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April 2009



Dear Ones,

No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. 1 Corinthians 10:13

This is Part II in How Do I Deal With Temptation? You can find Part I in the March issue of the First Place 4 Health newsletter.

What is your greatest desire today? Is it for a healthy body, or a healthy marriage? Do you long to see your children following God? Whatever it is, I can promise you there will be temptations on a regular basis in an attempt to keep your desires from becoming realities.

I have a good friend who has lost over 100 pounds and she has been struggling recently with her eating. When I asked her what was going on she said, "I'm eating crackers. Go figure"! The enemy can use anything to tempt us, but his desire is to get us off track one more time so that we don't reach the goal.

My day of reckoning came the second weekend of January 2009. We were attending a First Place 4 Health Change Your Life Event in Brandon, MS. A precious girl picked us up at the airport and gave each of us an adorable polka dot box filled with snacks for our hotel room. There were fruit and 100 calorie bags of crackers, along with two large sugar cookies in the shape of the state of Mississippi! Vicki Heath, who doesn't have the problem with sweets that I do, opened one of the cookies after lunch and broke off little pieces for each of us to taste. Vicki only eats sweets that are "worthy" but I, on the other hand, don't seem to know the difference between worthy and unworthy, because once I get going, I don't stop.

After we each had a taste of the cookie, Vicki folded the cellophane and put the other half of her cookie back into the box. By the time we reached our hotel, all I could think about were my two cookies inside that box. I propped up in bed with a cup of coffee and promptly ate both of those cookies. My reasoning was that I was going to eat them before the weekend was over so why not just do it and get it over with!

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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.

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How could I have known that God would ask me to share my story the next day with 300 men and women? In my Give God a Year Challenge, I changed number four on the “My Part” card from “Stay on Live It and Keep my Tracker” to “No high-fat, high-sugar desserts.” You see, I cannot handle desserts. Plain and simple! I am not tempted to overeat on fruits or vegetables, but when I start eating desserts, I overeat on other foods as well.

The next four weeks were wonderful because I had given up high-fat, high-sugar desserts. I lost weight every week and was feeling really confident until...February 13th rolled around. My daughter, Lisa, came over to help me clean house and brought six little chocolate cookies in a Valentine bag for her daddy to eat. She had seen the Paula Deen show and told me how easy these cookies were to make. Johnny only ate one of the cookies and left the bag with the remaining five cookies on his night stand all day.

I kept thinking about those cookies and wondering what they tasted like. I honestly intended to only eat one of the cookies, but after eating one, I ended up eating all of the cookies. My behavior continued the next day, which was Valentine’s Day. We attended a party where there were desserts in abundance and before the party was over, I had sampled several of the desserts. As I began eating the sweets, I began overeating on other foods and continued overeating the rest of the weekend.

Monday morning showed a two-pound gain on the scale...once again. When will I learn? Why can I not resist? The truth is that I can resist. Philippians 4:13 tells me that, *I can do everything through Him who gives me strength*. The problem is that when temptation comes and I begin entertaining it in my thought life, I am doomed to failure. God has been faithful to help me AS LONG AS I WANT HIS HELP. When my desire for food is greater than my desire for Him, that’s when I get into trouble.

Do we want to overcome so that God can bless us with the deepest desires of our heart? If so, we have the power to do it and that power is found in Christ.

No in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:37-39.

Much love,

Carole Lewis



Leadership

Nine Things Every Leader Should Do



Vicki Heath

vicki.heath@firstplace4health.com

I am certainly in a list mood this year. There is no better feeling than having a list and checking it off! As leaders, we are all different and can do a variety of things, but I think there are some things we must do to be successful leaders. Every leader should be able to do the following:

