



# 4<sup>first place</sup>health

discover a new way to healthy living

the most complete Christ-centered  
healthy-living program

August 2008



## *Dear Friends,*

Our sixth annual First Place 4 Health Leadership Summit is now part of our memory bank, but the glow of God's presence is still lingering in the lives of 306 men and women who attended. We came from 32 states and Canada to learn how to lead, and how to find the balanced life we all desire. In the days ahead we will

post the messages on the FP4H website, so watch for them and plan to be blessed.

The testimonies were outstanding. Tamara Fisher from Rockwall, Texas, shared how she lost 140 pounds and has maintained that weight loss for several years. Her husband, Kevin, lost 115 pounds, and their four young children have all been impacted by the lifestyle change in their family. Joyce Ainsworth from Brandon, MS, shared that since losing 175 pounds on the FP4H program, God has blessed the FP4H program at her church. She is constantly asking for more rooms for classes to meet, and lives are being radically changed by finding the balance that is in Christ. Jan Norris shared how she arrived at our Spa Week in October 2007, desperate to lose weight. Jan googled "Christian Spa" and our FP4H Spa appeared on the screen. Jan lost 94 pounds in nine months, and we were all amazed to watch her paddling the kayak and riding the Triple Dare.

God has radically changed so many lives of the leaders who came. When asked to stand if they had lost ten or more pounds, almost everyone in the room stood. As we continued to call out numbers, six were still standing at the end that had lost over 100 pounds, and two had lost over 150 pounds. Whether at their weight goal or not, everyone agreed that when they give Christ first place in their lives, He comes in with might and power to change them from the inside out.

If you are new to First Place 4 Health, we are asking you to give us one year and see what God can do when you give Him first place in your life. You will be amazed at how He immediately starts the work of change.

Our two FP4H founding scripture verses have the power to change your life forever. Matthew 6:33 *But seek first his kingdom and his righteousness*

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*Note – To read comments from attendees at this year's Leadership Summit, please see page 8*

### **Matthew 6:33:**

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

### *Dear Friends*

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*and all these things will be given you as well, and Mark 12:30 Love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength.*

Click here for photos of the 2008 Leadership Summit and make your plans to be with us next year. We are also hoping to see you at one of our fall Change Your Life events. Click here to see where we will be and plan to join us.

This is your personal invitation to join me, along with Rob and Vicki Heath, on a once-in-a-lifetime tour of the Holy Land March 16-28, 2009. Click here for more details and to register.

Much love to you,

**Carole Lewis**

First Place National Director

## Events in 2008 and 2009!

### **Area Leaders Meeting**

September 6, 2008  
Farmborough Heights, New  
South Wales AUSTRALIA

### **Area Leaders Meeting**

September 13, 2008  
Lansing, MI

### **Change Your Life Event**

September 13, 2008  
Farmborough Heights, New  
South Wales  
Australia

### **Change Your Life Event**

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

### **Change Your Life Event**

October 4, 2008  
Camarillo, CA

### **First Place Wellness Week**

October 9-16, 2008  
Round Top Texas

### **Change Your Life Event**

November 1, 2008  
Columbia, SC

### **Change Your Life Event**

November 15, 2008  
Toledo, OH

### **Change Your Life Event**

January 10, 2009  
Brandon, MS

### **Change Your Life Event**

January 31, 2009  
Shreveport, LA

### **Change Your Life Event**

February 21, 2009  
Raleigh-Durham, SC

### **13-Day Biblical Tour of Israel**

March 16-23, 2009  
Tour Host: Carole Lewis  
Bible Leader: Rob Heath

Go to [www.firstplace4health.com](http://www.firstplace4health.com) and click on Events for more information about each of these events.



## Beads, Veils and other Fancy Things



**Vicki Heath**

vicki.heath@firstplace4health.com

Many of you prayed for me while I was in the Middle East. First of all, thank you! It was quite an experience for me and my fifteen year old son, Mackenzie. I want to share with you just three of the 1,000 things I learned and discovered about the people of the Middle East, and about myself, while I was there.

