



IMMEDIATE RELEASE

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LOCAL CONGREGATIONS HELP COMBAT OBESITY

On Saturday July 21, 2007 Interfaith Partnership/Faith Beyond Walls will be holding a final awards presentation for the Kick Start Your Heart Fitness Challenge. This program was started in January 2007 as a part of The Abraham's Children program to help local congregation's combat obesity.

Each congregation that has participated has been awarded points through out the program based on setting realistic goals for oneself. These goals were both nutritional and physical goals that were kept throughout the entire month. Participants were also awarded additional points for attending monthly scheduled events such as healthy cooking classes and general health related presentations. Each month the goals were evaluated and calculated and the winner of the challenge will be revealed on July 21, 2007 at Calvary MB Church.

The Abraham's Children's program uses religious congregations as intermediaries to empower individuals to improve their personal health. We accomplish this by recruiting, educating and supporting a network of volunteer health advocates from each congregation. While recruiting efforts for Abraham's Children targets churches in underserved communities, membership is open to volunteers from any religious congregation.

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