



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

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## February 2009



### *Dear Ones,*

Years ago, I read all of the books in the Left Behind series. I anxiously awaited the arrival of each new book and experienced tremendous relief when the last one finally came out! It's February 2009, and I am wondering how many of your New Year resolutions have already been "left behind," not to be considered again until January, 2010.

I work out every morning at our Christian Life Center at my church. This has been a habit since the CLC opened in 1984, and one that I am so glad I began all those years ago. Today, I attended a new cardio class from 6:00 -7:00 a.m. and my shoulders are aching as I write these words. The class was great fun and a change of pace from the treadmill or the elliptical machine that I use every day. Today, I left behind my regular exercise to try something new.

I wonder if there might be some things you need to leave behind so that 2009 can be your year. Johnny and I didn't intend to leave everything we owned behind when we evacuated before Hurricane Ike. You see, we really believed that our possessions would still be there when we returned, maybe a little wet, but still intact. Instead, everything we owned was ripped from us in a three-hour storm surge.

I was reading my Bible this week in Matthew 6 where Jesus talks about us not worrying about what we will eat or wear because our Heavenly Father cares about us and will take care of all our needs. I was struck with the fact that I had not prayed one time since September 13, 2008, when Ike hit, that we would have a place to live that was fully furnished. God provided Round Top Retreat for the first five weeks and we never wanted for a thing. The owners of Round Top, Euphanel & Nick Goad, loved on us and said, "Stay as long as you can." Next, we moved into Melissa and Greg's home (our next-door neighbors), for two months while we met with adjusters and had our home torn down. December 15<sup>th</sup>, we moved into Houston and are living in our friend Linda's townhome. What I realized as I was reading Matthew 6 was astounding to me. I realized that

- Since Ike, we have not needed one thing that was not provided.
- Stuff is stuff. We can do without our stuff as long as we have somebody's stuff to use. I might add that God has provided beautiful stuff!
- God loves us so much that He will take care of whatever comes our way

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### **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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## First Place 4 Health

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The *First Place 4 Health E-Newsletter* is published monthly by First Place 4 Health. Address all correspondence to First Place 4 Health, 7401 Katy Freeway, Houston, TX 77024-2199

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Would I have chosen to leave behind everything we owned? Of course not! Do I believe that God will use our tragedy to bring glory to Himself and for our ultimate good? Absolutely!

What might you need to leave behind in 2009?

- Could it be that you need to leave behind that deep hurt or anger toward someone who has hurt you?
- Is your sharp tongue toward your husband & children something that you might need to leave behind?
- Maybe you need to leave one hour of TV behind each day and use that time to go for a walk instead.
- Is there some food that leaving it behind will help you lose weight? For me that food is anything sweet: candy, ice cream and sugary desserts.

On August 24, 2008, God asked me if I would give Him the next year and just see what He can do in my life. I had just finished writing the September E-Newsletter article where I asked you to give God a Year. That day I accepted the challenge and it has been a decision I will never regret. I am in the middle of writing a new book, *Give God A Year, Change Your Life Forever*, and I can't wait to see all God is going to show me as I continue this year with Him.

I will be forever grateful that I said yes to God before Hurricane Ike hit. Who knows where I might be emotionally today if I had said no. Will you say yes today and give God the next year? Yes, you will have to leave behind some things that you consider precious and some things that need to be left behind, but God will walk every step of the way with you and meet your every need, just like He has met our every need since Ike.

Blessings

**Carole Lewis**

## Save the Date!

### **FP4H Leadership Summit**

July 24-25, 2009

Houston, Texas

The First Place 4 Health staff would like to invite you to our annual First Place 4 Health Leadership Summit. The first Leadership Summit in 2003 marked the beginning of what has now become the yearly trek to Houston, Texas for many leaders from across the continent! All the seminars, brainstorming sessions, and special teaching times will center around instruction, inspiration, and motivation. An incredible two days of celebrating, networking, brainstorming, idea sharing, praying, training and worship are planned for leaders. All First Place 4 Health networking leaders, workshop leaders, active, former and potential leaders are invited to attend.