### **No. 1 ~ I am culturally ignorant.**

Eighteen percent of the world's population is Muslim. They have many customs and before I visited the Middle East, I do not think I understood a single one. One custom that I found intriguing is that women cover their hair in public. This is a command of the Quran. One of the reasons is to protect their beauty. I noticed that some women followed the command and some did not. I became friends with several Muslim women and asked one, "Why do you not cover your hair?" This young woman answered, "The veil will not protect me, only God can protect me." Interesting answer. I did cover my hair while I was there for obvious reasons! Blonde stands out in the Middle East and I did not want to stand out. Another thing I discovered. When you cover your hair, you become invisible and that is not always a bad thing. Even during those days of feeling invisible, I never felt alone. Jesus, my ever present Savior and Protector, was with me covering me with feathers.

### **No. 2 ~ I don't pray like I should.**

We were waiting to board our plane and there was a delay. As we walked out onto the tarmac to board, our pilot was under the plane on his knees praying toward Mecca. As we walked around towns and villages, I noticed many of

the men with a string of beads in their hand. I asked my all-knowing fifteen year old what he knew about it. He told me they were holding prayer beads. Over two thirds of the world's population employs prayer beads as part of their religious practices. Prayer beads have a variety of forms and meanings, but the basic purpose is the same: to assist the worshiper in reciting and counting specific prayers or incantations. Christianity, Islam, Buddhism, and Hinduism are the major religions that use prayer beads. With a little research, I discovered the English word *bead* is derived from the Anglo-Saxon words *bidden* (to pray) and *bede* (prayer). The use of beads in prayer appears to have originated with Hindu religious practices in India, possibly around the 8<sup>th</sup> century. In Islam, prayer beads are referred to as [Misbaha](#) or [Tasbih](#), and contain 99 beads, corresponding to the [99 Names of Allah](#). I was amazed at how many young men I saw counting their beads and praying. As I watched, I could not help but think to myself, "How many names of God do I know?" Quite a few, but I do not pray them everyday. The sad thing is that all of their prayers are being directed to a god who is not alive. Jesus is our living High Priest ever ready to intercede on my behalf, even when I don't have the strength or know the right words to pray. I bought a strand of beads just as a reminder to pray for the Middle East.

### **No. 3. ~ Weight problems are becoming universal.**

As I sat and talked with many of my new Middle Eastern friends, I was surprised to discover they are as self-conscious about their weight as western women. When I shared with my new friends that I worked for a wellness organization, they quickly asked, "How can I lose weight and look like an American woman?" This statement really got my

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## Balanced Living - Physical

### Fitness Possibilities

**Jeannie Blocher**  
jeannie@bodyandsoul.org



As you are getting ready to launch or be involved in your fall session of First Place 4 Health, why not consider adding a much needed component - a fitness class! Body and Soul Fitness is partnering with First Place 4 Health, offering five different fitness programs to meet exercise needs from beginner to advanced. This programming is designed to provide safe and effective exercise for **every body** – and you or one of your class members may qualify to lead a class at your facility! Body & Soul is a training organization which has quarterly workshops to prepare people to teach fitness in their home churches using wonderful contemporary Christian music.

#### Check out these Body & Soul Fitness Programs

##### *Cardio/Strength*

A balanced, fun cardio workout, including a splash of cardio kickboxing and dance elements, as well as a great strength training segment that hits all the major muscle groups.

##### *Strength & Flexibility with Pilates*

This class will help you get stronger and also increase your flexibility as you stretch and strengthen your body with specific Pilates and strength training exercises that can be adapted for various fitness levels.

##### *Boot Camp*

Drop and give me 20! If you like calisthenics, push-ups, jumping jacks, crunches and other body weight exercises...with a lot of intensity – this is the class for you! Your challenge is to take your body to your own personal limit. Body and Soul Boot Camp is an efficient whole body workout in a short amount of time. You work, you sweat, and best of all, you have fun! “Be all that you can be” for the Lord in Body and Soul Boot Camp!

##### *Power Strength*

Dynamic total body strength training at its best! Blast your body from head to toe while strengthening your core and improving your balance. This total body workout is the real deal with no time wasted and no muscle left untouched using weights and your body for resistance. Creative exercises designed to cross train for the maximum results in the shortest amount of time possible.

