



TRANSFORM YOUR LIFE WITH THE BIBLE'S WAY TO WEIGHT LOSS



October 2004

Matthew 6:33:
But seek first his kingdom
and his righteousness, and
all these things will be given
to you as well.

FIRST PLACE

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The *First Place E-Newsletter*
is published monthly by
First Place. Address all
correspondence to First
Place, 7401 Katy Freeway,
Houston, TX 77024-2199.

National Director
..... Carole Lewis

Associate Director
..... Kay Smith

Leadership Training
Director ... Nancy Taylor

Newsletter Sheila Robbins

Dear Friends,

I was on the drill team in high school, so halftime was the most exciting part of the football game for me. We practiced three hours each day after school in the scorching Houston heat for the privilege of participating in a 15 minute halftime routine with our high school band.

The criterion was strict to participate in our drill team. It was mandatory to maintain a B average in every class, or we were not allowed to march until such time as it was restored. We were required to wear a special "Friday" outfit with specific rules and regulations regarding shoes and jewelry. We even had to weigh in each Friday morning, and if we were over our weight limit, we were not allowed to march. Mind you, these weigh-ins were conducted every Friday during football season, while we were selling chocolate candy bars to raise money for the drill team.

Of course, this was in the dark ages of the late 1950's, and when I look back on all the hard work, rules and regulations, I have to wonder why I wanted to participate.

I believe there were several motivating factors that caused me to work so hard. You see, the drill team:

- ✓ Rode on a bus to the out-of-town games.
- ✓ We all had dinner together before the game.
- ✓ We had our own banquet and awards time at the end of football season.
- ✓ We had our own spring formal event.

Zig Ziglar puts it this way, "When you pay the price, the price is mighty nice."

Participation in the First Place program pays much greater dividends than the ones I received from our drill team. If you and I worked half as much on the nine First Place commitments as most of us did for a 15 minute halftime routine, we would have reached our weight goal long ago.

Amazingly, some of the same principles that motivated me so many years ago could still be great motivators to us in First Place. I was motivated by both love and fear, love for my drill team director, and fear that she wouldn't let me march if I didn't work hard to follow the criterion. Love for my friends was a huge motivator. I didn't want to

(Continued on next page)



Carole Lewis
National Director
Carole@firstplace.org





Carole Lewis

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cause the team to look bad. In First Place, what if we all tried to excel so that our team looked good? Success breeds success. If most of the class does well, it inspires the others to do better. If all of the class does poorly, there is no pride in the organization.

The major difference in working hard for a drill team and working for the Lord is that the drill team had temporal benefits, which are not lasting. The spiritual benefits of the First Place commitments are that we will achieve the balance we all desire. We will:

- ✓ **Reach our healthy weight goal.**
- ✓ **Become physically, emotionally, spiritually and mentally fit.**
- ✓ **Learn how to study our Bible.**
- ✓ **Memorize scripture that will help us every single day.**
- ✓ **Teach our families how to live a balanced life.**

Most anyone can learn to be a good drill team member, but most of us realize that without God's help, we will never master the balanced lifestyle offered through First Place. My prayer for each of us is that we will get on the team and do our very best for our leader, the Lord Jesus.

I Peter 1:3-5 says it best, ". . . *In His great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. . .*"

Blessings to you, Carole Lewis

Carole@firstplace.org

Coming Events

First Place Area Leaders Meetings

October 2, 2004

10:00 a.m. - 12:00 Noon
Lunch being served
First Assembly of God
1107 East 11th Street
Trenton, MO
Contact: Twila Tillman
Phone: (660)359-5331
Email: twilatillman@sbcglobal.net

October 9, 2004

10:30 AM
First Southern Baptist Church
Overland Park, KS
All leaders or anyone interested in becoming a leader are welcome to come. Lunch will be served. Please RSVP.
Contact: JoeAnn Winkler
Phone: (913)262-6173
Email: mjaw15@everestkc.net

October 23, 2004

10:00 a.m. - 2:00 p.m.
Farmborough Heights NSW 2526
Australia
Contact: Barbara Lukies
Phone: (0242) 718800
Email:
firstplaceaustralia@yahoo.com.au

October 23, 2004

9:30 a.m. - 11:30 p.m.
Fairview Loop Baptist Church
Wasilla, Alaska
Contact: Judy Reeder
Phone: (907) 367-9759 or
Email: r8grand@gci.net

First Place Workshops

Fall First Place Experience

October 9, 2004

9:00 a.m. - 3:00 p.m.
Grace Church | Racine, WI
All are invited - leaders, existing members and potential members, too!

