Philadelphia for the 13<sup>th</sup> time, but for the first time in more than two years. ‘It’s all about a better lifestyle. It’s just like repetition in the

gym. You keep practicing something; it becomes second-nature to you; it becomes easy.”

“The same thing with eating habits. My dad has diabetes and lost his mobility and he can’t walk around. My dad’s situation has put my diet into perspective. It’s good for my profession and my life.”

Jones has two young daughters and he teaches them to eat properly and to drink water—no sodas, no sugary juices.

The 28-year-old Jones is coming off a big win Feb. 19 in Las Vegas where he out-pointed Jesus Soto-Karass, of Mexico, for the second time. He is currently rated No. 1 in the world at 147 pounds behind WBO champion **Manny Pacquiao**, as well as No. 2 by the WBA, No. 3 by the IBF, No. 5 by the WBC.

The Jones-Munoz fight is part of the *Top Rank Live!* series which will be promoted by Top Rank, Inc., and Peltz Boxing Promotions, Inc. It will be televised live by Fox Sports Net beginning at 10 pm EST. The first of six additional bouts begins at 8pm.

Tickets priced at \$50 and \$75 are on sale at the offices of Peltz Boxing Promotions (215-765-0922) and through Ticketmaster (800-745-3000). They also can be purchased online at [www.peltzboxing.com](http://www.peltzboxing.com) and [www.ticketmaster.com](http://www.ticketmaster.com).



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Mike Jones vs. Raul Munoz, co-promoted by Top Rank, Inc., and Peltz Boxing Promotions, Inc., takes place Saturday, June 25, at the South Philly Arena, 7 West Ritner Street. The scheduled 10-round contest will be televised live by Fox Sports Net at 10 pm EST as part of the *Top Rank Live!* series.

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Press request deadline is Friday, June 17, 2011.