



## Church incorporates fitness into sermon

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AUGUSTA, GA (NBC) - Lose weight and stay fit in church.

It's a winning combination for one congregation.

Parishioners at Gospel Water Branch Baptist Church near Augusta, Georgia have come to hear the gospel and shed some pounds.

It's called the Fit Body and Soul program.

The instructor and pastors target the body and soul.

"We're trying to educate folks on the point of the high incidence of diabetes, hypertension, cardiac disease, cancer and stuff amongst African Americans," instructor Yvonne Dent said.

"Food can be a powerful temptation, and you need that inner strength to overcome that temptation," pastor Rev. Robert Ramsay said.

The associate pastor said he's lost 30 pounds so far, and his wife dropped 25 pounds.



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