##### *Basic & Beyond*

This fun, uplifting Cardio/Strength workout is for EVERY BODY! We welcome those with temporary injuries, weight challenges, orthopedic and balance issues, and other medical conditions. ANYBODY wanting to build strength and endurance in a fun, safe, and effective way will enjoy this workout. You can stand or sit in a chair for a complete workout that will meet your personal fitness needs!

Body & Soul classes are being taught all over the country in conjunction with FP4H. Many classes like the one led by our own Vicki Health, meet for a Body & Soul class for one hour and then FP4H the second hour. Pray about the possibilities for your area and check [www.bodyandsoul.org](http://www.bodyandsoul.org) for details about training. If you have ever considered the possibility that the Lord could use YOU to lead exercises classes, now is the time!



## Success Story



### Before

I was athletic in high school and a triathlete/marathon runner as a young adult. After hitting “middle-age,” I gained almost 10 pounds a year following my Army retirement. At 40 I accepted Christ - a life-changing experience. Over time I slid away from reading the Bible daily or the accountability of my small group of more mature believers. My family and core relationships became marked with increasing bouts of anger, rebellion, and a lack of desire to serve others. I suffered mounting weight-related health issues. I could not walk up flights of steps without becoming winded. While snow skiing, I often fell down and struggled to even stand up. I was diagnosed with obstructive sleep apnea and told to wear a CPAP mask to bed. At first I made subtle agreements with the Devil that overeating was a personal little sin, yet over time that shifted to a gradual hopelessness of permanent obesity.

### First Place Spring 2007

In January 2007 I came up with many reasons to not join Community Bible Church’s initial offering of First Place. Yet being out of control, my need was awakened and I was led to reluctantly attend the orientation in March 2007. I was anxious, yet found a welcoming leader in Doug plus real Christian male support. The nine commitments became a foundation for a radical spiritual and lifestyle change as I found encouragement in this “small group of big men with tender hearts for the Lord.” By my birthday in June 2007, I had lost 27 pounds through putting God first instead of my self-serving habits plus was blessed by a band of brothers in our mega-church. Over the next year during four First Place Bible studies the Lord revealed, “It’s not about the weighing, but the praying.” I did not have to rely on my own strength to fulfill my commitments. A First Place memory verse, Zechariah 4: 6, captures the real spiritual power in my changed heart ...*Not by might nor by power, but by my Spirit, says the LORD Almighty.*

### First Place Summer 2008

At the June First Place celebration dinner I got an “encourager” award. That was very humbling, as this recognition means far more than being the “biggest loser.” Our life group just began our sixth study with First Place: “Celebrating Victory.” I’m thankful to guide our summer study while our founding leader takes a well-deserved break.

The bottom line is God used First Place 4 Health as the way to lose 70 pounds, just 5 pounds from my goal weight. The real breakthrough is that I read God’s Word daily and am growing closer to my Lord. I strive to pray for the needs of the brothers in my group and they lift up mine. My health is restored, as I no longer wear a CPAP mask to bed. I strive to be a daily walker and have much more energy to serve my supportive family. I guard against judging overweight people, as without the Lord ‘first place’ in my life, I would be looking in the mirror. So please don’t look to me for if you are looking for encouragement, I would only point you to First Place 4 Health. Look to Him for all you need to keep your commitments as our mighty God can and will exceed all expectations!



### Larry Johnson



## Nutrition Notes

# New Food Plan FAQ

**Erin DuBroc**

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I felt that it was only fitting that this month's newsletter be dedicated to answering some frequently asked questions I've received these past few weeks since the new FP4H materials became available. Many of you have been so kind to express your enthusiasm about the new plan, and I've enjoyed reading your compliments and questions either on our new blog (<http://fp4h.blogspot.com>), the message boards on our website, or via email or phone. Below are a few of the questions I've received and my answers. Note: These questions may not make sense to you if you have not begun reading the new Member's Guide, which contains the majority of information about the Live It food plan.

