



first place  
4health

discover a new way to healthy living

FirstPlace4Health.com

February 2010



## Dear Ones,

I am so excited to tell you about all that is happening at First Place 4 Health. Our new partnership with [calorieking.com](http://calorieking.com) is launching this month. We have been working towards launching an online option for our members and [calorieking.com](http://calorieking.com) is a perfect fit. Visit our website for all the details.

We are also excited about all the Hope 4 You events scheduled in different states around the country this year. Our staff so looks forward to being in your part of the country to meet you and to encourage you on your journey to health and a balanced life. Visit our website for dates of future Hope 4 You events in your area and sign up now.

### New Year's Resolutions!

Some of us like them; most of us loathe them. In reality, a lot of us make them, and often at the top of our list are weight loss and more exercise. Recently, I was told that January 17<sup>th</sup> is the official day when people give up on their New Year's resolutions, so if this is true, you may have already given up on your resolutions.

A lady in my First Place 4 Health class raised some interesting questions this week. She said, "What if I really did the Live It program every day this year? What if I exercised consistently every week this year? What if I found time to spend alone with God every day this year?" This woman has quite a bit of weight to lose, but God has done tremendous emotional healing since she joined the program. I loved her transparency when she asked those questions and wondered if it might be good for you and me to ask the same questions.

Every time we turn around this year there will be a special occasion to celebrate and a reason to overeat or to forego our exercise routine. It is so tempting to give in and pretend it won't matter, but then our plans for a great year full of victories are set in reverse. It really does matter and not just for the physical or mental set back. The denial of a fundamental spiritual truth will make our healthy eating plan fall apart time and time again. What is this truth? *We were made for more than this* – more than this failure, more than this cycle, more than being ruled by taste buds – we were made for victory.

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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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## First Place 4 Health

(800) 727-5223

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### To Place an Order:

(800) 446-7735

[www.firstplace4health.com](http://www.firstplace4health.com)

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Why not adopt this phrase for the next year whenever you are tempted to go against anything that you know will derail God’s plans for good in your life? Begin saying, *I was made for more than this*. You just might be jolted back to the reality that what you are planning to do will surely derail all your best plans. “No, in all these things we are more than conquerors through him who loved us.” Romans 8:37.

Praying 2010 will be your year!

## Carole Lewis

4<sup>first place</sup>health +  CalorieKing™ = **Success**

*"I think the site is FANTASTIC and that it will be a wonderful tool for FP4H members, especially those struggling with lack of expected weight loss or weight maintenance. It will help raise awareness of the effect of making various food choices in the FP4H meal plan, ultimately resulting in maintenance of better 'caloric control'. The nutrition information presented is valid and fad-free, and I feel that anyone interested in healthy lifestyle choices would benefit from using the site."*

**Charlotte Davis, RD, LD**  
FP4H Networking Leader, Arkansas

Visit [www.firstplace4health.com](http://www.firstplace4health.com) to learn all about our partnership with [www.calorieking.com](http://www.calorieking.com) and how it can be a great tool for you in your First Place 4 Health journey.



# Leadership

## R. R. & R. for 2010



**Vicki Heath**  
vicki.heath@firstplace4health.com

As a certified fitness professional, it is within my scope of practice to write “exercise prescriptions” for those who need fitness advice. My dear First Place 4 Health Leaders, here is my unsolicited wellness prescription for each of you for 2010.

### Relax

*Be still and know that I am God.* Psalm 46:10  
Spend this year slowing down and letting go of worry, stress, and the tightness of daily living. Letting go of some of the things that have been causing you pain and hurt will go a long way in helping you relax and get some much needed sleep! Let go of...

- ✓ those people that have hurt you
- ✓ that secret thing
- ✓ those children and grandchildren
- ✓ your painful past
- ✓ trying to be perfect
- ✓ your emotions!

We get exhausted trying to hold it all in!

