



4 first place health

The Most Complete Christ-Centered Healthy-Living Program



Dear Friends,

Many of you know that my husband, Johnny, was diagnosed with stage 4 prostate cancer in October 1997. At the time of his diagnosis, he was given approximately two years to live. Praise God! Johnny is still alive today almost eleven years after his diagnosis. Yes, he still has stage 4 prostate cancer, but it has not spread since his initial diagnosis.

I tell you this story to say once again that First Place people are the most wonderful people in the world. Many of you have read the story of Joe Ann Winkler, a First Place leader in Kansas City, MO. I wrote about Joe Ann's amazing story in *The Divine Diet*. Joe Ann, who has had MS since 1959, and confined to a wheelchair since that time, had an amazing experience with God in 2003. Joe Ann read my book *Back On Track* and asked God if He would help her walk. She began slowly and before long she was walking three miles a day at the mall. She prayed for a different group of people each lap around the mall. As a result of being more active, Joe Ann lost 77 pounds in nine months.

A couple of weeks ago, we received a package in the mail addressed to Johnny Lewis. Seeing the package was from Joe Ann, I opened it without even looking to see that it was addressed to Johnny. Inside was the most beautiful blue shawl that Joe Ann had crocheted for Johnny, along with a wonderful story about the significance of the shawl. As I read the story to Johnny, I found myself wiping tears away because I was thinking about Joe Ann, who not only suffers from MS, but also Alzheimer's, which was diagnosed a couple of years ago. Even with these two debilitating diseases, Joe Ann is still thinking of others.

Many in First Place have not yet learned the power that prayer brings to the lives of our members. Johnny and I have learned it firsthand because since day one of his diagnosis, First Place members have prayed for him on a regular basis. Recently, when Johnny and I were leaving the office of our Oncologist in Houston, the doctor just shook his head as he looked at the four-inch thick folder of Johnny's history. He said, "You are a miracle! There is no other explanation."

We covet your continued prayers for Johnny and would ask that you pray also for Joe Ann and for all those in the First Place program who are

June 2008

Matthew 6:33:

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

Dear Friends

Carole Lewis ~ Page 1

Drop and Give Me 20!

Vicki Heath ~ Page 3

The Slight Edge in Fitness

Jeannie Blocher ~ Page 4

Firm Grips & Tender Hearts

Bill Heston ~ Page 5

Eating Healthy on a Budget

Erin DuBroc ~ Page 6

Your Body is Made By God and For God

Steve Reynolds ~ Page 9

Devotional ~ Page 10

Success Story ~ Page 11

Recipes ~ Page 12

First Place

(800) 727-5223
(713) 688-6788

To Place Orders:

(800) 446-7735

www.firstplace.org

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



Continued from page 1 ~

suffering with life threatening illnesses. Many in First Place read the devotional book by Oswald Chambers *My Utmost For His Highest* each day and pray for everyone in First Place around the world. Our God hears and answers the faithful prayers of His children.

I am praying 3 John 2 for each of you today. *Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*

Blessings to you,

Carole Lewis

First Place National Director

Report on New Materials:

The new products are beginning to come in, one at a time. What a thrill to hold in our hands the fruit of so many months of work! The kits will be shipping around July 1, instead of June 10th as originally scheduled, due to the tote bags being delayed in China after the earthquake. We will have all the new materials at our annual Leadership Summit, July 25-26, at Houston's First Baptist Church in Houston, TX. Click here for more information about the Summit and to register: http://www.firstplace.org/leadership_summit.html

Events in 2008!

Amazing Wellness Conference

June 12-14, 2008

New Hope Baptist Church

Loveland, OH

Seminars, Health Fair, Mini Expo and
Pasta Dinner Included!

Area Leaders Meeting

June 28, 2008

Farmborough Heights, New South Wales
AUSTRALIA,

Area Leaders Meeting

June 28, 2008

Centralia Church of Christ

Centralia, WA

First Place Leadership Summit

July 25-26, 2008

Houston, TX

Area Leaders Meeting

September 6, 2008

Farmborough Heights, New South Wales
AUSTRALIA

First Place National Conference

September 19-20, 2008

McDiarmid Drive Alliance Church

Brandon Manitoba, CANADA

Change Your Life Event

September 26 & 27, 2008

Bremerton, WA

Change Your Life Event

September 27, 2008

Racine, WI

First Place Wellness Week

October 9-16, 2008

Round Top Texas

Toledo, OH – November 15, 2008

Area Leaders Meeting

December 6, 2008

Farmborough Heights, New South Wales
AUSTRALIA

Go to www.firstplace.org and click on Events for more information about each of these events.