**1. Would 1 tablespoon of peanut butter count as 1 ounce of meat and 2 teaspoons of my healthy oils?**

Yes, the healthy oils in any nut or nut butter contribute to your healthy oil needs for the day. Turn to page 148 in your Member's Guide to see a list of foods rich in healthy oils such as margarine, avocado, and nuts. The foods listed there are the ones we want you to consume in moderation to obtain your suggested quota of healthy oils for the day. When you eat a variety of foods - including nuts, seeds, salad dressings, etc. - you'll get what you need easily. *For information on how to monitor your consumption of solid fats, take a look at the next question.*

**2. I know that regular cheese is not the healthiest choice due to the saturated fat content, but if I eat regular cheese, does it just count toward my Milk needs, but not the oils, since it is not a healthy oil? I was looking at some of the information on [www.MyPyramid.gov](http://www.MyPyramid.gov) and it seemed to indicate this would be one of those instances where "discretionary calories" are used by choosing the higher-fat version of a food item rather than the low-fat or fat-free variety.**

First, let me address discretionary calories. You only need a certain number of cups, ounces and teaspoons of foods and oils to obtain adequate nutrition (vitamins, minerals and carbohydrate, protein and fat). The calories provided from these foods are the "essentials," if you will. These are the minimum calories required to meet your nutrient needs. Then you have some "extra" calories that are important for providing you with enough energy. Think of it like a calorie budget - most of the budget is dedicated to essentials and the rest is for extras. These extras are things like higher-fat choices from the food groups and occasional treats.

Instead of giving a discretionary calorie amount for each calorie range, we decided to add those calories in and distribute them for you across the food groups. For example, instead of recommending someone on a 1500-1600 calorie diet consume 1.5 cups of fruit and 5 ounces of grains, we increased these amounts to 1.5-2 cups and 5-6 ounces, respectively. We did this to encourage balance, and made the assumption that people will make choices from each group that span from the lowest-fat, lowest-calorie items to the higher-fat, higher-calorie items. Cheese is a great example. We want people to eat in moderation and put into the practice the "often, occasionally, seldom" principle. Thus, having full-fat cheese every now and then is not a crime. Also, the fat in full-fat cheese is saturated fat and does not fall into the "healthy oils" category. So, bottom line - if the full-fat cheese is a seldom food for you, that is perfectly appropriate. We've built some "extra" calories in to cover that.

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**3. Would you be able to be more specific on what “seldom, occasional and often” mean? Our group members seem to have different opinions on this.**

On page 122 of the Member’s Guide we write:

*“Often” foods are the lowest in fat and sugar, and are relatively low in calories. They are also the most nutrient dense. “Occasional” foods are those foods that should be enjoyed every now and then as they do offer nutrition, but at a higher caloric price tag. “Seldom” foods should be enjoyed rarely as they are high-calorie foods with little nutritional value.*

I consider “Often” to mean every day to every other day, “Occasionally” to mean every few days to once a week, and “Seldom” to mean every few weeks to every few months. It depends somewhat on the food itself. For example, fried chicken is a lot more of an issue than a tablespoon of butter. For my husband and I, fried chicken is truly a food we enjoy only once or twice a year. However, dark chocolate is something I can enjoy more often since the quantity is limited to only a piece or two. Be honest and truly discretionary with this exercise. We all know in our heart of hearts which foods we need to avoid most of the time and which ones we need to choose most often.

**4. I’m confused about how to “count” something like lasagna, granola bars or other combination foods. How do you suggest I record these things on my Live It Tracker?**

Mixed dishes, like lasagna, have always required some educated estimation, especially if you are eating away from home and do not have access to the recipe. There are a few ways of doing this. If you do have access to the recipe, you could always divide each of the main ingredients by the number of servings provided to figure out how much of each is provided. For example, in a lasagna recipe you could divide the ounces of pasta, ounces of meat, cups of vegetables, teaspoons of oil, and ounce-equivalents of cheese, cups of tomato sauce, and divide by the number of servings. This would give you a pretty accurate estimate of how many cups, ounces and teaspoons you’re getting for each group.

Alternately, if you go to dinner at a friend’s house, who you know used quality ingredients (like part-skim mozzarella, low-sugar-added tomato sauce, lean meat or better yet – grilled vegetables), you’re halfway there! The question of whether your friend’s lasagna is quality is answered (yes). The last part requires you to think critically about *quantity* and make an educated guess as to what size a square of lasagna is appropriate for you? I would estimate that with quality ingredients, a 3x3 – 4x4 inch square would be an appropriate portion for most people. We are also encouraging you in the Nutrition Top 10 to listen to your hunger cues and really be mindful of your choices and of every bite. When we eat mindfully, we stay aware of whether we’re truly hungry, or just desiring to eat. It’s definitely a journey to discover this, but it’s also a big piece of the puzzle for finally gaining control over your eating habits.