### Renew

*Holy, holy, holy is the Lord Almighty; the whole earth is full of his glory.* Isaiah 6:3  
Enjoy the unspoiled natural beauty of our world. Many of you live in extraordinary places. I have enjoyed the Christmas cards I received from those frozen over places like Wisconsin. Jenn Krogh inspired me with her note that frozen snow-covered days can be beautiful! Take advantage of the opportunities when you are “snow bound” to renew your mind with study and contemplation on the Word of God. Renew and refresh your relationship with the Lord and others. I try and keep my relationship with God fresh by meeting with Him in different ways. Many times I extend my quiet time by taking a walk on

the beach. He always speaks to me as we walk. Set aside time to experience a Sabbath and let God speak to you in new and different ways in 2010.

### Restore

*Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.* Mark 12:30  
Restore your strength with rest, restore your energy with good food, and restore your health with engaging activity. When I think of the word restore, I think of strength, beauty, energy, rising above my circumstances, soaring like an eagle. Caring for our bodies is an act of stewardship and worship that glorifies God. In Romans 12:1 Paul asked believers to present their bodies to God as “living sacrifices,” every day. A healthy body demonstrates gratitude for what God has done for us. A healthy body shows God we are available for service to him.

We can’t expect to get the best out of this body if we do not take care of it. We have a lot to do as leaders; it is a huge calling. The fields are “...ripe for harvest.” (John 4:35) Many of our classes are filled with people who need hope; therefore, we don’t need to be running on empty! As leaders, we have a spiritual responsibility to keep our tanks full.

I love doing life the First Place 4 Health way and my prayer for you this year...relax, renew, restore and best of all--let’s do it together as a First Place 4 Health family.

Stay Strong,

**Vicki Heath**



## Balanced Living - Physical

### What Does an Active Life Look Like?



**Jeannie Blocher**  
jeannie@bodyandsoul.org

I have been visiting family in Budapest, Hungary for the past few weeks and it has given me a whole new vision of what the active lifestyle could look like. The apartment where we are staying is on Gellert Hill overlooking the Danube River. We have visited many sites around Budapest and it has all involved walking--up hills, down hills and from bus to street car to metro. It is quite an adventure just getting places, and it is all very active--no wonder the Hungarians people are slim! They exercise all the time just to live their everyday life. Very few people own cars and public transportation is affordable for all, so they go everywhere on foot moving from one type of transportation to another to make their way home, always carrying their bags of groceries, bottled water and even Christmas trees on their backs. Now that's strength training on an ongoing basis! As my daughter Becky was giving me tips on how to balance while standing up on the bus, she said "Mom, this is a great core body workout just to maintain balance, don't you think?" She's right! Shall we call this lifestyle the "Budapest workout?"

Then there's sledding--it has snowed three times since I have been here, and the parent's sled right along with the kids (and so have I.) Sledding on Gellert Hill is amazing--let's just say it's like a mini ski resort without the lifts. There are wide snow covered hills, long sled runs, lots of fun and lots of walking back up the hill carrying the sled while holding the hand of precious children/grandchildren. I love this active lifestyle!

I can't help but think about the contrast to the life most of us live in America. We walk out to our garage or driveway, hop in our car and drive to any place we need to go. We put our bags of items in the trunk or back seat and only have to carry them from car to kitchen. No wonder we have to seek out the local gym or fitness class to get our exercise--and thank goodness we have those options!

I urge you to think about your lifestyle and to be creative about how you can be more active, no matter what the weather, no matter how busy you are. Being active today means staying active throughout your life! It means quality of life doing the things you love to do with the people you love to be with.

Praying for each of you to pursue an active lifestyle wherever you live!

#### **Jeannie Blocher**

President, Body and Soul Ministries

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



## Success Stories



I attained lifetime Weight Watcher status losing 40 pounds at age 24 just in time for my wedding. I tipped the scales at 180 during my first pregnancy. I paid a doctor crazy money for diet pills for 90 or so days to get that weight off. During my second pregnancy, I headed over 200 pounds. In the next 15 years, I did Fen-Phen, Weight Watchers, Protein Power and Atkins. Each time I had some positive result I was looking for, but not the lasting effect I needed. I was forever re-gaining the weight plus some.

In 2004, my sister, who lived 240 miles away, started a First Place 4 Health group. She shared how Christ was changing her through the program. I remember saying to her, "Not me, I am fine just as I am. I have already done so many things; doing nothing at all seems to be working." Slowly over the next year or so, God was gently nudging me. However, I was not listening. I entered a winter season for my spiritual life.