### **Wellness Week**

October 8-15, 2009

Round Top, Texas

Join us for a week of activities for every fitness level, delicious meals, complete fitness testing, praise and worship, motivating speakers and lots of porch time!

Visit [www.firstplace4health.com](http://www.firstplace4health.com) and click events for information all the First Place 4 Health events.



## Leadership

# Let's Have a Change Your Life Event



**Vicki Heath**

vicki.heath@firstplace4health.com

During 2008, we had six opportunities to connect and train hundreds of First Place 4 Health members at Change Your Life Events. We went from one end of the country to the other, north, south, east and west. I had the best honey crisp apple I have ever eaten while at the event in Wisconsin. I experienced the first snowfall of the year at our Toledo event.

### What is a Change Your life Event?

It is usually a six-hour event held in one day featuring our First Place 4 Health staff, Carole Lewis; Erin DuBroc; Vicki Heath; seminars; inspiring testimonies; wonderful praise music, and a delicious First Place 4 Health lunch.

Instructional sessions include topics such as: *the history of First Place 4 Health, training and instruction on getting started, how to use the materials, and FP4H leadership guidelines and principles.*

### How can we host a Change Your Life Event?

You will need a facility that accommodates a group of at least 100 people, lots of volunteers to help plan and prepare, staff support from your church, and a willingness to put in long hours with a great return on your investment!

### Are there different kinds of Change Your Life Events?

Yes, there are actually three options available, depending upon the size of your church and how much you want to invest.

- Option One: CYLE – Full schedule with lunch served and a recommended registration fee of \$40. Possible event speakers include FP4H staff, networking leader and/or guest speaker.

- Option Two: CYLE – Just the Basics. Shorter schedule with the option to simplify by omitting the music, fewer testimonies, and no meal served. This event will be led by one of our trained networking leaders.
- Option Three - CYLE – Focus on Fitness. Shorter schedule with event led by networking leader and a Certified Body & Soul Instructor. In addition to Just the Basics program, this event has seminars on the importance of exercise, including two full-body workouts for all fitness levels. Focus on Fitness can also be added to the full schedule.

Now, doesn't that sound like fun? We would love to talk with you and your First Place 4 Health group about hosting a First Place 4 Health Change Your Life Event for 2009. If you will contact me, I will be happy to send you the complete guidelines and sample schedules. God has used First Place 4 Health to literally change hundreds of lives, but only to the extent that churches are equipped to implement First Place 4 Health classes. We invite you to be a part of a ministry team whose single purpose is leading others to seek Christ first in all of life! Won't you consider being a part of an event like this?

Call me. Let's talk.

## Vicki Heath



## Balanced Living - Physical

### Where Does Your Strength Come From?



**Jeannie Blocher**  
jeannie@bodyandsoul.org

In Ephesians 6:10 it says *Be strong in the Lord and in his mighty power*. In this Biblical context of spiritual warfare, we naturally think of this strength as mental fortitude and emotional trust in God—in effect, spiritual strength, and we certainly need that! But we need to fight the enemy of our souls by getting strong physically, too. The demands of this world require spiritual, mental, emotional *and* physical strength! It all goes together, as we well know from personal experience! When we feel healthy and strong physically, it spills over and gives us power and strength to face whatever comes our way in other facets of our life.

Consider these **benefits of physical strength training**:

- It helps combat osteoporosis.
- It helps us improve our lean-to-fat body composition. Muscle is the primary calorie burner of your body. The more lean tissue you have the more calories you burn all day long.
- It helps you rehabilitate and strengthen previously injured or weak muscle groups.
- It helps to combat age-related degenerative disease.
- It helps correct muscle imbalances.
- It works to provide extra core and abdominal work when abdominal muscles are activated to stabilize the torso while doing weight-bearing exercise.