Leadership Training

Drop and Give Me 20!



Vicki Heath

vicki.heath@firstplace.org

I attended the AFPA, American Fitness Professionals & Associates annual convention last month, and wow – did I learn a lot!

There were a lot of different kinds of classes being offered from Kickboxing to Pilates to Dace classes, but Boot Camp classes were by far the most popular. Boot camp style fitness classes are all the rage right now. You might even be tempted to try one out. As a professional fitness instructor, my advice is this: Go for it! There are a whole range of different kinds of boot camps being offered right now. Some are extremely difficult, such as the Navy Seal Boot Camp workout, but there are also gentler and kinder boot camps. Until recently, boot camp workouts were designed to meet outside in the cold or hot. You sign up for a program, meet in local parks and kill yourself with workouts that resemble the physical training of soldiers. What I have discovered is that you don't have to train like a soldier to lose weight and get in shape.

What is The Boot Camp?

Boot camp workouts are great because they are a complete physical workout – cardio (heart) and strength training (muscles). Most boot camp programming goes from one exercise to another with very little rest. The workouts involve calisthenics, like pushups, jumping jacks, crunches and other body weight exercises. The difference lies in the intensity. In boot camp, your challenge is to take your body to your own personal limit. You work at your own pace; you sweat and, best of all, you burn calories like crazy.

Boot camp workouts are:

- * A great way to burn lots of calories.
- * Efficient - you work your whole body in a short period of time.
- * Fun - each exercise is different so you don't get bored.
- * As challenging as you want it to be.

If you are considering enrolling in a boot camp style class here are some good questions to consider:

Is the boot camp held in a safe environment? If it is an early morning class, it might still be dark when you are outside working out. Is there sufficient lighting? Is the neighborhood a place where I would feel safe even if I was separated from the group? More and more boot camps are combining an indoor/outdoor workout. If it's held outdoors, there should be plenty of good lighting and the leader should be within shouting distance of the students and always with a cell phone for emergencies.

Is the instructor certified? An instructor should be certified because that's your assurance you're working with someone who has the knowledge to provide you with a safe and effective workout. An instructor who has been certified by a nationally recognized certifying organization, like ACE, AFPA or ACSP are good examples. Your instructor should have a current CPR certification also.

What is the instructor/student ratio? It should be about 1/20. There should be one instructor for every 20 students or so. That way the instructor can keep a close eye on everyone, making sure the exercises are done correctly but also making sure that everyone is working at their own fitness level.

Does the class motivate me or does it make me feel beaten down? Boot camps should be hard enough to push you to do your own personal best but never pushing you to the point of injury. There should also be a spirit of camaraderie in the class. You should be encouraged to cheer the others on in your class. While there might be some drills where you compete on a team, the focus should always be to compete

Continued on page 4



Balanced Living - Physical

The Slight Edge in Fitness



Jeannie Blocher
jeannie@bodyandsoul.org

Have you ever heard of “the slight edge principle?” Jeff Olson, in his book *The Slight Edge* says that people are always looking for the big breakthrough, for an amazing quantum leap, so to speak, but he presents a “slight edge philosophy” that says small steps, compounded over time, are what make a difference in our life. He says it is the things we do every day, the things that don’t look dramatic, and may even look like they don’t matter, that make all the difference. And this difference can be in either a positive or a negative direction, so we need to understand this principle and live our lives by it!

Let’s apply this philosophy to fitness and exercise. Let’s say you are a person who is not exercising at all, and maybe you haven’t exercised in a long time. You know you lack strength and endurance and that didn’t happen in one day—it happened over time as day by day you made the choice, whether consciously or not, to skip exercise. That is the slight edge working in the wrong direction in your life! You didn’t lose your fitness level in one day or one week. Somehow it happened over a time period you don’t remember. You just know that you aren’t physically fit now.