1. Learn to love difficult people. Every group has one--that one person who tries your patience more than any one else, or the one in the group who interrupts the quiet one from whom you have finally gotten a response! These people are the ones we refer to as EGR – extra grace required. It is vitally important that everyone who comes to a FP4H class has the opportunity to be loved – no matter the baggage they carry with them. Your class will follow your lead if you treat those difficult people with love and respect.
2. Be able to find answers. I did not say that leaders must have all the answers, but we must be able to find them. Erin DuBroc, FP4H Registered Dietitian, and I both get a lot of questions on the new food plan and I bet you do, too. If you email either of us (erin.dubroc@firstplace4health.com or vicki.heath@firstplace4health.com), we will be happy to send you our FAQ's on the new Live It food plan. It's much easier and less embarrassing to just say, "I don't know the answer to that, but I will find out" than to try and bluff your way through and get it wrong!
3. Have a thick skin, but a tender heart. Leaders must learn not to take so many small things personally. I remember feeling one year that my class was a failure because many did not reach their weight goals. It was not about me, personally. We need to learn to toughen up a bit, but not to the point that we are no longer compassionate and quick to show mercy to others.
4. Know how to receive criticism. This is a hard one. As leaders, we cannot please everyone. My personal philosophy on criticism is -- there is usually a grain of truth in most of it. I take the truth, apply it to my life, and let the rest go.
5. Know how to receive praise. If, as leaders, we are operating in our strengths and not our weaknesses, we will discover that we can do a really good job. It is not uncommon to receive compliments on our teaching and leadership. It is very ungracious to not accept a compliment. We know that our strength comes from the Lord, but he does choose to use us! A simple "Thank You" will be sufficient.
6. Know how to take a break. Burnout is a common syndrome among leaders. It is perfectly okay to take a session off from leading. If you are developing a team, there should be someone who could step in for a season and give you the opportunity to be a class member or to take some time off from leading. A season off from leading does not qualify you to take a season off from the disciplines of FP4H.
7. Lead by serving. It does not matter if we do not have the gift of servanthood. There are times when we are called upon to serve and we must do so with a proper attitude. Whether it's getting there early to set up the room or staying late to listen to a class member's struggle, we must make ourselves available to serve.
8. How to champion others. I was a cheerleader in high school and I have not stopped cheering. A good leader is always on the lookout to catch someone doing something good. We need to be the first to recognize it. There may be a time when everyone in your class is having more success than you are. We are not to become jealous; we are to become their biggest fans! A good leader leads others to accomplish their goals.

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9. Know how to laugh at yourself. This is probably my favorite. None of us need to take ourselves too seriously. Leading can be tough and most of us are far from perfect. There is a lot of pressure to achieve perfection in our culture today and we do not want to fall prey to that. Lighten up!

Blessings,

Vicki Heath

First Place 4 Health Coming Events

Area Leader's Meeting

Green Bay, WI
April 4, 2009
Contact: Jenn Krogh
Email: wifirstplace@hotmail.com
Light breakfast buffet included

Area Leader's Meeting

Lansing, MI
April 25, 2009
Contact: Marilyn VanDyk
Email: firstplace@seekstudyserve.org

Area Leader's Meeting

Bayville, NJ
May 16, 2009
Contact: Sherry Mazza
Email: sherryfirstplace@hotmail.com

Area Leader's Meeting

Madisonville, LA
May 30, 2009
Contact: Paulette McDonald
Email: paulettekmcdonald@yahoo.com

FP4H Leadership Summit

Houston, TX
July 24-25, 2009
Contact: Lisa Lewis
Email: lisa.lewis@firstplace4health.com

Change Your Life Event

McKensie, TN
August 22, 2009
Contact: Sandi Reditis
Email: sreditis@charter.net

Wellness Week

Round Top, TX
October 8-15, 2009
Contact: Lisa Lewis
Email: lisa.lewis@firstplace4health.com

Change Your Life Event

New Jersey
October 24, 2009
Contact: Sherry Mazza
Email: sherryfirstplace@hotmail.com

Visit www.firstplace4health.com and click on Events for more information about upcoming events.



Balanced Living - Physical

The Joys of Walking



Jeannie Blocher
jeannie@bodyandsoul.org

This is the time of year when the warmer weather draws us outside. We open our front door and we just naturally want to be more active to enjoy God's beautiful world that is coming alive with springtime. Let's take advantage of that natural urge to ramp up our fitness, and start with the simple joys of walking!