#### **What a great list--and what great motivation to add strength training to your fitness plan!**

And consider this, while lifting those weights, listen to some of your favorite Christian music, or use the Scripture memory music on the new First Place 4 Health Strength & Flexibility DVD to motivate you spiritually. Always remember that your strength comes from the Lord and lift up your eyes to Him. (Psalm 121:1) The maker of heaven and earth loves you and wants you to be strong, not in your own power, but in His. Our strength comes from the Lord. He will be there giving us *His* power to take care of our physical bodies and spiritual selves as we keep our hearts and minds focused on Him and Him alone.

Wishing you God's strength and power every day,

**Jeannie Blocher**

[www.bodyandsoul.org](http://www.bodyandsoul.org)

*To order the brand new First Place 4 Health Strength & Flexibility DVD (ISBN#607135.014829), call 1-800-446-7735.*



## Nutrition Notes

# Small Simple Changes Pack Quite a Punch

**Erin DuBroc**

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If any of you out there feel like your head is spinning from all the resolutions you swore to last month, allow me to ease your vertigo. Small, simple changes are really your best bet for adopting new behaviors and better yet, they are usually painless! Often discredited by chronic dieters as insignificant or lackluster, goals small enough to swallow whole are actually a key to making gradual improvements in your routine that stick, and even help to build your confidence for achieving future goals. Did you know that you can lose about 1 pound every two months by achieving a caloric deficit of only 60-100 calories a day, 11-12 pounds in a year if you cut 100-200 calories per day, or 21-30 pounds in a year if you cut 200-300 calories per day? This month I'd like to enlighten you on some changes you can make this month that are sure to yield noticeable results when adopted wholeheartedly.

### **Swap out Soda or Fruit Drinks for Water**

The average regular can of soda contains 140 calories. Even if you only have two a day, that's around 300 calories, and an extra 300 calories a day compounded over a year ( $300 \text{ kcals} \times 365 \text{ days} = 109,500 \text{ kcals}$ ) could result in a 31 pound weight gain ( $109,500 \text{ kcals} / 3500 \text{ kcals} = 31 \text{ pounds}$ )! Save yourself the empty calories and choose water most of the time and diet sodas every now and then as a treat.

### **Change from 2% to 1% Milk (latte too)**

Drinking 1% instead of 2% might only save you 15 calories, but at the end of 2009 you could be 1.5 pounds lighter which is better than gaining the average 2 pounds per year most adults put on. If you make the jump to skim, you'll save even more (30 calories). Furthermore, I promise that if you're a latte drinker switching to skim will not put a damper on that comforting treat and could potentially save you 60 calories (compared to when whole milk is used).

### **Cut the Bagel in Half**

If you meet a friend for breakfast and split a bagel instead of eating a whole one yourself you'll save yourself 100 calories. Pairing it with a piece of fruit is a much better use of those calories, nutritionally-speaking.

### **Walk Just 1 Mile a Day**

It takes the average person 20 minutes to walk 1 mile. In the time it takes you to watch the majority of a sit-com rerun you've seen a hundred times, you could burn 100 calories and strengthen your heart! For those of you who wear pedometers, one mile is about 2,000 steps.

### **Snack smarter.**

Portion out the day's snacks into pint-size zip bags, or buy single-serving portions. Four regular Oreos have 200 calories versus the 100-calorie snack bag version. Also, if you crave salty foods, choose lower fat chips - a Lay's Light snack bag has only 75 calories, while the regular has 150.

### **Order Cheese Pizza instead of Pepperoni**

By simply forgoing the pepperoni, you save 50 calories a slice! This is a great opportunity to get creative with vegetables and experiment by trying sautéed peppers, mushrooms, onions, or spinach as low-calorie toppings instead. You can easily prepare those at home and add it to your pizza when it arrives or as you bake your own.

### **Go Easy on the Dressing**

First, let me just reiterate that it's well worth your while to ask for your salad dressing on the side when eating out. Dip your fork in it and sprinkle over your greens. You'll still get the tangy zing of your favorite dressing, but you'll save a ton of calories. If you just reduced the amount of salad dressing from 3 tablespoons to 1 tablespoon, you'd save around 200 calories.