So how do you change? By applying the slight edge in a positive direction! Do you have to take the quantum leap to hike up a mountain trail or jog for 30 minutes? No, not at all! You only have to take the slight edge step to take a few steps! Assess where you are in your fitness level and then just do more than you did yesterday. If you’re starting from square one and decide to walk for 5 minutes or do strength training for 10, you are applying the slight edge to get fit! If you do it the next day, you are compounding that slight edge! A pedometer is your best friend because it helps you count your steps each day. All you need to do to apply the slight edge in fitness is to do something “active” each day! Do this day after day and before you know it, the slight edge will be working for you, not against you! Get started today!

Continued from page 3

with yourself and do your personal best. It should be an uplifting, fun, but challenging experience.

Whatever you decide about boot camp I hope you will decide to “be all that you can be” for the Lord this summer. The fields are ripe with harvest and we need to be strong enough to swing the sickle of salvation. I serve with honor in the Army of the Lord, listening to my Commanding Officer, willing to obey with all my heart, soul, mind and strength!

For the Kingdom,

Vicki Heath



Balanced Living – Emotional

Firm Grips and Tender Hearts



Bill Heston
bh@fpchouston.org

Sonora Smart Dodd heard a beautiful Mother’s Day poem at church and it caused her to ask the question – but what about fathers? Her Father was a widowed Civil War veteran who was raising six children. There was no day set aside to honor him or any of the other fathers. She began to promote her father’s birthday, June 19, as a time to remember those important men in our families. In 1926, President Coolidge supported such a day of recognition and in 1956, Congress recognized the day. President Nixon then established the third Sunday of June as the official Father’s Day. It was a while in coming, but it is a noble recognition.

Father’s Day compared to Mother’s Day has a ways to go:

| | | |
|--------------------------------|--------------------|---------------------|
| Mother’s Day | <i>Compared to</i> | Father’s Day |
| \$11.23 billion spent on gifts | | \$8.23 billion |
| 152 million Hallmark cards | | 95 million |

This doesn’t mean Dad’s are not important. The National Center for Education Statistics indicates when fathers are involved in their children’s activities, they have better grades and are less likely to repeat grades. The role of important and attentive males in the family is critically important.

Jesus refers to His “Father.” He begins what we call the “Lord’s Prayer” with the endearing term of “Our Father...” He told Mary that when he was left at the Temple in Jerusalem, he was “about His Father’s business.” From the cross, Jesus cried out “Abba Father.” We refer to the great heroes of the Old Testament as the Patriarchs or fathers of the faith. Proverbs frequently reminds the reader to listen to the teachings of the fathers.

Ephesians 6:1-4

Children, obey your parents in the Lord, for this is right. “Honor your father and mother”-- which is the first commandment with a promise – “that it may go well with you and that you may enjoy long life on the earth.” Fathers, do not exasperate your children; instead, bring them up in their training and instruction of the Lord.”

Fathers are to guide children with a goal of leading them in the ways of faith. This takes loving strength, involvement, and patience. It is best done and then said.

Those who have had men like this in their lives are blessed. This is a day to say thanks-- to thank God and then thank these men.

But what happens to those who did not have Christian men to lead them?

II Corinthians 6:18

I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty.

God desires that every girl and boy have a strong loving father. He designed for children to be nurtured by a mother and father who will guide them in His ways. But God does not leave something this important solely in the hands of those who are the physical parents. He will be that Father. He will send others of his family of faith to fulfill this role.

This time of year we are urged to remember Dad. Remember the strong and tender hands that have led us this far. But if those strong and tender hands were a teacher, an uncle, a pastor, a neighbor, or older brother – thank God for them and tell them they are God’s fulfillment of his promise to you.

Dr. Bill Heston

Dr Bill Heston is Associate Pastor at First Presbyterian Church of Houston and is Licensed in Marriage and Family Therapy.



Nutrition Notes

Eating Healthy on a Budget

Erin DuBroc
erin.dubroc@firstplace.org



It's a common misconception that cutting back on food expenses means sacrificing good nutrition. However, you can be healthier and wealthier by getting wiser about planning meals and shopping. Here are some guidelines that can help.

Let the Pyramid be your guide.

Many people plan their meals around meat, and leave grains, vegetables, and fruit for side dishes. However, according to the Pyramid, the bulk of your diet should be made up of grains (bread, pasta, and rice) and fruits and vegetables. Meats and dairy foods make up a thinner section of the pyramid, and should be treated as side dishes and eaten less frequently. This is not only more economical but more healthful.