Walking. What a great sport! We can do it anywhere, anytime. We don't have to pay to walk—no gym membership or class tuition is required. We can wear pretty much any clothing we want when we walk, so there is no money outlay for that. The only equipment we need is a good pair of walking shoes. They are sold everywhere, and these days you can look for good deals and great sales for walking shoes that you will wear not only for fitness walking, but for everyday life when you have an active lifestyle.

And don't forget the spiritual benefits of walking. That may sound crazy, but think about it. When you are walking, your body is occupied, but your mind is free. You can take that time to pray, making it a "walking date with God" or listen to some inspiring Christian music. With today's modern technology, you can even choose to listen to the Bible on your iPod, or enjoy a special sermon via podcast.

Here's another benefit--you can make walking a special time of fellowship with a friend, sharing stories and prayer requests, encouraging one another and being an accountability partner in your journey to physical fitness.

Are you beginning to see that there are many joys to walking? It is an opportunity, not an obligation. It is a wonderful tool to stay both physically fit and spiritually fit. And after all, walking is something that we want to be able to do for life!

Whether you measure your miles with a pedometer to reach a goal or just make the decision to walk more each and every day, walking will give you joy if you approach it with an attitude of expectation! *Rejoice in the Lord always, again I say rejoice* (Philippians 4:4 KJV) —while walking, and at all times!

Blessings,

Jeannie Blocher



Nutrition Notes

Test Your Nutrition IQ



Erin DuBroc

erin.dubroc@firstplace4health.com

1. Which of the following are true statements regarding sea salt, kosher salt and table salt?

- A. Because of its fine grain, a single teaspoon of table salt contains more salt than a tablespoon of kosher or sea salt.
- B. Sea salt is harvested from evaporated seawater and receives little or no processing, leaving intact the minerals from the water from which it came.
- C. Kosher salt contains no preservatives and can be derived from either seawater or underground sources.
- D. All of the above.

Answer: D. Taste and texture are the main culinary differences between these three. Table salt is mined from underground salt deposits, and includes a small portion of calcium silicate, an anti-caking agent added to prevent clumping. It possesses very fine crystals and a sharp taste. The minerals in sea salt flavor and color the salt slightly. Sea salts are usually expensive, it is worth keeping in mind that they lose their unique flavor when cooked or dissolved. Aside from being a great salt to keep within arm's reach when you are cooking, kosher salt is particularly useful in preserving, because its large crystals draw moisture out of meats and other foods more effectively than other salts.

2. According to the 2005 Dietary Guidelines for Americans, daily fat intake should be between:

- A. 0 to 10 percent of calories
- B. 10 to 20 percent of calories
- C. 20 to 35 percent of calories
- D. 35 or more percent of calories

Answer: C. Most of your 20 to 35 percent of daily calories (44 to 78 grams in a 2,000-calorie diet) should come from healthy oils (mono- or polyunsaturated fat sources). Saturated fat should be limited to 10 percent (22 grams in a 2,000-calorie diet) or less. Because of its role in promoting heart disease, you should keep trans-fat intake (and intake of partially hydrogenated oils) as low as possible.

3. True or False: White vegetables offer little nutritional value; only brightly colored vegetables are nutrient powerhouses.

Answer: False. Vegetables of every color offer nutritional benefits, even white ones. White cruciferous vegetables, such as cauliflower, contain many of the same compounds that have been linked to cancer prevention found in other, more colorful cruciferous vegetables like broccoli or Brussels sprouts. The compounds that give onions and garlic their pungency have been linked to prevention of certain cancers in laboratory tests. Don't discount white-fleshed potatoes, either. They are a good source of potassium, vitamin C, and, fiber, when eaten *with* the skin.

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4. Which of the following foods contains the most fiber?