Registration fee of \$10 includes lunch and several workshops to choose from.

Contact: Jenn Krogh
Phone: 920-388-3531
Email: wifirstplace@hotmail.com

October 9, 2004

9:00 a.m. - 12:00 Noon
Covenant-Central Presbyterian Church | Williamsport, PA
Contact: Mary Ann Vance
Phone: Church at (570)322-4731
Email: mavance54@suscom.net

F.O.C.U.S Week 2004

Focusing On Christ's Unlimited Strength

October 7-14, 2004

Round Top, Texas
\$625.00 (includes \$100 non-refundable deposit with registration)

\$675.00 w/airport shuttle (includes \$100 non-refundable deposit with registration)

Contact Lisa Lewis at 800-727-5223, ext. 407 or llewis@firstplace.org.





Talkin' With Kay

Dear First Place Friends,

Joe and I live in a small Texas town. Local sports are very important in our community, especially high school football. The Friday night game is the social event of the week. We usually attend the games to support the Roscoe Plowboys. Halftime is a favorite of mine. I was once a band member and I love watching the band perform. Halftime is more than just a “break” for the players or a time for the bands to perform. The players and coaches evaluate the facts and statistics of the first half and make appropriate changes to improve their team’s performance.

This analogy of a football halftime is very similar to what has been going on for two years with a panel of 13 professionals. The 2005 Dietary Guidelines Advisory Committee was appointed by the Department of Health and Human Services and Agriculture (USDA). During these two years, the committee has systematically reviewed scientific literature. They have just recently submitted their report, which will serve as the basis for the sixth edition of Nutrition and Your Health: Dietary Guidelines for Americans to be published in January 2005.

I found this quote from the report very interesting. It states “During the deliberations, an overall theme for our report emerged. Collectively, available scientific data show that Americans need to select a quality diet, while staying within their calorie requirements to achieve optimum health. Because of sedentary lifestyles and poor food choices, many Americans exceed their caloric needs without meeting their nutrient requirements. This not only causes obesity and related diseases, but it also leads to malnutrition. Specific recommendations are provided within the report



Kay Smith
Associate Director
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to improve diet quality without exceeding caloric needs. Major changes in the food habits and lifestyles of Americans are required to achieve this goal.” Praise the Lord! The First Place Live-It also does this.

I have heard from many First Place members and leaders wondering if the changes to the USDA Pyramid will change our Live-It Plan. I have assured each that I believe the changes would only serve to reinforce our First Place Live-It as the best choice for anyone. After glancing at many parts of this report, I am convinced of that. I believe if this committee was to review all the weight loss plans available, they would declare the First Place Live-It as a great plan to choose. I believe there are some great points that we can emphasize even more in First Place, such as whole grain products. Adults will be asked to choose three (3) milk servings each day. This will be an easy adjustment since cheese is also considered a milk exchange. We already have that option built in our food choices.

I will continue next month in the First Place Enewsletter to go over the major conclusions this committee has drawn that can help each of us in First Place reach our weight loss goals, and even more important, good health to serve God longer and better.

If you would like to review this report yourself, you can find it at www.health.gov/dietaryguidelines/dga2005/report.