For something like a granola bar or other prepackaged products, I am really encouraging you to ask yourself two simple questions, make a decision based on the answers, and then move on with your life. The first question you need to answer is whether or not the product is a quality one. Some granola bars contain soy protein which is a very lean, cholesterol-free, quality source of protein. Some include nuts which would provide healthy oils, and some include granola and oatmeal which provides servings of whole grain. Read the label. If sugar is one of the first two or three ingredients listed, I would find another one lower in sugar. Secondly, ask yourself whether or not the total calories are appropriate for you given your calorie range for the day. If the item, say a microwave entree, is intended to be a meal and is only 150 calories – that’s not enough. However, 800 calories would be too much for most people. When you spread your calories around for the day, you have a pretty good idea as to how many calories are appropriate for meals and snacks.

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Simply, it's a two-step process of assessing the quality and quantity of the food. You can always jot the calories down on your tracker to help you stay on track with where you are for the day, and guesstimate how many ounces of grain you think you obtained from the granola bar, per say, and the same goes for how many teaspoons of nuts you think were included. Analysis paralysis is not what we're after. Choose quality foods in appropriate quantities most of the time and you'll be fine.

To good health,

**Erin DuBroc, MPH, RD, LD**

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Continued from page 3

attention. Their perception of Western women comes from the television shows they watch. They think women in America look like the mom's on *Desperate Housewives*! How surprised they were when I told them the average woman in American weighs 175 pounds! They decided they may not be overweight after all.

As I got ready to leave the Middle East, I was thankful for the experience. The temperatures were brutal, but my new friends were worth the experience. I am a little more informed, a little more disciplined, and a lot more thankful for my freedom in Christ and for the USA.

Him first as always,

**Vicki Heath**

***Comments from attendees at the 2008  
First Place 4 Health Leadership Summit***

*Thank you for ALL of your hard work that made the Summit such a great success! This was my first Summit, and God showed me so much about Himself, others and myself. I am so excited to see all that He is going to do in and through us this fall...and beyond! I look forward to next year, and I'll be bringing more people with me!*

***Kristen, Missouri***

*Just wanted to give the FP4H group a big THANK YOU for the tremendous conference in Houston. I was blessed with everything...from the time I arrived in Houston until I left on Sunday. You will never know what a blessing the entire event was to me... Thanks again for your hard work and encouragement to godliness.*

***Beverly, West Virginia***

*Once again, you and your staff have outdone yourselves and I certainly hope you will express my gratitude to them as well. I just wanted to let you know that even though I don't see all your "behind the scenes stuff, I surely do appreciate. We are blessed.*

***Tanya, Louisiana***

*Thank you so much for all of the work you put into the Summit. It has truly been a blessing and inspiration.*

***Susanne, Louisiana***



## Dedication: Honoring God with Your Body

Steve Reynolds  
sreynolds@capitalbaptist.org



*I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. (Gal 5:16)*

My journey to weight loss began with dedicating myself to God. In Galatians 5:16, Paul calls this concept *walking in the Spirit*. It means allowing the Holy Spirit to control you. I had to learn to bring the Holy Spirit into my life when it came to eating and exercising. While I depended on God for my sermons, I had to depend on Him for self-control in my eating and exercising habits.

The human aspect of who we are is found in Matthew 26:41b, *The spirit indeed is willing, but the flesh is weak*. Our flesh is weak and we tend to respond to it. We give in to its cravings and its lusts. The Bible says we won't fulfill the lust of the flesh if we will walk in the Spirit. Are you willing to allow the Holy Spirit to control you? Will you walk in the Spirit? I was one with the Holy Spirit when I preached, but I needed to include him when I sat down for meals.

*First we have to dedicate our bodies to God. Romans 12:1-2 says, I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

Your body is not for gratification of self, but for the glorification of God. God gave us these bodies to honor him – they are not our own. This is contrary to the popular belief that, “It’s my body; I can do what I want with it.” No, it’s not yours and you can’t do what you want with it. Our desire should reflect the attitude found in Philippians 1:20 and that Christ would be magnified in our bodies.