- A. $\frac{1}{4}$ cup of black beans
- B. A turkey sandwich made with 2 slices of whole-grain bread
- C. 1 prepared packet of instant oatmeal
- D. 1 small pear

Answer: D. Just one small pear provides you with 5 grams of fiber – not bad! You need approximately 14 grams of fiber for every 1000 calories you consume – for most adults that’s anywhere from 21 to 38 grams per day. A half-cup of black beans would provide you with 7.5 grams, so be sure to add some to your next salad, soup, or casserole. Whole grains like whole-wheat bread and oatmeal are, of course, another source of fiber – just not as much as the pear.

5. Match the proper serving size to the correct visual reference:

Closed fist	3-4 ounces of meat
4 dice	1 teaspoon of fat
Cupped hand	A serving of fruits or vegetables
Open palm	A serving of whole grains
Tip of thumb	1.5 ounces of natural cheese

Answer:

Closed fist = A serving of fruits or vegetables

4 dice = 1.5 ounces of natural cheese

Cupped hand = A serving of whole grains

Open palm = 3-4 ounces of meat

Tip of thumb = 1 teaspoon of fat

6. True or False: Within 30 to 60 minutes is the ideal time to eat after exercise.

Answer: True. As you exercise, tiny tears form in your muscle tissue. It's a natural process that results in more toned muscles as they repair and strengthen. Exercise also causes your body to use glycogen, a form of glucose the body stores in your muscles to meet short-term energy needs. Eating a small snack 30 to 60 minutes after a workout is the most beneficial time to help your muscles recover and to replenish the body's nutrient stores. Good post-exercise snack options include 1 cup of low-fat milk, which provides lean protein to repair muscles, and a piece of fruit for carbohydrates to restore glycogen.

To good health,

Erin DuBroc



Eat and Exercise: Managing Your Habits

Steve Reynolds
sreynolds@capitalbaptist.org



And put a knife to thy throat, if thou be a man given to appetite.
Proverbs 23:2

The Bible mentions many different kinds of foods, which show that God wants us to enjoy eating. For example, Deuteronomy 8:7-8 says, *For the LORD your God is bringing you into a good land, a land of brooks of water, of foundations and springs that flow out of valleys and hills; a land of wheat and barley, of vine and fig trees and pomegranates, a land of olive oil and honey.* Wow! God created food and he wants us to enjoy eating so he created taste buds. What an awesome God.

However, we must not abuse this privilege by overeating. 1Corinthians 10:31 says, *Whether you eat or drink, or whatever you do, do all to the glory of God.* We must eat and drink to the glory of God, which requires portion control. It also means eating more fruits and vegetables with meals for the vitamins and nutrients not found in the processed and fast foods that we tend to eat a lot because of our hurried lifestyles.

We must also drink a lot of water. It's safe to say all health and weight-loss plans advocate drinking plenty of water. Dr. Don Colbert, MD, in his book, *The Seven Pillars of Health**, says "Water is the single most important nutrient for our bodies. It is involved in every function of our bodies." Dr. Colbert explains how much water to drink. "Take your weight in pounds and divide it by two. The result is how many ounces of water you should drink daily." I urge you to discipline yourself to drink more water and you will see a big difference in your fitness.

Another important habit for good health is exercise. There is only one verse in the Bible that mentions the word exercise. In 1 Timothy 4:8 Paul writes, *For bodily exercise profits a little.* I loved that verse for years. If anybody talked to me about exercise, this was one of my memory verses. I would say, "Yeah, that's great, but it only profits a little." I had the wrong attitude toward exercise.

The bottom line is God made our bodies to move and be active. When God created man in Genesis 2:15, it says, *The Lord God took the man and put him in the Garden of Eden to tend and keep it.* The Lord was telling Adam to be active. Maintaining a garden requires a lot of physical movement. Of course, in this day and age most people work behind a desk and not in the fields. We drive and not walk. In the first century, you walked everywhere because there were no cars. Work was a lot more physical, there were no lawn mowers, or electric hammers and screwdrivers. No washing machines or clothes dryers. Now exercise time has to be scheduled or it doesn't happen.