For fruits and vegetables, you can choose fresh, frozen, or canned. Frozen or canned fruits and veggies are a great choice, because you don't have to eat them all at one time. Just make sure you choose *low-sodium* canned veggies, and fruits *canned in their own juice*, not syrup.



The Food Guide Pyramid

Orange = Grains
Green = Vegetables
Red = Fruit
Yellow = Oils & Fat
Blue = Dairy
Purple = Meat, Eggs,
& Beans

Here are a few examples of meals made mostly with foods from the vegetable and grains sections of the Pyramid:

- Chili: beans, vegetables, meat, served over rice with corn muffins or bread
- Stir-fry: vegetables with a small amount of meat served over rice or pasta
- Stew or soup: beans, vegetables, pasta, rice, meat or chicken, served with bread or rolls
- Taco: beans or meat with lettuce, tomato, onions, and a corn tortilla

Make it from scratch

Many of the prepackaged, boxed, canned, and frozen foods you buy from the store are high in fat, calories, sodium, sugar, and cost, compared to foods prepared at home. They may also be comparatively lower in vitamins and minerals. You pay for the fancy packaging and convenience of these items, but you get much less for your money. For example, you can make many more bags of popcorn from a bag of un-popped corn compared to buying a bag of already-popped popcorn. The pre-made popcorn is much more expensive and has more fat and sodium than what you can make at home. Of course, making food from scratch may take a little more time, but it can be well worth it in terms of cost and nutrition.

(Continued on page 7)



Have a game plan for shopping

Your game plan should include what you're going to buy and where you're going to buy it. Here are some tips on developing a shopping plan:

- Plan meals and snacks several days in advance. Then write out a shopping list and stick to it.
- Compare prices among grocery stores. Shop at national chains and discount food outlets. Don't shop at convenience stores.
- Go to stores that sell generic foods, store brand foods, and foods in bulk.
- Use coupons with caution. They are often for foods that are more expensive. Don't buy junk food, or something you normally wouldn't buy, just because you have a coupon.
- Never shop on an empty stomach.
- Look for sales on items that are on your list.
- Make sure the food you buy is fresh. Food on sale is sometimes starting to get old. Always check the dates on perishable food such as milk and meat, because you want it to be safe.

Check the unit prices of items

The unit price calculates the cost of a product per unit. For example, a unit could be by the ounce, pound, or number of items in a package. Unit prices are usually marked on the shelf below the product. For example: Let's say you're looking for canned green beans and there are three different brands to choose from. If you look at the unit price below each one, you can find the brand that is cheapest, especially if you buy the largest can. However, it only makes sense to buy the largest can if you're sure you'll use it all.

\$2.50
\$0.10 unit price

Large Can

Which one is the best value?

\$0.79
\$0.35 unit price

Small Can

Generic brands can provide a great savings when shopping and are often labeled as the store's brands. Often, the taste of the food is the same – it just costs less!



\$0.24/serving

What is the difference?



\$0.13/serving

Be prepared

If you're going to be out running errands or shopping with your family, bring some healthy snacks and drinks with you. That way, if hunger hits, you won't be tempted to stop at a fast food restaurant or buy snacks from a vending machine — something that can hurt your wallet and your waistline. Whether you make snacks at home or buy them from the grocery store, it's less expensive than buying them in the mall.



Buy less junk food and soda.

Soft drinks, chips, baked goods, and other high-calorie items tend to be higher in price. You can really cut your grocery bill when you cut out these items.

Read food labels

It's easier to make the most nutritious choice when you know how to read the nutrition facts label. These labels contain the nutritional information and are found on most packaged foods. Use the nutrition facts label to focus on the facts that are most important to you such as the fat, sugar, or sodium content. Nutritional labels make it easier for you to compare similar products.

Eat at home

Eating out can be expensive and the food is often high in fat, salt, and sugar. A spaghetti dinner at a restaurant could cost \$10 or more but only a few dollars if you prepared it at home. At a restaurant, your extra costs go toward profits and tips. Consider having a potluck. When you entertain guests at home, ask them to bring a dish.