Secondly, we need to **discipline our bodies** for God. Read Romans 6:11-13. Here we find the concept of losing yourself, dying to self, being dead to sin, but alive to God through Jesus Christ. We’re called to not use our “members,” our body parts, as instruments of sin, but for righteousness. Where are you going with your feet? What are you doing with your hands? What about your mouth? Your eyes, what are you watching on television or reading in books? Do you get what I’m saying? Do you understand that *every* part of our body is an instrument?

We must **deliver our bodies**, one day we will all stand before God and be required to give an account of our lives. We’ll have to account for how we used our time, our talents and our treasures. We’ll also have to give an account of how we cared for our temple, our body. II Corinthians 5:10 says,

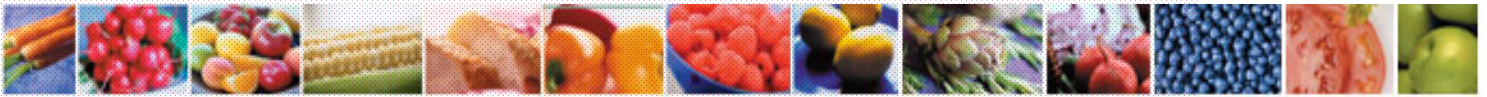
*For we must all appear before the judgment seat of Christ, that each one may receive the things done in the body, according to what he has done, whether good or bad.*

Decide today to use your members as instruments of righteousness.

### Steve Reynolds

Steve Reynolds 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.

All scripture used in this article is taken from the King James version.



## Devotional

### Attitude of Gratitude

*The Lord has done great things for us, and we are filled with joy.*

#### PSALM 126:3

Yesterday, I was wiped out. I was sad at the death of an elderly friend, discouraged at learning that another friend's cancer had returned and frustrated from trying to teach a class of students who had given me their silence and their attention for exactly 10 minutes. I hadn't followed my food plan, and I was angry at myself.

When two friends came over to walk with me, I started to fill them in on my complaints. As I was talking, I listened to myself and felt ashamed. I had left all those issues at God's feet in my daily prayer time earlier that day. To change tack, I said, "Hey, let's take turns saying what we're thankful for." My friends were surprised and a little skeptical, but they decided to humor me. What started out slowly and hesitantly turned into spontaneous outbursts of gratitude and even some accusations of "Hey, you took *my* turn." "I'm thankful for a warm bed!" "Flannel sheets!" "Family!" "My Savior!" "Night sky!" "Prayer!" "Healthy eating!" "Opportunities to encourage others!"

As we rounded the corner toward home, I had once again gained God's perspective on my life. Thankfulness can do that to a person.

#### PRAYER

*Lord, please forgive me when I focus on the complaints of life rather than on the great things You have provided for me. Cause me to have a grateful heart in all circumstances. Thank You for the many ways You take care of my every need, Father.*

**Journal:** Make a list of 10 things God has provided for you and then write a simple prayer of thanksgiving.

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



## Wellness Week Recipes

We hope you enjoy this sampling of recipes we've provided to our guests at the First Place 4 Health Wellness Week in Round Top, Texas each October. For information about this event, please see the flyer at the end of this newsletter or visit [www.firstplace4health.com](http://www.firstplace4health.com)

### Chicken Supreme

- 6 3-oz. boneless, skinless chicken breasts
- 1 cup bread crumbs
- 1 cup grated parmesan cheese
- 1 tsp. salt
- 1/4 tsp. black pepper
- 2 tbsp. parsley
- 1 garlic clove, minced
- 1/4 oz. slivered almonds
- 3 egg whites

Preheat oven to 350° F. Slightly beat egg whites in small bowl; set aside. Combine bread crumbs, cheese, salt, pepper, parsley, garlic and almonds (reserve a few for garnish) in shallow dish. Dip chicken breasts in egg whites; roll in bread crumb mixture and arrange in 9x13-inch baking dish. Garnish with a few almond slivers. Bake 30 minutes. Serves 6. Serve with Mushroom Gravy.