How are you managing your habits?

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.

*Colbert MD, Don, *The Seven Pillars of Health*, Lake Mary, FL, Siloam Press, 2007



Success Story



I've heard it said many times before that if you don't get something right the first time, God will make you keep trying again until you get it right. He will make you keep going around the same mountain. Well, that is certainly true for me. I have had a definite mountain in my past-food addiction- and God has been dealing with me over that mountain my whole life. Now, as I prepare to turn "THE BIG 40" this April, I think I have finally made it around my mountain.

I have always had a problem with my weight for as long as I can remember. I was always the chubby little fat girl in school that everyone teased. But despite being picked on until I would cry, I did not have the desire to change. I wanted to be able to eat whatever I wanted. Now, what was so wrong with that? Nothing, I would always tell myself. I'm a good girl. I do well in school. I deserve to be happy!!! But was I really happy?

As I grew older nothing changed but my age-unfortunately! By now, I was married to an awesome, wonderful man (who loves me whether I am 300 pounds or 130 pounds) and had two gorgeous little girls. It was the life that I had wanted for as long as I can remember, but there was still that mountain in the shadows-my weight and addition to overeating. I was tipping the scales at about 220 pounds and could barely keep up with my then six year-old and four year-old daughters, but I didn't want to admit my problem. Finally, God tried to get my attention. I was diagnosed with Type II Diabetes. At first, it appeared that His wake-up call was a success. I went on a serious diet and lost almost 100 pounds. Things LOOKED good, but they were not what they seemed. You see I had not gone around my mountain the right way. I had not learned what I think God has finally taught me now. I lost the weight, but I did it without God. I did not dig deep enough into myself to realize that I had an even bigger problem than just being over weight-or even being unhealthy. It was much bigger than that. Well, as you can probably guess, since I lost the weight without God and did not go around the mountain right, I had to do it all over again. That's right - I gained ALL of the 100 pounds back, plus an extra couple of pounds just for good measure.

For several years again, I chose to ignore my mountain, even though many other things in my life had changed. In those couple of years, I had lost my grandfather (to whom I was extremely close) and lost my house during Hurricane Katrina, but I had also managed to find something-Jesus. I was born again on June 15, 2005, just after my grandfather's death and just before the storm. I was certainly headed in the right direction, but I still had my mountain.

In April of 2008, I was back in a doctor's office because of extreme fatigue, chest pains and other health problems. I was also weighing in at 227 pounds. For the second time in about seven years, I was diagnosed with Type II Diabetes. My sugar level was 337-normal is between 80-100. This time I was really terrified- after all I once had known a lady that went into a coma with a sugar level of 390. I knew that I must do something or I would never see my children grow up. So, again-for the second time in about seven years, I started another serious diet. But this time was very different. This time I had a horrible



attitude about it. I was angry at God- why couldn't I eat the things that I wanted. I mean, I don't smoke; I don't really drink and have never even tried drugs. What's so bad with food? Every day of the first several weeks of the diet was an absolute nightmare. Sure, outwardly I was doing well. I was eating healthy and reducing my calories and losing a few pounds. But things were not as they appeared, I felt like someone was holding a gun to my head and FORCING me to diet. I was angry, resentful and totally miserable. Then one weekend out of the blue, the pastor of my church called for a week of fasting and prayer. I couldn't believe it- what new torture was this!! What was God trying to tell me now? But then I started thinking and realizing that Jesus had to fast for 40 days in the desert and here I am complaining about reducing calories and eating healthy. Poor, Tara! That's when I resolved to try to improve my attitude. That was a good first step but I still wasn't quite there yet.

