



first place
4health

discover a new way to healthy living

FirstPlace4Health.com

March 2010



Dear Ones,

I was recently in Charleston, SC for our Hope 4 You event. We started out the morning with an optional boot camp workout and 20 people showed up. We knew immediately that it was going to be a great day! We partnered with Body & Soul Fitness for this event and the fun part of the day is that

everyone participated in all of the different exercises that Body & Soul offers. We all had a great time. We left encouraged that we can incorporate exercise into our lifestyle. Learn more about the programs offered by Body & Soul Fitness at www.bodyandsoul.org.

We also partnered with Steve Reynolds, pastor of Central Baptist Church, in Annandale, VA, and author of Bod 4 God. Steve has lost 115 pounds and has a passion to help pastors lead their churches to lose weight and live a healthier lifestyle. You may have seen him on Fox news as the "Anti-Fat Pastor". Read more about Steve at www.bod4god.org.

Come see me!

I hope you can join us at future Hope 4 You events in one of these locations:

Paducah, KY – April 17, 2010
Covington, LA. – April 24, 2010
Loveland, OH - Sept. 11, 2010
Annandale, VA – Sept. 18, 2010

Calorie King Partnership

We are so excited about our new partnership with Calorie King. Personally, I am really enjoying keeping my Tracker on my computer. Calorie King has a database of 50,000 foods, pictures of different exercises, plus information on their website of absolutely every kind of exercise available today.

Matthew 6:33:

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

Dear Ones

Carole Lewis ~ Page 1

Is Your Brain Fried or Fit?

Vicki Heath ~ Page 3

Consider the Benefits of Exercise

Jeannie Blocher ~ Page 4

Are you Glorifying God with Your Body? –

Steve Reynolds ~ Page 6

Devotional ~ Page 7

Recipes ~ Page 8

First Place 4 Health

(800) 727-5223

(713) 688-6788

To Place an Order:

(800) 727-5223, x405

www.firstplace4health.com

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



Continued from page one

It is so easy to use and tells me how many remaining calories I have for the day, along with how much fat, protein, and carbohydrates I have consumed. You can save your favorite foods and they are always ready to plug into your meal plan, plus you can input your own recipes into the program. It will also keep your exercise diary each day.

You can sign up on our website for a free week to see if you like it as much as I do. I have signed up for a year and I'm very excited about having this great tool available for all of our First Place 4 Health family. You can access Calorie King from our website, www.firstplace4health.com.

Blessings!

Carole Lewis



4^{first place}health +  CalorieKing™ = **Success**

“CK is fantastic. The sight works quickly and is a great way to be accountable. Because I am currently working 6 days a week I am unable to attend a meeting, even if there was one close enough to squeeze in.”

Sandy

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



Leadership

Is Your Brain Fried or Fit



Vicki Heath

vicki.heath@firstplace4health.com

I have a really bad habit of making my oatmeal and walking around the house eating it. Last week, I sat it down somewhere and couldn't remember where I left it. Occasionally, I misplace my car keys or lose my phone, but when I lose my food, something is seriously wrong! My brain has been on information overload this past month and is feeling totally worn out. No wonder I am losing it! I have come to realize that we have to be as intentional with our brain health as we do with the rest of our body. Brain fitness is really not that hard; you will barely work up a sweat! Here are some proven suggestions:

Maintain a connection with others. Studies show that people who have an active social life can actually reduce the risk of dementia. I need a lot of people in my life! I have friends with whom I pray, I exercise with another group, and connect with another group on a daily basis. We were not designed to do life by ourselves and sometimes, as leaders, we get so busy and become so self-sufficient that we can wake up one morning and find that we suddenly have no one in our life that stimulates our thinking! I have friends who help me see things in a different light and from a different perspective.

Keep learning. I love my in-laws. My mother and father in law are 80+ and they are amazing learners. I am delighted when my husband Rob will be talking to his Dad and telling him about a new book he has just read and Papa will say, "Oh, yes! I finished that one myself last month." I want to be like that! This spring, consider signing up for a course or lessons in something that piques your interest. Many community colleges offer free courses to residents over 60.

Seek peace. My mother-in-law says "Why pray when you can worry." We all live stress-filled

lives. Jesus said it would be this way. The problem comes when I get into stress overload and I become "distressed." Distressed thinking can manifest itself into worry. Too much stress may lead to excess cortisol in the brain which can affect our memory. Seeking time with God, listening for his voice, letting him lead us beside still waters, rejuvenates my mind and my spirit and reminds me of his sure and precious promises.

Turn off the TV. Since we moved to Edisto, we now have some kind of cable on steroids and have more channels not to watch! New studies show that people who watch more than seven hours of TV a day can develop memory loss. I would hate to add up all the hours in a lifetime that we have wasted watching things that have little or no eternal value.

Eliminate hurry from your life. Nothing makes me crazier than having too much to do in my 24-hour day. It causes my thinking to become frantic and unclear. I don't think through things near as well when I am in a hurry. I make more mistakes and tend to forget things a lot more! I have a lot to think about these days and I certainly don't need to have my decision-making process compromised. Having my prayer time every morning and praying over my "planner" helps me keep things in perspective. I ask God to prioritize my day so that it should go according to his plan for me.

Of course, we cannot forget about exercising. You knew that one was coming! I can't begin to tell you the studies that conclusively show how exercise keeps the brain healthy. It helps with blood flow; it lightens our mood. I have discovered that if I go for a walk when my mind is bogged down with confusion, my mind clears!