Take, for example, a fast food chicken burrito. The cost is about **\$3.00 per serving**. Besides the cost to your pocketbook, you'll also pay a nutritional price. That one small burrito has more than 400 calories, 6 grams of saturated fat, and 1,270 milligrams of sodium (and we didn't even count the beverage or the sides). On the other hand, if you cook up the recipe in this issue of the newsletter for Confetti Chicken Wraps (made with chicken, bell peppers, frozen corn, reduced-fat cheese and salsa), the cost is just **\$1.30 per serving**. As for the nutrition, our recipe has 330 calories, 1.5 grams saturated fat, and just 500 milligrams of sodium. This recipe would be perfect with a small side salad topped with sliced, sweet, grape tomatoes!

Lastly, here are some fun websites for the budget savvy shopper. They are quite entertaining!

www.hillbillyhousewife.com

www.menus4moms.com

To good health,

Erin DuBroc, MPH, RD, LD

| Nutrition Facts | |
|--|---------------------------|
| Serving Size 3 oz (85g) | |
| Servings Per Container 1 | |
| Amount Per Serving | |
| Calories 180 | Calories from Fat 90 |
| % Daily Value* | |
| Total Fat 10g | 15% |
| Saturated Fat 40g | 20% |
| Trans Fat 0.5g | |
| Cholesterol 70mg | 23% |
| Sodium 60mg | 3% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 22g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 2% | Iron 15% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |



Your Body is Made By God For God

Steve Reynolds
sreynolds@capitalbaptist.org



Please welcome our new E-Newsletter contributor, Steve Reynolds. Steve is the Senior Pastor of Capital Baptist Church in Annandale, VA. He is also the author of the book Bod4God and the creator of the Losing To Live Weight Loss Competition. Steve has lost over 100 pounds and has led his church to lose over 2 tons of weight.

“For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers all things were created by him, and for him.”
Colossians 1:16 KJV

As most of you can imagine, being a Pastor is a very demanding profession. You can be pulled in so many directions. If you are not truly grounded in the Word, you can become overwhelmed and allow stress to overtake you. Now add to that my number one and favorite ministry - that of husband and father. Yes, God has blessed me with a lovely wife, Debbie, and three wonderful children, Crystal, Sarah, and Jeremiah.

The Anti-Fat Pastor

I've recently become known as Steve Reynolds “The Anti-Fat Pastor,” but that hasn't always been the case. For years I lived a sedentary lifestyle, joined at the hip to my LaZBoy™ chair while gripping the remote control. Oh! Did I mention the nightly bowl of ice cream?

How many of you know you have a problem with weight, but just won't take the steps to lose it? Do you ever wonder what it will take to change? Well, it's often through adversity that change comes, and with change begins a journey. Weighing in at 340 pounds, I knew I had a problem, but it was the diabetes diagnosis that really got my attention. Weight can be very instrumental in the development of diabetes and it can also be hereditary. Being overweight and having a family history of diabetes, I had what some would call a ‘double whammy.’ Did you notice I said “had?” I've lost over 100 pounds and as a result of my weight loss, I am no longer diabetic.

Losing to Live

Over the next several months, I'll share in more detail how through using the word of God, I've developed a plan of “Losing To Live” through a Bod4God lifestyle. This is not another diet. What I share will provide the steps to assist you with developing a new lifestyle based on the word of God. I discuss what I call “transferable concepts” because the principles discussed will not only assist with weight loss, but will help you in other areas. What's weighing you down? Are you dealing with addiction to drugs or alcohol? What about pornography? Some people also deal with gossip, bitterness, jealousy and other negative emotions. My desire is to share with you what I've learned through my journey to better health and change in lifestyle. I pray you will never see the word “diet” the same again after meditating on this acrostic. D-I-E-T does not stand for diet. D stands for Dedication: Honoring God with your body. I represents Inspiration: Motivating yourself for change. E stands for Eat & Exercise: Managing your habits. The T stands for Team: Building your circle of support.

This journey I've begun isn't finished yet. Will you join me on this journey to better health?

Steve Reynolds



Devotional

View from the Top

*For the Lord your God is the one who goes with you to fight for you
against your enemies to give you victory.*

DEUTERONOMY 20:4

Last summer, my husband and I spent a week at the Philmont Scout Ranch in Cimmaron, New Mexico. My husband is the hiker in the family, but I exercise four to five times a week, so I thought the four-mile mountain trail would be a breeze.

