

Rick Rubio: Kona's Mobile Personal Trainer

written by CPH Insurance | April 25, 2017

I recently opened a business in Kona, Hawaii called Kona Fitness. I have been active my whole life. I grew up in San Francisco in the 60's and after some years of distraction started my re-involvement in fitness in 1981 with running my first marathon. I moved to Kona Hawaii to enjoy the fitness based lifestyle, and soon after this I decided I would enjoy helping others succeed at becoming fit and healthy and so became a personal trainer.