Finally, my friend, Tara, invited me to join her First Place 4 Health Group at First Baptist Church in Mandeville. It was here that I learned what I did wrong the first time that I lost all the weight. I learned that what I really needed was God and I learned that, all this time the problem was not truly my weight. My real problem was that I had been making "food" to be "God" in my life. Food was my God. After doing the Bible Study for ten weeks God showed me that He loves me and sent His Son to die to give me everlasting life. Well, this part I already knew, but He showed me something else. He showed me that-by making food my "God" and abusing my body- I was not honoring Him. I was actually going against God by not listening to what the Bible says: "Offer your bodies as a living sacrifice, holy and pleasing to God-this is true worship." (Romans 12:1) I desperately want to please God and be an example of His love to others. I decided then that I wanted Jesus to be the **only** LORD of my life and that I wanted other people to be able to see God through how I live my life.

From that day forward everything has changed for me. I know that with God's help, I have finally conquered my mountain. Today, I have lost 92 pounds and weigh 135 pounds. I believe that I am finally free to worship HIM with "ALL OF MY SOUL AND EVERYTHING WITHIN ME".

Tara Cabirac Bouchon
Mandeville, LA





Devotional

A Radical Tracker

*Speak to one another with psalms, hymns and spiritual songs.
Sing and make music in your heart to the Lord*

E P H E S I A N S 5 : 1 9

The most challenging thing to me in First Place 4 Health is the daily food diary on the Live It Tracker. Having to write down everything I eat, whether it's a half of a banana or an ounce of smoked turkey, requires focus and discipline. However, as difficult as it is, I recognize its inherent value because it helps me see where I am and what changes I must make to get to where I need to be. But what would happen if in addition to keeping a diary of everything we put in our mouths, we had to keep a diary of everything that came out of our mouths - a virtual word diary that would detail the 'who, what, when and where' of every murmuring word, every mean-spirited comment, every remark laced with sarcasm, and every syllable soaked with pride?

So, how do we speak to one another with psalms, hymns and spiritual songs? How do we sing and make music in our heart to the Lord? The answer is found in Ephesians 5:18. We have to be filled with the Holy Spirit. He is the fountain of living water springing up in our souls. When we are filled with Him, He floods our hearts with so much mercy and grace, healing and hope, strength and courage that we burst forth in psalms of praise, and hymns of faith to God our Father – and to each other

P R A Y E R

*Oh, Lord, even now, fill me with Your Spirit so that the words of my mouth
speak life and bring light!*

Journal: During the last 24 hours, are there any words you may have spoken to a brother or sister in the faith that brought death and not life? What is the Holy Spirit urging you to do?

Eulalia King, First Place 4 Health Member and Worship Leader
Houston, Texas

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

Grab & Go Lunch!

Variety can make your lunch box more interesting. If opening your lunch seems more like punishment than pleasure, try some of these ideas to spice it up.

Wraps

Turkey Salad Wrap ~

Cooked turkey breast, chopped
Pre-shredded coleslaw mixture
Low-fat honey mustard dressing
Cranberry relish
Low-fat whole-wheat tortillas

Combine first three ingredients; spread cranberry relish on tortillas and fill with turkey-coleslaw mixture.

Barbecue Wrap ~

Cooked Barbecue Meat (chicken or pork)
Canned Black Beans (drained)
Whole-kernel corn (frozen or canned)
Barbecue sauce
Low-fat whole-wheat tortillas

Moisten beans and corn with barbecue sauce to make a relish. Roll with meat into tortilla. Heat in microwave when ready to eat

Teriyaki Wrap ~

Cooked chicken or turkey, shopped
Long grain rice
Chopped frozen broccoli
Teriyaki Sauce
Low-fat whole-wheat tortillas

Cook rice and broccoli; combine with meat and moisten with teriyaki sauce. Roll into tortillas and heat in microwave when ready to eat.

Herb Mozzarella Wrap ~

3/4 cup mozzarella cheese, diced
2 tablespoons chopped fresh basil
2 tablespoons kalamata olives, chopped and pitted
1 tablespoon chopped fresh chives
1 tablespoon chopped fresh oregano
1 teaspoon olive oil
1/4 pound ham, thinly sliced
16 asparagus spears, steamed and chilled
4 fat-free tortillas (8-inch)

Combine the first 6 ingredients in a medium bowl. Cover and chill 2 hours. Arrange 1 ounce of ham and 4 asparagus spears on each tortilla. Spoon about 1/3 cup cheese mixture over the asparagus, and roll up. Serves 4.