In 2006, while doing a bible study, a question asked, "What is God calling you today that you are not willing to take action on"? Bam! I realized that I needed to be leading First Place at my church. Finally, I heard God loud and clear. I immediately sent an email to my Pastor about First Place and asked what I needed to do to get approval to start First Place at our church.

*There is much evidence on the outside that I have changed. The incredible truth is that I have changed more on the inside.*

In 2006, I held my first orientation. God amazingly sent 24 people. I heard repeatedly how thankful people were for the program. They shared how they had been praying for months to have a Christ Centered health program. I was humbled. God is amazing that He could use me at 269 pounds. I stood before the first group at orientation and honestly shared. I am starting this group because I need it. I am learning right along with you. The personal weight-loss testimony that I shared was of my sister who lived 4 hours away.

One of my strengths is positivity. Outwardly, I am glowing with the joy that only Christ can provide. Being honest, losing 90 plus pounds over 3 years has been hard work. Four of the 10 sessions, I lost less than 5 pounds. In session 9, I actually ended 2 pounds greater than I started. In my quiet time with God, I have spent time grumbling and groaning. I would find myself apologizing to God for not being more positive. I am thankful that I have an awesome God that lets me grumble. I know he loves me and expects me to keep on going. I continually recall, Deuteronomy 30:11 "Now what I am commanding you today is not too difficult or beyond your reach".

There is much evidence on the outside that I have changed. The incredible truth is that I have changed more on the inside. It is hard to explain. Now, I rise at 6:15 and walk 2 miles with my husband. Next on the agenda is time with my awesome Lord over coffee and breakfast. Then dressed and out the door for a busy day at work. There are so many opportunities to share my story. I beam when I am complimented, excited for another opportunity to share what Christ has done in my life. I am taking care of my body for God. My body is a temple for the Holy Spirit who is in me. I no longer take care of my body for me. WOW!



My journey continues. It is now 3.5 years since my first orientation. I have lost 100 pounds. We are in our 12th FP4H session. As this ministry changes, I realize that I too have to continue to change. When I accepted the Network Leader position for First Place 4 Health for Western PA, I realized I needed to develop more leaders. My prayer request each week at First Place was for God to send me leaders. Guess what, I now have three women from my First Place leading!

### Helen Baratta

First Place 4 Health Networking Leader - Pennsylvania



## The Anti-Fat Pastor's Call for Anti-Fat Christians

Steve Reynolds  
sreynolds@capitalbaptist.org



I've been called a lot of things in my life, but I never thought I'd be called the "Anti-Fat Pastor." Not me, the one who for years wouldn't go to bed until I'd eaten my nightly giant bowl of ice cream as I sat in my La-Z-Boy™ recliner. The Anti-Fat Pastor--who me? The one who weighed in at 340 pounds and suffered with high blood pressure, high cholesterol and diabetes? Wow! Has my life changed!

Someone once said a journey begins with the first step. My journey began with a prayer to God for guidance with my weight and health issues. My first step was the decision to live better once my heart was impressed with a passage from the Scriptures that would inspire me to change.

God is faithful, and He is able. He led me to a passage in His Word that directly addresses the issues I was facing. It was Colossians 1:16, *For by him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him.* I learned that everything that exists was created by Him for Him. That included me. If He was in control of all things, then he was in control of my life and if I'd let Him, He could be in control of my weight issues too. It was a wonderful revelation!

At first the issue was so personal that I told no one. I kept it between God and me. I knew I could never lose weight and be fit without God's intervention. I continued to pray and seek His direction. I began to lose weight and when I'd lost 70 pounds, my health issues were brought under control. To this day, I'm free from those illnesses.

As I prayed and meditated on this Scripture, God gave me a step-by-step prescription for making small changes in my life. I call them "Small Steps To Life." Once I began to follow them, I began to see results. Yes, I saw physical changes, but I also saw spiritual changes. My faith increased with each change I made and each pound I shed. I knew I'd discovered something important and it was my responsibility to share what I'd learned with my church and my community. I realized Christians are the most overweight people group on earth. We are more overweight than any other religious group you can name.