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What small, simple changes can you come up with that pack a big punch against weight gain? I'd love to hear from you on our FP4H blog. Visit us at <http://fp4h.blogspot.com> and weigh in on what kinds of small, simple changes you think you can make, and I'll help you determine the size of their impact!

To good health,

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

## Success Story



When I heard about First Place 4 Health, I just knew that this would be my “get skinny quick” fix. After a few meetings, I realized that there is much more to this lifestyle change than losing weight.

As the session progressed and I started surrendering first place in my life to Christ, other things starting falling into place. Now, don't misunderstand me, I did not and still don't do anything perfect, but I have learned that God isn't looking for perfection. Each day that I do my best and live my life for His glory, He richly blesses me. You see, there is only one perfect man and he is no longer in a fleshly, human body. I was shocked to realize that He didn't expect me to be perfect. I quickly realized that God had a plan for my life that I had not been following.

All of this happened about the same time that my youngest child would be starting Kindergarten and I was devastated. For years I had a baby to take care of and now my last baby was going to school. I immediately told my husband that we needed another baby. He brought me back to reality by reminding me that I couldn't have another baby without Divine intervention.

We were about half way through the session and our weekly memory verse was Jeremiah 33:3, which says, *Call unto Me and I will answer thee and show you great and mighty things that you do not know.* (KJV) Amazing!! This was confirmation to me that he would do exactly what this verse said. I knew that He had something in store for me. When I stopped letting the devil talk me out of everything that God was telling me, things starting happening!

By the time my first First Place 4 Health session ended, I had agreed to teach a new Friday morning class. I had never taught a class before in my life and the devil reminded me of that on a regular basis. One morning my Momma sent me a quote that she felt like was a word from God for me. Despite the devil telling me that I couldn't teach a Bible study, I did. I didn't do that to perfection either, but when I let God do his work through me, He always wins.

I know that I have missed so much by not being where God asked me to be or by simply not making myself available to him. That is a mistake that I don't intend to make again. First Place 4 Health is a ministry that God has called me to be a part of and I truly enjoy it. My body is the temple of God and it was about time I start acting like it. I have encountered women who can relate personally to my situation and seeing them moving forward is an inspiration. Oh, I almost forgot to mention the weight loss!! That has been amazing, but it is truly the icing on my cake. The relationship I have with the Lord now is the most important think that I have gained. This ministry is all about one thing, Jesus! **Keeli O'Cain**





## Devotional

### Just a Taste . . .

*Can a man scoop fire into his lap without his clothes  
Being burned? Can a man walk on hot coals without his feet being scorched?*

#### PROVERBS 6 : 2 7 - 2 8

Can I scoop mounds of food on my plate day after day and not see my body get bigger? I may not see the results the first week, but as time goes on, the number on the scale goes higher and the dress gets tighter. Having an affair may not be detected for some time, but sooner or later there is an unwanted pregnancy or gossip or devastated families. A cashier can't take a few dollars here and there without its being found out eventually. An alcoholic can't take even one drink or it would trigger the desire for more.

I asked one of the women returning to jail where I teach a Bible study, "What happened?" She replied, "I was angry and smoked a marijuana cigarette and was satisfied for a while. Then I took a drink with friends, and soon I was craving the drugs I had sworn never to touch again. I got caught, and I'm glad, because I don't want this kind of life. I realize I can't touch any of my old habits."

If something was harmful for you the first time you experienced it, what makes you think it will be okay the next time?