Soups & Salads

Bean and Potato Salad ~

Frozen green beans
Canned or cooked potatoes
Dressing (few squirts of lemon juice, drizzle of olive oil & dash of basil)

Combine all.

Italian Bean and Pasta Soup ~

Reduced-sodium vegetable broth
Italian-style stewed tomatoes
Canned Italian-style zucchini blend
White cannelloni beans, drained
Elbow macaroni

Cook macaroni in broth until tender. Add remaining ingredients.

Mexicali Salad ~

Black beans, drained
Frozen corn kernels, defrosted
Dressing (drizzle of olive oil, lime juice and cumin)

Combine all and serve.

Turkey Soup ~

Reduced-sodium chicken broth
Cooked turkey breast, chopped
Mexican-style stewed tomatoes and chilies, drained
Frozen corn, defrosted
Chili powder

Combine all ingredients and heat over medium heat until heated throughout.

Homestyle Chicken Noodle Soup ~

Reduced-sodium chicken broth
Boneless chicken pieces
Sliced frozen carrots, defrosted
Egg noodles, cooked
Tarragon

Cook chicken in broth until well done. Add other ingredients as desired.

Leadership Summit 2009

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. Our theme this year is **lead loud!** What does it mean to lead loud? Join us and find out!

lead Loud!

when

July 24-July 25, 2009. We will begin Friday at 9:00 AM and end at 5:00 PM. We will start again Saturday at 9:00 AM and end our programming at 3:00 PM.

where

Houston's First Baptist Church, www.HoustonsFirst.org, 7401 Katy Freeway, Houston, Texas 77024. For information about airports and hotels, visit www.firstplace4health.com and click on Events.

who

Speakers:

- ~ Carole Lewis, First Place 4 Health National Director
- ~ Vicki Heath, First Place 4 Health Director of Leadership Development

Seminar Leaders:

- ~ Carole Lewis, First Place 4 Health National Director
- ~ Vicki Heath, First Place 4 Health Director of Leadership Development
- ~ Becky Turner, Executive Director, Lifehouse of Houston
- ~ Charlotte Davis, FP4H Networking Leader-Arkansas & Registered Dietitian
- ~ And more!

workshops

- ~ Leadership
- ~ First Place 4 Health Food Plan
- ~ First Place 4 Health Fitness Program
- ~ Leading on a Shoestring
- ~ Food & Family
- ~ And more!

cost

Cost: \$75. Lunch 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.firstplace4health.com and click on Events and then Leadership Summit or call Lisa Lewis at 1-800-727-5223, x403.

Leadership Summit 2009

Please register me for the First Place 4 Health Leadership Summit 2009. I have filled out the information below and included the payment. **DEADLINE: JULY 11, 2008**

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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 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

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 4 Health, Attn: Lisa Lewis
7401 Katy Freeway, Suite 337, Houston, TX 77024
Fax: 713-688-7282

4 first place health

First Place 4 Health Wellness Week

October 8-15, 2009

**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!

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
or visit
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, 2009. 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 8-15, 2009

REGISTRATION FORM

Name:
Address:
Address:
City:
State/Province:
Country:
Zip/Postal Code:
Home Phone Number:
Work Phone:
Email Address:
T-shirt Size:
Birth Date (required by clinic for testing):
Church:

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

ADDITIONAL INFORMATION:

Airport Shuttle from Bush Intercontinental Airport:
No Yes

Please book your flight to arrive at Bush Intercontinental Airport (IAH) by 2:00 p.m. on October 8th and depart after 12:00 noon on October 15th.

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

Cost:

\$695.00

Cost with Airport Shuttle:

\$745.00

\$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 4 HEALTH

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

FIRST PLACE 4 HEALTH

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

Or Fax: 713-688-7282

Registration Deadline: September 15, 2009

Full Payment Due: September 15, 2009

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No refunds will be given after September 15.