**Nutritional Information:** 242 Calories; 7g Fat (25.5% calories from fat); 29g Protein; 14g Carbohydrate; 1g Dietary Fiber; 60mg Cholesterol; 842mg Sodium.

### Mushroom Gravy

- 1/4 cup light margarine
- 2 cups sliced mushrooms
- 1 cup chicken broth
- 2 tsp. cornstarch
- 1 tsp. salt
- pepper to taste

Sauté mushrooms in melted margarine. Gradually add broth to mixture in skillet, continue to stir. Dissolve cornstarch in small amount of liquid. Add to the skillet mixture, stirring constantly until thickened. Add seasonings to taste. Spoon over the chicken breasts and serve. Serves 6

**Nutritional Information:** 49 Calories; 4g Fat (72.7% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 575mg Sodium.

### Caribbean Pork with Sweet Potatoes

- 4 T Pickapeppa Sauce (or 3 tbsp. Worcestershire sauce mixed with a dash of bottled hot pepper sauce)
- 2 cloves garlic, minced
- 1 tsp fresh thyme or 1/4 tsp dried thyme, crushed
- 2 lb boneless pork loin roast (single loin, trimmed)
- 2 large sweet potatoes, peeled and cut into 3/4 inch pieces (1-1 1/4 lbs total)
- 1 recipe Mango Jicama Salsa (below)

In a small bowl combine 3 tbsp. of the Pickapeppa sauce, the garlic and thyme; set aside. Trim fat from roast. Brush garlic mixture on all sides of roast. Place roast in a shallow roasting pan. Invert an oven-going meat thermometer into center of roast. Roast in a 325-degree oven for 45 minutes. Meanwhile, in a medium saucepan cook sweet potatoes in boiling water about 8 minutes or just until tender; drain. Toss sweet potatoes with remaining 1 tbsp. Pickapeppa sauce. Place sweet potatoes around roast in pan. Continue cooking for 30-45 minutes more or until internal temperature registers 155 F. Cover meat with foil and let stand on a wire rack for 15 minutes. The temperature of the meat after standing should be 160 degrees.

**Nutritional Information:** 163 Calories; 5g Fat (27.8% calories from fat); 20g Protein; 8g Carbohydrate; 1g Dietary Fiber; 50mg Cholesterol; 45mg Sodium.

### Mango Jicama Salsa

- 1 8-oz can pineapple tidbits, drained (reserve 2 tbsp. juice)
- 1 cup peeled, chopped jicama
- 1 medium mango, peeled, seeded and chopped
- 1 large tomato, seeded and chopped
- 1 green onion, sliced
- 1-2 fresh jalapeno peppers, seeded and finely chopped
- 1 tbsp. lime juice

Mix all above; cover and refrigerate until serving time or up to 24 hours. To serve, slice roast. Serve with sweet potatoes and Mango salsa. If desired, garnish with cilantro. Serves 8.

**Nutritional Information:** 44 Calories; trace Fat (3.1% calories from fat); 1g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 36mg Sodium.



## Banana-Split Dessert

- 24 low-fat graham crackers
- 2 .9 oz. boxes sugar-free banana-flavored nonfat instant pudding
- 4 1/2 c. nonfat milk
- 1 16-oz. can crushed pineapple, drained
- 3 3/4 cups fat-free whipped topping, thawed
- 2 bananas
- 2 c. sliced strawberries
- 1 1.4 oz. box sugar-free chocolate-flavored nonfat instant pudding
- 2 tbsp. chopped pecans

Line bottom of 13x9-inch baking dish with 8 graham crackers; set aside. In large bowl, combine banana pudding and 3 cups milk; mix well and let sit 2 minutes. Stir in pineapple chunks; then gently fold in whipped topping. Pour half the mixture into baking dish; reserve remainder. Arrange banana slices over pudding mixture; add layer of 8 graham crackers. Pour in remaining pudding mixture; add layer of sliced strawberries and top with remaining graham crackers. Set aside. In separate bowl, combine chocolate pudding with 1 1/2 cups milk; mix well and let sit 2 minutes. Spread as topping over graham crackers. Refrigerate at least 6 hours to soften graham crackers; garnish with chopped pecans prior to serving. Serves 18.