#### PRAYER

*Lord, help me see that anytime I do not abide by the laws and rules set in place for my welfare,  
I am asking for trouble.*

**Journal:** What are your triggers for negative behavior? What do you need to guard against the most?

Kelly Shearer, First Place 4 Health Leader  
Indianapolis, IN

**This devotional was taken from the First Place 4 Health Devotional, *Living Well*. To order,  
call 1-800-4GOSPEL.**

## ~ Recipes ~

**Soups On!** Soups are a good way to fill up without filling out. Studies have shown that soups can be helpful with weight control. Consuming foods with a high water content such as broth-based soups has a direct impact upon the feeling of fullness. A recent study conducted at Penn State University found that the average participant was able to cut her caloric intake at lunch time by 20 percent by simply consuming a first course of soup prior to lunch.

### Chili Soup

Serves 16

1-1/2 pounds lean ground beef  
1 medium onion, chopped  
3 (10-3/4 ounce) cans Campbell's Condensed Minestrone Soup  
1 (14-1/2 ounce) can stewed tomatoes (diced)  
1 (10 ounce) can Rotel Tomatoes (diced)  
1 (15-1/2 ounce) can chili beans  
3 (10-3/4 ounce) cans water

Brown together ground beef and chopped onion. Drain thoroughly. Add remaining ingredients. Mix together. Simmer for 10 minutes.

**Nutritional Information Per Serving:** 197 Calories; 6g Fat; 12g Protein; 14g Carbohydrate; 4g Dietary Fiber; 32mg Cholesterol; 440mg Sodium.

### Butternut Squash Soup

Serves 8

1 2-lb. butternut squash, sliced in half lengthwise  
10 fresh sage leaves  
2 c. chopped onion  
1 leek, minced, white part only  
2 Granny Smith apples, peeled and chopped  
4 c. chicken broth  
Salt to taste  
Nonstick cooking spray

**Tip:** This soup is very filling but you can add 16 ounces cooked chicken for even more substance.

Place five sage leaves on each half of squash; cover halves with plastic wrap and microwave on high until soft, rotating every 3 minutes. Remove sage; discard. Remove seeds; discard. Scoop out squash; set aside. Over medium heat, sauté onions, leek and apples until tender in large pot coated with cooking spray. Add squash and cover with chicken broth. Pour mixture into blender 3/4 full. Very carefully puree. Pour pureed soup into large bowl; repeat until all soup is pureed and then pour back into soup pot. Keep warm until serving.

**Nutritional Information:** 264 Calories; 4g Fat (13.5% calories from fat); 15g Protein; 47g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 649mg Sodium.

### Savory Potato Soup

Serves 6

3 c. peeled, diced potatoes  
1 c. chopped celery  
1/2 c. chopped onion  
1 tsp. salt  
1/4 tsp. pepper  
2 tbsp. flour  
2 tbsp. margarine  
1 tsp. dill  
3 c. nonfat milk

Cover potatoes, celery, onion, salt and pepper in just enough water to cover potatoes; cook until potatoes are tender. Melt margarine in skillet; add flour and dill, mixing well. Add milk gradually, stirring constantly to make smooth sauce. Cook 5 minutes; add drained vegetable mixture and heat thoroughly.

**Nutritional Information:** 176 Calories; 1g Fat; 2g Protein; 41g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 25mg Sodium.

### Chocolate Mini Bites

1/2 cup unsweetened cocoa powder  
1/2 cup sugar, divided  
3 large egg whites  
1/8 tsp. cream of tartar  
1 tsp. vanilla extract  
1 tbsp. confectioner's sugar

Preheat oven to 300 degrees. Line two baking sheets with foil. In small bowl, sift together cocoa, salt, and 1/4 cup of the sugar. In large bowl, with electric mixer at medium-low speed, beat egg whites and cream of tartar until soft peaks form. Beat in remaining 1/4 cup sugar, 1/2 tablespoon at a time, until meringue is glossy and stiff peaks form. Fold in cocoa mixture and vanilla extract. Drop by rounded teaspoonfuls about 1" apart onto prepared baking sheets. Bake 25 minutes for soft chewy cookies or 40 minutes for crisp ones. Dust cooled cookies with confectioner's sugar.

**Nutrition Information per cookie:** 25 calories, 1g protein; 6g carbohydrates, 0g fat; .5g fiber; 13mg sodium

