

## Dawson Roshau

This Pulaski Academy and Central School alum is on the frontlines but not in the most conventional way.

Dawson Roshau, a PACS 2016 graduate, is a general manager for LA Fitness in St. Petersburg, Florida.

Roshau said his role during this time is to oversee and run the gym properly. One of the most important jobs is maintaining a clean and safe environment for gym goers.

Roshau said it's important to keep up with your fitness during this unprecedented time.

"Keeping your health and fitness up while gyms are closed is an important part in having a healthy immune system," said Roshau. "A healthy immune system helps fight off diseases that may enter the body. Take care of your body and keep your diet clean."