**Nutritional Information:** 145 Calories; 3g Fat (16.2% calories from fat); 4g Protein; 27g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 222mg Sodium.

## Baked Fruit Dessert

All fruit is packed in water, juice or light syrup. You can use fresh if desired.

- 1 15.25-ounce can pear halves or sliced
- 1 15-ounce can sliced peaches
- 1 20-ounce can sliced apples
- 1 14.5-ounce can dark pitted cherries
- 1 15-ounce can mandarin oranges (check for seeds)
- 1 20-ounce can chunk pineapple
- 1 tablespoon light margarine
- 1 tablespoons cooking sherry (optional)
- 12 “Mothers” macaroon cookies (crushed fine)

Drain all fruit. Cut large pieces into bite-size pieces. Mix fruit in large glass baking dish. Slice margarine into thin pieces and place on top of fruit. Sprinkle with cooking sherry. Sprinkle crumbs over top. Bake at 350 degrees for 30-45 minutes. Serve warm. Serves 16.

**Nutritional Information:** 197 Calories; 6g Fat (26.6% calories from fat); 2g Protein; 36g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 67mg Sodium.



# 4<sup>first place</sup>health

## First Place 4 Health Wellness Week

**October 9-16, 2008**

**Round Top Retreat Center  
Round Top ~ Texas**

**Round Top Retreat Center** in beautiful Round Top, Texas, is a beautiful Victorian-style retreat center located “Deep in the Heart of Texas.” It is operated by the Goad family, who began this ministry on a full-time basis in 1984, to provide a home environment with all the charm of a country setting, where people can share God’s Word.

**Limited to First 60 Registrations!**

**\$650<sup>00</sup>**

(Includes \$100 non-refundable deposit with registration)

**\$695<sup>00</sup>**

(cost with airport shuttle)

(Includes \$100 non-refundable deposit with registration)

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### WELLNESS WEEK INCLUDES:

- ~ Nutrition Information
- ~ Complete Fitness Testing
- ~ Inspirational Speakers
- ~ Rest and Relaxation
- ~ Daily Exercise Options
- ~ Healthy Delicious Meals

**Contact Lisa Lewis at  
800-727-5223, x403 or  
[lisa.lewis@firstplace4health.com](mailto:lisa.lewis@firstplace4health.com)  
or visit  
[www.firstplace4health.com](http://www.firstplace4health.com) for  
more information.**

**Refund Policy** – If First Place 4 Health cancels Wellness Week, a full refund will be given. All other requests for refunds must be received in writing by September 15, 2008. Upon receipt of request, the refund will be granted, minus the \$100 non-refundable deposit. **No refunds will be given after September 15.**

**Space is limited! Make your reservations today!**



First Place 4 Health Wellness Week
October 9-16, 2008

REGISTRATION FORM

Name:
Address:
Address:
City:
State/Province:
Country:
Zip/Postal Code:
Home Phone Number:
Work Phone:
Email Address:
T-shirt Size:
Church:

Cost:

\$650.00

Cost with Airport Shuttle:

\$695.00

Please list the names of the people with whom you would like to room (minimum of two people to a room):

Blank lines for listing names of people to room with.

ADDITIONAL INFORMATION:

Airport Shuttle from Bush Intercontinental Airport:

- No
Yes

Please book your flight to arrive at Bush Intercontinental Airport by 1:00 p.m. on October 9th and depart after 12:00 noon on October 16th.

Name of Airline:
Arrival Flight #:
Time of Arrival:
Departure Flight #:
Time of Departure:

\$100 deposit due with registration

TYPE OF CARD:

- Mastercard
Visa
Discover
American Express

Card #

Expires:

Security Code:

Name as it appears on the card:

Amount of payment:

Make checks payable to:

FIRST PLACE

Return completed registration form with \$100 non-refundable deposit to:

FIRST PLACE

7401 Katy Freeway, Suite 337
Houston, Texas 77024-2199

Or Fax: 713-688-7282

Registration Deadline: September 15, 2008

Full Payment Due: September 15, 2008

Refund Policy - If First Place cancels Wellness Week, a full refund will be given. All other requests for refunds must be received in writing by September 15, 2008. Upon receipt of request, the refund will be granted, less the \$100 no-refundable deposit.

No refunds will be given after September 15.