The trail looked easy, but five minutes into the hike, I was huffing and puffing. I'd walk a few yards, rest, walk a few yards, rest, walk a few yards, then rest again . . . at that rate, it was turning into an all-day event! Maybe it was just the determination to make it, but before I knew it, we were at the top. What an awesome view! It was certainly worth all the huffing and puffing necessary to get there.

There are going to be days when we feel we just can't make it. Everywhere we turn, there will be another temptation. Occasionally, we might even give in, but that's no reason to give up. Part of being human means that we won't succeed every time we try something. When we find ourselves tempted to give in, we need to call on God and ask Him for the strength and determination to overcome. God will send forth His mercy and truth, and we will be able to pick up where we left off and do even better the next time!

PRAYER

*Heavenly Father, give me the strength and courage to achieve my
healthy-lifestyle goals—even when I am tempted to give up.*

Journal: What is keeping you from achieving your goals? Are you missing the view from the top because you give up too easily?

Judy Dorn
Taylors, South Carolina

Taken from *Living Well, First Place 4 Health* devotional book. To order, call 1-800-4GOSPEL.



Success Story



I came to First Place about two years ago. At the time, I was a mess physically, emotionally, and spiritually. I was on the brink of losing my marriage and the life that I loved. I had simply isolated myself and stopped emotionally participating in my life.

One night on my knees, I begged for God to help me and to show me what I needed to do. God's answer was simple, but it had great impact. His answer was simply this: "I have already given you what you need; you just need to take my hand and trust me." At first, I wasn't sure that I could do that. Trusting someone, even myself, wasn't something I had ever really done. I did it though; I opened myself to the friends that He had already put in my life, the church He had brought me to, and the many hands that were there to reach out and help.

This brought me to First Place. I was the heaviest I had ever been and felt terrible. My husband said that he always believed I was okay with my weight. Isn't that what we do? We make sure we seem confident on the outside, but inside we are miserable. I had fooled the closest person to me in my life; not only my husband, but, I think, myself, too.

In First Place I have found a group of women who have made me feel like I am special; they let me be who I am and challenge me to be more. I have been successful in losing weight - 42 pounds. I have also learned to eat so much better and am dragging my family with me. That, however, is not the thing that I treasure, although I can honestly say I have never felt better in my life.

What I treasure most is the way that God has worked in my heart. I have learned how much freedom there is in trusting that there is one who sees you and loves you for who you truly are, when most of my life, I did not believe that I deserved good things. How beautiful it is, to truly believe in my heart that I can trust God and all that He does.

Through a lot of work and God's love, my life is better than I ever dreamed. I have an inner peace that can only come from God, and through this, I have a strong marriage and great family life.

First and foremost, I thank God for picking me up and putting that neon sign in front of my face. I also thank Him for not giving up on me, I am sure I cause Him to shake his head from time to time. I also thank First Place for giving me the knowledge and encouragement that I needed, plus for giving me godly women to help me on this journey.

Nikki Ritchey
Morrow, OH





Make Plans to Join us for our Sixth Annual Leadership Summit!

Dear Ones,

We are excited beyond words about our sixth annual First Place Leadership Summit. The dates for this year's Summit are July 25-26, 2008, and the place is Houston's First Baptist Church in Houston, TX.

All of the new First Place 4 Health resources will be available at this event and we will give extensive training on how to use and teach the new materials. We have worked for over two years writing the new program and can't wait for you to see it. I promise you are going to love what you see.

Becky Turner, who has been our MC for the last two years, will be our keynote speaker at the Summit this year. Becky has been meeting with me for an hour each week for the last six months, and the things she has taught me on how to plan my work and work my plan have impacted my life in a gigantic way.

As a result, I have asked Becky to teach a six-week course (in two days) covering all I have learned. Becky graciously accepted my invitation to teach our First Place leaders what she has taught me. Trust me; you will be forever grateful you came.

Steve Reynolds, pastor of Capital Baptist Church in Annandale, Virginia, will be with us to give his testimony of how he lost 110 pounds. Steve will also do a seminar on how to make First Place 4 Health a church-wide program. Steve's church lost 2100 pounds in a four-month period.