Christians should be the most healthy people group, especially when we consider the physical condition of Jesus Christ, our Founder and Leader. We are representatives of Christ and are called to reflect his character. As a result of following the God given prescription I received, I have lost over 100 pounds. Will you join me and work to become anti-fat Christians?

### 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 three tons of weight.*



## Devotional

### Who Needs Old Bootstraps

*But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.*

2 C O R I N T H I A N S 1 2 : 9

How can I be so weak? How many times do I have to fall before I get it right? Questions like these plagued me for years—many years. As a woman who lived a very addictive lifestyle, I was familiar with failure. In fact, I was so comfortable with it that accepting a gift like God’s incredible favor and grace was difficult for me to comprehend, let alone embrace as truth in my life.

When I first read 2 Corinthians 12:9, I was more than a little surprised. God’s Word said that when I was weak (and I was, often), His power would work best in me. Wow! What an amazing statement, so contrary to what the world had taught me. We live in a society that says, “Just pull yourself up by your boot straps. Be strong!” In *First Place 4 Health*, learning how Christ could work powerfully through me because of my shortcomings gave me something I hadn’t had in a long time—*hope*.

Now I no longer have to pretend to be strong. I can admit my mistakes, mishaps and failures, and I have a God who loves and forgives me anyway. Today is today and tomorrow is a new day, a new beginning, a fresh start. Instead of pulling up our bootstraps when we fall, we can ask for forgiveness and allow our Lord and Savior to pull us up by His grace. After all, it’s a gift—shouldn’t we accept it?

#### PRAYER

*Lord, today I start fresh. I am ready to begin again. In my weaknesses You are strong. When I fall, You so graciously pick me up and set me on Your solid ground, again. Thank You for Your gift of grace. May I walk in Your strength and power today, one step at a time. In Jesus’ mighty name, I pray. Amen!*

**Journal:** Reflect on the times when you believed that in order to improve you had to be strong and handle your problems all on your own. Write about a time when in your weakness God proved Himself to be strong and lifted you up to higher ground.

Carol Van Atta  
Houston, Texas

**Taken from *Living Well*, First Place 4 Health devotional book.  
To order, call 1-800-727-5223, x405.**



## Recipes

All with six ingredients or less!

### Hearty Chili Serves 6

3/4 pound beef stew meat, cut into 1/2-inch pieces  
 1 tablespoon Mexican seasoning  
 2 15 1/2-ounce cans chili beans  
 1 14 1/2-ounce can stewed tomatoes  
 2 cups chopped green pepper  
 1 cup chopped onion  
 Light sour cream (optional)  
 Chopped fresh cilantro (optional)

Place first six ingredients in a 4-quart electric slow cooker or stock pot; stir well. Cover and cook on high setting if using slow cooker or bring to a boil and reduce to low for stock pot. Cook four hours. Top with sour cream and cilantro to serve. The longer it simmers, the better it tastes!

**Nutritional Information:** 256 Calories, 4g Fat, 22.9g Protein, 38.3g Carbohydrate, 9.4g Fiber, 32mg Cholesterol, 722mg Sodium.

**Tracker Information:** 4 oz meat, 1 cup vegetable

### Turkey Parmesan Serves 2

1/2 pound turkey cutlets  
 1/4 cup classic Italian-seasoned bread crumbs  
 Cooking spray  
 1 1/2 teaspoons olive oil  
 1/2 cup tomato-basil pasta sauce  
 1/4 cup shredded fresh Parmesan cheese

Place cutlets between 2 sheets of heavy-duty plastic wrap, and flatten to 1/8-inch thickness, using a meat mallet or rolling pin. Coat both sides of cutlets with coating mix. Coat a nonstick skillet with cooking spray; add olive oil. Place over medium-high heat until hot. Add cutlets; cook 2 minutes on each side. Place sauce in a microwave-safe dish; microwave at high for one minutes or until heated. Spoon over cutlets; sprinkle with parmesan cheese.

