

## **Fitness Guru Donna Richardson Joyner Launches Community Tour to Reduce Adult, Child Obesity**

*By Neil Foote*

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*Nationally known fitness guru Donna Richardson Joyner is launching a national community tour targeting churches and black colleges. The tour will feature her new cleansing, weight loss, and fitness program.*

Nationally known fitness guru Donna Richardson Joyner is launching a national community tour targeting churches and black colleges. The tour will feature her new cleansing, weight loss, and fitness program to help eliminate the national obesity crisis.

The “Sweating in the Spirit” Community Tour and the “Donnamite Cleansing, Weight Loss, Fitness” program will kick off in Greensboro, NC at one of the nation’s oldest historically black colleges – Bennett College. The tour will follow the journey of 26 women who are setting out to become healthy and fit. The tour will continue at the Dallas-based 30,000-member Potter’s House, led by the internationally renowned Bishop T.D. Jakes, and at the St. John Church in Grand Prairie, Texas. Additional communities will follow.

“This program is about strengthening our mind, body and spirit to help America become Faithfully Fit and Fabulous!” said Richardson Joyner who created and produced the nation’s No. 1 “Sweating in the Spirit” DVD, which has sold more than a million copies. “I have helped hundreds of thousands of people lose weight, become fit and change their lives to become healthier and happier.”

According to the Centers for Disease Control and Prevention, more than 72 million U.S. adults and one out of every three children - are overweight/obese, which can lead to heart disease, diabetes, hypertension and cancer. Richardson-Joyner’s cleansing program is not a diet, nor a colon-cleanse, but it is a nutritional and fitness program that cleanses the body and burns fat cells, which helps you lose unwanted pounds and improves your health.

As Richardson Joyner has traveled the country, she has trained and coached churches, celebrities, executives and families.

“Since beginning the program I have lost 42 pounds,” said Roger Haley, a pastor at The Potter’s House. “I’ve gone from a size 54 to a size 48. I feel great! My energy level is at an all-time high!” Pastor Haley also said he has lost 5 ½ inches from his waist. Most importantly he reports that six months ago he was insulin-dependent, and now he no longer requires insulin.

“My turning point came as a result of me going to a meeting and not being able to fit in a chair,” Dawn Walton of Clearwater, Florida said. “It was at that point I started the Sweating in the Spirit program along with Donna’s coaching. I have lost 90 lbs!”

What sets this program apart from all the others is Joyner Richardson’s personal involvement by maintaining contact via Internet, phone calls and weekly appearances across America. Said Joyner Richardson: “This program is my purpose and passion in life, and I get joy from the opportunity to serve others and help them to be their best.”

About Donna Richardson Joyner

Richardson Joyner has starred in over 25 award winning videos, including the best selling “Buns of Steel”. She is a member of the President’s Council for Physical Fitness and Sports. Donna was the former co-host for the “ESPN Fitness Pro’s Show” and fitness expert on the “NBC Weekend Today Show. She is the producer and host of the “Donna Richardson’s Mind, Body & Spirit Show”, which aired on TV One, and the “Sweating in the Spirit” show which airs on the Word Network. She was inducted into the Fitness Hall of Fame and was named by Essence Magazine for being “one of the twenty five most inspiring women in America.” Richardson Joyner broke the Guinness Book of World Records for the world’s largest line dance with over 50,000 participants. She is an author, and has lectured in over 40 countries educating and empowering women and children about a healthy lifestyle. In February, Richardson Joyner will be named one of the 2009 American Express Women’s Golf Month Spokespersons; she is the first African American woman selected for this position. She is the wife and soul mate of the #1 nationally syndicated morning radio talk show host, Tom Joyner, who reaches more than 8 million listeners weekly.

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