May God Bless You in a Special Way Today!
Kay Smith





Leadership Training

Halftime Coaching Hints



Nancy Taylor
Leadership Training Director
ntaylor@firstplace.org

This time of year I often reflect upon my days as a high school cheerleader. Each week we looked anxiously toward a new football game that would bring excitement, along with challenges. We planned all week for the pom-pom routine, the drill team practiced their dance steps, the football team went through their drills, the band marched in the parking lot each afternoon, all in preparation for Friday night's game. We would kick off game day events with a pep rally, where we would perform our pom-pom routine. It was also the time in which we would infuse the fans with enthusiasm for the game. Once the game started, we were all in our places full of hope for a victorious end. When halftime arrived, the band and drill team would perform and entertain those fans in the bleachers, while the cheerleaders rested. Depending upon what the scoreboard read, the coach would be in the locker room giving the team a pep talk or a "stay the course" talk. Halftime was a vital part of the game either way, as it was the time for rest, reflection, and revival.

Each First Place session begins with preparation and hope for a victorious end. Each First Place session has a halftime, as well. The sessions are 13 weeks in length, so the seventh week would be considered the halfway point or halftime of the session. When you reach this point, the leader, or coach, must determine what the members need: to rest, to reflect, or to revive their motivation. Let's look at some halftime coaching tips that will help meet each of these needs.

Rest

Are your members tired? Do they seem to be overburdened or overwhelmed with the commitments? Plan a halftime retreat. It doesn't have to be a weekend retreat in a conference center. Use the seventh week of your session as a "spa" day, located in your First Place meeting

room. For our "spa" day, I invited one of my members, who is a cosmetic consultant, to come and give the members a manicure. The aerobics instructor at our church came and led us through stretching and relaxation exercises. Then we talked about our goals and the commitments we needed to follow in order to meet our goals. We discussed ways we could simplify our lives by asking others to help us with our First Place goals. We ended our time together with flavored coffee and a First Place dessert. It was very restful!

Reflect

Do you have members that are losing weight, memorizing scripture and encouraging their fellow First Place members? Are there members in your class who seem to be floundering in their commitments and have shown no progress? If you are like most leaders, you have both members in your class. The seventh week of your session can be used as a reflection day. It is a great idea to have your members write their goals out the first week, and then ask them to put them in their Bible study. When the halfway point comes, ask the members to take out the list of goals to see how they are doing thus far. Ask them questions such as, "What are you doing well?" and "What goal needs more effort on your part?" Have them separate into pairs and reevaluate their goals. They may need to change their goals or tweak them, so that they will be attainable. They may have set their goals too high or too low. Have them rewrite their goals, if needed, and put them back in their Bible studies. Let them know that this is the day to begin again with a fresh start.

(Continued on next page)





Nancy Taylor *(Continued from previous page)*

Revive

Let us consider how we may spur one another on toward love and good deeds. 25 Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another-and all the more as you see the Day approaching. Hebrews 10:24-25

The seventh week of a session can be a critical time. It is the time when some members want to drop out, others plateau in their weight loss and some begin to lose their focus. The leader must be a coach at the halftime of each session. It is revival time! Plan a "Halftime Celebration" to reward those who have made it halfway to their goals. Use this celebration as a way to re-motivate those who have lost their focus and need a new starting point. Reward those who have also kept their commitments of scripture memory and attendance. You may want to ask a motivational speaker to come and bring a message of hope to your members. Decorate the meeting room in a football theme and serve healthy snacks, such as pretzels, fruit, or smoothies. Use your imagination and creativity to make the halftime celebration fun and exciting. The goal is to restore and revive their motivation and determination in their quest for balance.

As a leader, you too need a coach in your life to help you rest, reflect and revive. I would encourage every leader to find an accountability partner, who will coach you through those "halftimes" of leadership. The Lord is our ultimate coach with Whom we should spend time, daily seeking His wisdom as we lead others. Leaders also need a coach with "skin on," who will be there to ask us the hard questions and encourage us when we lose our motivation. First Place has several ways to help coach you through your sessions. Subscribe to the free leader email newsletter, Leadership Lifeline; attend area leader meetings, workshops and rallies. Our main First Place halftime celebration for leaders is the annual Leadership Summit, where leaders come for rest, refecation and revival. Make plans today to attend one of these "coaching" events and come out this session a victorious leader!