**Nutritional Information:** 302 calories, 11.1g Fat, 34.1g Protein, 14.8g Carbohydrate, 1.5g Fiber, 78mg Cholesterol, 894mg Sodium

**Tracker Information:** 4 oz. meat, 1/2 cup veg.

### Mediterranean Beef Stew Serves 4

2 medium zucchini, cut into bite-sized chunks  
 3/4 pound beef stew meat, cut into 1/2-inch pieces  
 1 14.5-ounce cans Italian-style tomatoes  
 1/2 teaspoon pepper  
 1/4 teaspoon cinnamon

Place zucchini in bottom of a 3 1/2-quart electric slow cooker or stockpot. Add beef and remaining ingredients. Cover and cook on high setting 5 hours (low simmer if using stockpot) or until meat is tender.

**Nutritional Information:** 193 Calories, 4.0g Fat, 22.8g Protein, 16.9g Carbohydrate, 1.5g Fiber, 48mg Cholesterol, 572mg Sodium

**Tracker Information:** 3 oz meat, 1 cup vegetables

### Neapolitan Sundaes Serves 4

1 cup sliced strawberries  
 1/4 cup chocolate chips  
 4 ounces angel food cake.  
 4 1/3 cup servings light frozen yogurt

Blend strawberries in container of electric blender; cover and process until smooth. Place 1/4 cup chocolate chips in a small zip-top plastic bag, and crush with a meat mallet or rolling pin. Cut 4 1-ounce slices angel food cake. Drizzle strawberry puree evenly on 4 plates, and place cake slices on top of puree. Top each with 1/3 cup frozen yogurt and sprint each with 1 tablespoon crushed chocolate chips.

**Nutritional Information:** 193 Calories, 2.2g Fat, 4.5g Protein, 40.1g Carbohydrate, .9g Fiber, 181mg Sodium



## Coming Events

### New Jersey Area Leader's Meeting

February 20, 2010

Bayville, NJ

Contact: Sherry Mazza

Email: [sherryfirstplace4health@hotmail.com](mailto:sherryfirstplace4health@hotmail.com)

### Tennessee Area Leader's Meeting

February 20, 2010

McKenzie, TN

Contact: Sandi Roditis

Email: [sroditis@charter.net](mailto:sroditis@charter.net)

Phone: 731.415.2927

### Hope 4 You ~ Charleston, SC

February 27, 2010

Contact: Vicki Heath

Phone: 843.224.1960

Email: [vicki.heath@firstplace4health.com](mailto:vicki.heath@firstplace4health.com)

Guest Speakers:

*Carole Lewis*, National Director

*Vicki Heath*, Dir. Of Leadership Development

*Steve Reynolds*, Pastor, Capital Baptist Church

*Jeannie Blocher*, President, Body & Soul Fitness

### Arkansas Area Leader's Meeting

March 13, 2010

Searcy, AR

Contact: Charlotte Davis

Phone: 501.281.3281

Email: [tckjdavis@windstream.net](mailto:tckjdavis@windstream.net)

### Kansas Area Leader's Meeting

May 1, 2010

Topeka, KS

Contact: Jan Norris

Phone: 785.862.0582

Email: [norris.jan@sbcglobal.net](mailto:norris.jan@sbcglobal.net)

### Leadership Summit

July 30-31, 2010

Houston, Texas

Contact: Lisa Lewis

Phone: 800.727.5223, x403

Email: [lisa.lewis@firstplace4health.com](mailto:lisa.lewis@firstplace4health.com)

Guest Speakers:

*Carole Lewis*, National Director

*Vicki Heath*, Dir. Of Leadership Development

*Jennie Afman Dimkoff*, Speak Up With Confidence

### Wellness Week

October 7-14, 2010

Round Top, Texas

Contact: Lisa Lewis

Phone: 800.727.5223, x403

Email: [lisa.lewis@firstplace4health.com](mailto:lisa.lewis@firstplace4health.com)

Guest Speakers:

*Carole Lewis*, National Director

*Vicki Heath*, Dir. Of Leadership Development

### Did you know...?

- One glass of water shut down midnight hunger pains for almost 100% of dieters in a University of Washington study?
- The shortage of water causes water retention. Drinking eight glasses of water each day can decrease the body's retention of water and provide noticeable results.
- Mild dehydration can slow down metabolism by 3%.