We will have delicious, healthy meals, wonderful testimonies, great seminars, and spend Saturday afternoon and evening at our home on Galveston Bay. There is nothing as relaxing or beautiful as being with friends when the sun sets over the water. There will be boating and a ride on the "Triple Dare" if you are brave. We also have lots of chaise lounges if you are inclined to lounge, and an air-conditioned house if you want to stay inside and play games.

We are praying you can come be with us at this year's Summit. Lasting friendships are made as we share together all that God has done and is doing in our lives.

See you there,

Carole Lewis

First Place 4 Health National Director

.....

Comments from attendees at past Leadership Summits

- ~ *Enjoyed the Q&A. Loved the sharing of testimonies. Felt the Spirit of the Lord when we sang. I came this year not as excited or expecting a lot, but I feel God had me here to learn some important lessons about letting go and letting God, being more patient, loving and selfless.*
 - ~ *I enjoyed all the sessions and got lots of good ideas about how important leadership is.*
 - ~ *This weekend was great! Full of knowledge, I start as a member this Sunday in a group at another church. Then start in October teaching at my church.*
-
-

4^{first place}health Leadership Summit 2008

An incredible two days of celebrating, networking, brainstorming, idea sharing, praying, training and worship are planned. All First Place 4 Health networking leaders, workshop leaders, active, former and potential leaders are invited to attend.

when

July 25-July 26, 2008. We will begin Friday at 9:00 AM and go all day until 8:00 PM. We will start again Saturday at 9:00 AM and end our programming at Houston's First Baptist Church at 12:00 PM. All attendees are welcome to caravan to Carole Lewis' bay house for fun and fellowship until sundown.

where

Friday & Saturday:

Houston's First Baptist Church, www.HoustonsFirst.org
7401 Katy Freeway, Houston, Texas 77024

For information about airports and hotels, visit www.firstplace.org and click on Events and then Leadership Summit.

Saturday Afternoon:

Carole & Johnny Lewis' bay house in San Leon, Texas.

In the event of inclement weather, alternate Saturday afternoon activities are planned at HFBC.

who

Keynote Speaker: Becky Turner, Executive Director, Lifehouse of Houston

Workshop Leaders:

- ~ Carole Lewis, First Place 4 Health National Director
- ~ Vicki Heath, First Place 4 Health Director of Leadership Development
- ~ Erin DuBroc, M.P.H., L.D., R.D., First Place 4 Health Dietician
- ~ And more!

seminars

- ~ Leadership
- ~ What's Hot and What's Not in Nutrition
- ~ New First Place 4 Health Food Plan
- ~ New First Place 4 Health Fitness Program
- ~ And more!

cost

Cost: \$75. Lunch and dinner on Friday and lunch on Saturday are included. After July 11, 2008, the cost is \$85. Registration is transferable, but nonrefundable.

questions

Go to www.firstplace.org and click on Events and then Leadership Summit or call Lisa Lewis at 1-800-727-5223, x403.

Leadership Summit 2008

Registration Form

Please register me for the First Place Leadership Summit 2008. I have filled out the information below and included the payment. **DEADLINE: JULY 11, 2008**

Mr./Miss/Mrs./Ms. _____

Phones (h)(_____) _____ (w)(_____) _____

Address _____

City, State, Zip _____

Fax # (_____) _____ Email _____@_____

Church Membership _____

City _____

I understand that I will not be registered until I send a check, or credit card information. Check what you are paying for and method of payment:

_____ I am registering for the Leadership Summit for \$75.00 (postmarked by 7/11/08)

_____ I am paying \$85.00 because my registration will be postmarked after July 11th.

_____ I would like to purchase a Leadership Summit T-shirt for \$10.00. (A **very** limited amount of t-shirts in limited sizes will be available for purchase at the event. First come, first served.)

Please **circle** size: M L XL XXL XXXL

_____ I will be attending the bay event.

Total payment Enclosed: _____

_____ Check Check # _____

_____ Credit Card: please **circle** Visa Mastercard American Express Discover

Credit Card#: _____ Exp. Date _____ Security Code _____

Name as it appears on the card

Please return form and payment to:

First Place, Attn: Lisa Lewis

7401 Katy Freeway, Suite 337, Houston, TX 77024

Fax: 713-688-7282

You can also register online at www.HoustonsFirst.org. Click on Sign Up for Events.