Lead On! Nancy Taylor

Leadership Tip

Ask your members to make a one-year commitment to seek Christ first. Those members who desire to make this commitment will fill out a form like the one below. This will help you keep a record of those who have made the commitment and who actually followed through with the commitment. Create a database using the information listed at the bottom of the form. Halfway through the year send out cards encouraging the members to stay the course or get back on track.

I, _____ commit to giving Christ first place for a year by:

- ✓ Participation in a First Place class for all sessions available through the summer of 2005.
- ✓ Memorizing the weekly verses and completing the Bible study daily.
- ✓ Faithfully following the Live-it plan and getting back on track as quickly as possible when a lapse occurs.
- ✓ Turning in a CR to my leader each week.
- ✓ Exercise faithfully 3-5 times a week.

Signed _____

Date _____

Name _____

Address _____

City _____ State _____

Zip Code _____

Phone Number (H) _____

(W) _____

Email _____

_____ @ _____





Bev's Footnotes

A View From Above

Psalms 18:16-17 *He reached down from on high and took hold of me. He drew me out of the deep waters. He rescued me from my powerful enemy, from my foes who were too strong for me.*

Football season is here. Favorite teams and tailgate parties are in vogue. Our topic this month is "Halftime." Halftime for a team is the time to get together and regroup for the second half of the game. They discuss mistakes made in the first half and plan strategies for the second half.

As we watch the football games, we see the coach on the sidelines with a microphone and a head set. Who is he talking with and what are they saying to him? The answer is...he is talking with another coach who is positioned in the press box high up in the stadium. Why? Because the view of the game is very different from above. The coach in the box can see things on the field the sidelines coach cannot see. It is a total different perspective from above.

There comes a time in our exercise/workout that we need to take an official halftime break and evaluate where we are, how far we have come, and where we are going. If you have been walking the same two miles for years, doing the same sets and reps, riding the same bike route, or walking on the same treadmill, you may have become stale.

Perhaps, your weight has been waffling and you have been losing and gaining the same 5 to 10 pounds for over a year. You find yourself just going through the motions and working out because you are supposed to, and you don't want to leave it blank on your CR. You have become like the sideline coach and it is time to call on the one who has the view from up high. Yep, it is time for a change, time to call on the best Personal Trainer in our world and beyond. It is time to ask our Father in Heaven to breathe new life into the workout.

☺ The number one enemy of your workout is boredom and monotony. Time to find a new route. Time to find a new mode of transportation. Bicycle or skate rather than



Beverly Henson
Certified Personal Trainer
Bevh1952@comcast.net

walk. Walk or jog rather than bike. Be creative with your workout. Do not do the same workout the same exact way every day.

☺ The number two enemy of your workout is poor planning. Journal your workout. Have a play book or an exercise menu. Have a plan A and a plan B and C to back up when Plan A falls through. Keep records of your miles and duration.

☺ The number three enemy of your workout is your body gets used to what it is doing. It becomes stale. Time to pep it up. Pick up the pace. Walk with purpose. Put a new pep in your step. Your enemy would love to see you just going through the motions.

☺ The best strategy for the second half is to take the first part of this verse in Psalms and call on the Father. He can reach down from on high and take hold of you and me. Every now and then I really need Him to just take hold of me.

I need a new plan to officially rededicate my temple for the second half. I really need to strive to do it better the second half than I did the first half. Remember, on high God has a better point of view. He can see enemies we can't see. Call upon His name and make known His deeds among His people. Psalms 105:1

Press On! Bev Henson

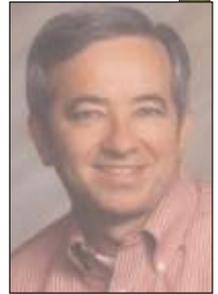
Acts 17:28
"In Him we live and move and have our being."

Beverly Henson is a conference and rally speaker for the First Place ministry. She is also a Bible teacher and certified personal trainer. Beverly joined First Place in July 1997 and has lost 160 pounds. First Place has given Beverly a powerful testimony. She is the First Place Director and the Director of Wellness Ministries at Northcrest Baptist Church in Meridian, MS.. She is also an area Networking Leader for First Place in Mississippi. Beverly has a genuine love of proclaiming the word of God to His people.





Halftime Adjustments



Dr. Bill Heston
University Chaplain,
Howard Payne University
Brownwood, Texas
Bheston@hputx.edu

Dr. William Heston was minister of pastoral care at Houston's First Baptist Church; clinical member of the American Association for Marriage and Family Therapy, and a marriage therapist licensed by the state of TX. He has also led seminars at First Place Conferences."

Do you ever wonder what goes on in the locker room during halftime of a football game? I have heard all kinds of reports. It often depends on how the first half has gone. If the other team is ahead, then the coach may be very animated [nice word for really mad] and may be telling players what they did wrong. If their team is ahead, the coach may be a bit excited, but more positive in affirming those who made great plays. Either way, there is usually an evaluation of how the game is going and what strategy is needed for the second half. There is a lot of chalk on the board with "x's" and "o's."

In many "halftimes" of life, we need an evaluation of how things have gone, what worked what did not go so well, and what changes [if any] need to be incorporated to ensure victory.

LIFETIME HALFTIMES

● **CAREER** – in our professional life we often re-evaluate our progress. Sometimes this is something we do on our own and at times others or circumstances do this for us. Seeing where we have been and what worked in our work can give some great clues as to where our energy should be placed [i.e. retraining, more education, open to fresh ideas, focusing on strengths rather than a position that uses few of our God given abilities].

● **FAMILY** – Families are dynamic, which means they grow and change. Evaluation times are needed to ensure that we are moving to our goal and that requires new approaches for new situations [i.e. as children grow, new rules and activities are needed]. There are things that we may regret leaving behind [the cuddling of an infant] but there is also the fresh adventure of new challenges [the creativity of a Kindergartener].

● **PERSONAL GOALS** – Living a healthy well-balanced life takes time and effort, but it also requires a good evaluation, occasionally. If we just keep going without a halftime game plan, we may be stuck in discouraging defeat, or miss out on

ways to be even more successful. As members of First Place reach or struggle with personal goals, there are many ways to make improvements. The power of the weekly meeting is to encourage, learn and gain insight.

"...No one, after putting his hand to the plow and looking back, is fit for the kingdom of God."
[Luke 9:62]

Perhaps the best time to check how straight a row is being plowed is not to keep looking over the shoulder, but at the end of the row see if it is straight and if so, follow that track – if not, make adjustment.

The goal is not to over-evaluate but do a good overview of progress. Some can't make progress, because they are too concerned with the past and how things were [could seem too terrible to overcome or too good to duplicate]. Halftime does not tell the final score. No matter how far the other team is ahead, if they scored that many points in a half, so can we!

Evaluate for the purpose of reaching the goal.

1. Be clear what the goal is [i.e. set reasonable weight goals]
2. Be sure what plan you are working [and stick with the plan that is working].
3. Make adjustments that are sound [don't go it alone – the group can be your coach].
4. Get back in the game [the break is not the end but a purposeful pause].

The band has played; the fans are cheering; now get on the pads and make the play.

Bill Heston

Bill Heston, D.Min. is Chaplain at Howard Payne University in Brownwood, Texas.





Hints & Pinches

How to Get Out of the Kitchen In Half the Time!



Scott Wilson

First Place Food Consultant
firstplacechef@hotmail.com

Scott Wilson is a certified executive chef with the American Culinary Federation. If you have any questions regarding food preparation, you may write him at 7075 Red Fox Lane, Cumming, GA 30040.

If the image of your apron-clad mother sweating it out over the stove is your idea of cooking, listen up! You can create healthy, delicious meals in minutes without heating up the kitchen, and in **half** the time!

The key to assembling meals – rather than actually cooking them – is to cut preparation in up to half the time by relying on store-bought convenience foods and super-quick heating methods. Use those in conjunction with a healthy supply of staple foods that you have stocked in the pantry and you're good to go.

THE INGREDIENTS

- ✗ **Pre-cut vegetables and fruit:** Most supermarkets have salad bars that feature cut-up veggies and fruit. You'll pay more for convenience though, so if you're not opposed to slicing and dicing, you can save money by doing some of the prep work yourself.
- ✗ **Packaged salad mixes:** I'm not just talking about already cleaned iceberg lettuce. Try a coleslaw mix for a hot open-faced Reuben or romaine for a Chicken Caesar Salad.
- ✗ **Canned goods:** They're particularly great for burrito, quesadilla and taco fillings, as well as nacho toppings. Go for black and kidney beans, fat-free refried beans, corn and chopped chilies. Water-packed tuna and mandarin oranges will come in handy, too.

- ✗ **Prepared foods:** You can use a roasted chicken in a surprising number of ways. The same goes for baked fish, already cleaned and cooked shrimp, low-fat tuna salad and other deli-counter items.
- ✗ **Shelf-stable items:** Sauces are crucial to adding flavor without having to bake or sauté foods with lots of oil, spices and herbs. Stock up on a variety of flavored salsas, barbecue sauce, Asian sauces (like hoisin or teriyaki), tomato sauce, mustard, oil and vinegar. Other staple ingredients include baking potatoes, instant rice, baked chips, nuts, dried and canned fruit, whole grain breads, pita bread and large wheat tortillas.
- ✗ **Refrigerated/Frozen foods:** Reduced-fat cheeses, light sour cream, and lean deli meats and sausages can be used in many different meals, as can liquid egg substitute and frozen vegetables. Take stock of what you have and build meals around them.

Convenience foods can be a blessing, but the key is to balance those items that fit into your “Live-it” plan and those that you enjoy. As with all food choices in First Place, strive for moderation.

Scott Wilson

firstplacechef@hotmail.com





Convenience Foods Recipe Ideas

REUBEN SANDWICH

Spread wheat bread with Russian dressing. Layer with turkey pastrami, Swiss cheese and broccoli slaw mix that has been mixed with mayonnaise.

TUNA MELT

Make or buy low-fat tuna salad. Spread onto bread and top with cheese. Broil in toaster oven until cheese is bubbly.

SAUSAGE PITA PIZZA

Spread an open-faced pita with marinara sauce. Top with part-skim mozzarella cheese and sliced precooked sausage. Broil in toaster oven until cheese bubbles and sausage is warmed.

CHEDDAR-BROCCOLI POTATO

Poke holes in a scrubbed potato with a fork. Microwave potatoes until cooked through; set aside and keep warm. Microwave frozen chopped broccoli florets according to package directions. Cut a deep slit in potato and top with broccoli and shredded cheddar cheese. Microwave until cheese melts. Top with light sour cream.

CHICKEN, BLACK BEAN & CORN QUISADILLA

Shred a precooked chicken breast. Place chicken in a bowl and mix with drained and rinsed canned black beans, drained canned corn, shredded cheddar cheese and salsa. Spread mixture on half a large tortilla. Fold tortilla to cover filling ingredients and microwave until heated through. Top with salsa and sour cream if desired.

SPICY BEAN NACHOS

Spread baked tortilla chips on a toaster oven-sized baking tray or aluminum foil. Top with canned refried beans, shredded Monterey Jack cheese and hot salsa. Bake in toaster oven until heated through and cheese is melted.

ASIAN SHRIMP SALAD

Combine a ready-to-use lettuce mix with packaged broccoli slaw. Add cooked shrimp, mandarin oranges and slivered almonds. Toss with a sesame-ginger dressing.

CHINESE CHICKEN OVER RICE

Prepare instant rice according to microwave directions. Cube a precooked chicken breast; mix chicken with hoisin sauce, chopped canned water chestnuts and diced scallions. Warm chicken mixture in microwave and serve over rice.