Finally, let God renew your mind with His word. He has changed my mind about so many things over the years. I used to think I could not write; I used to think I could not speak in public, I used to think I could not understand the Bible and I used to think He did not love me. I have changed my mind about all of these because He has transformed my mind with a new way of thinking – God is a good and kind trainer who is teaching me brain fitness!

Work out your mind this week with a few of the suggestions above.

Stay Strong,

Vicki Heath

Upcoming Events in 2010

Arkansas Area Leader's Meeting

March 13, 2010
Temple Baptist Church
Searcy, AR

Western PA Area Leader's Meeting

March 13, 2010
Crossroads Church
Oakdale, PA

Florida Area Leader's Meeting

March 13, 2010
Faith Christian Church
Bradenton, FL

Ohio Area Leader's Meeting

March 13, 2010
New Hope Baptist Church
Loveland, Ohio

Hope 4 You ~ Kentucky

April 17, 2010
Twelve Oaks Baptist Church
Paducah, KY
Guest Speakers:

Carole Lewis, President, FP4H
Vicki Heath, Dir. Of Leadership Dev.

Hope 4 You ~ Louisiana

April 24, 2010
First Baptist Church – Covington
Covington, LA
Guest Speakers:

Carole Lewis, President, FP4H
Vicki Heath, Dir. Of Leadership Dev.

Kansas Area Leader's Meeting

May 1, 2010
Topeka First Assembly of God
Topeka, KS

Leadership Summit

July 30-31, 2010
Houston's First Baptist Church
Houston, Texas
Guest Speakers:
Carole Lewis, President, FP4H
Vicki Heath, Dir. Of Leadership Dev.
Jennie Afman Dimkoff, Speak Up With
Confidence
& more!

Wellness Week

October 7-14, 2010
Round Top, Texas
Guest Speakers:
Carole Lewis, President, FP4H
Vicki Heath, Dir. Of Leadership Dev.
& more!

Hope 4 You ~ Ohio

September 11, 2010
New Hope Baptist Church
Loveland, OH
Guest Speakers:
Carole Lewis, President, FP4H
Vicki Heath, Dir. Of Leadership Dev.

Hope 4 You ~ Virginia

September 18, 2010
Capital Baptist Church
Annandale, VA

For more information about any of these events, please visit www.firstplace4health.com.



Balanced Living - Physical

Consider the Benefits of Exercise



Jeannie Blocher
jeannie@bodyandsoul.org

Whenever we are considering how to spend our time and our money, we look at benefits. We ask -- is this worth it? Is it worth the time investment? Is it worth the financial investment? Well, let me tell you -- exercise is something worth investing in!

Consider the following list of “benefits of modest exercise” from the US Surgeon General:

- Weight loss
- Lower Blood pressure
- Stronger bones and decreased risk of osteoporosis
- Lower total cholesterol levels
- Decreased levels of the ‘bad’ LDL cholesterol
- Elevated levels of the ‘good’ HDL cholesterol
- Decreased levels of triglycerides (the other fat in our blood)
- Increased strength and coordination which leads to decreased falls and injury
- Enhanced immune system
- Overall increase in the sense of well-being
- Improved sensitivity to insulin

I don’t know about you, but I would like to be sure that I am experiencing all these things! And when I consider these multiple life-enhancing benefits that God has designed for me to experience, I am convicted that I need to make time for exercise and find a method of exercise that will work for me. Spring is just around the corner and it is time to get out, breathe in the fresh air, and walk after a cold, hard winter. Jog if you enjoy it, or get on your bike and work that heart! Choose one key benefit that you know you need to address and keep that in the forefront of your mind as you put on your fitness shoes and get ready. Say to yourself, “I’m building stronger bones,” or “This exercise will help me with weight loss,” or “I’m improving my immune system so I don’t get sick so often.” Or—you choose! And be encouraged by the *value* of what you are doing for your personal health when you exercise.

“Above all else, guard your heart, for it is the wellspring of life.” (Proverbs 4:23) Guard your heart with exercise!

Blessings,

Jeannie Blocher

President, Body and Soul Ministries

www.bodyandsoul.org



Are You Glorifying God With Your Body

Steve Reynolds
sreynolds@capitalbaptist.org



Christ will be magnified in my body, whether by life or by death. For to me, to live is Christ, and to die is gain. Philippians 1:20-21

Our bodies were made for the glorification of God, not the gratification of self.

Christian means “little Christ.” In other words we are to be Christ-like. Our Leader, Jesus Christ, was in such great physical condition that He could walk 40 miles, not in Reeboks but in leather sandals. Most of His followers on this planet are unhealthy, overweight, sedentary couch potatoes. That concerns me, and it ought to concern you. God wants to address this condition not only in our bodies, but also in our churches as well. God wants to help us in this area of weight management.

Colossians 1:16 says that “*all things were created through Him and for Him.*” That means everything in heaven, everything on earth, everything visible and everything invisible. He set up thrones, dominions, rulers and authorities. Everything that exists has been created through Him and for Him--even our bodies. God is the creator and controller of our bodies!

God is our Creator. He has given us life. Most Christians are strong on the creator aspect of God’s character. We reject the idea of evolution and believe that God created us.

However, we are weak in the area of God also being our Controller. We must honor Him as both the creator and controller of our bodies. It is not enough for us to honor Him just as the creator of our bodies. This is sin behavior.

The Bible says in I Corinthians 6:19-20, “*19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? 20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.*” Our bodies are God’s temple. He paid the price for our sins. We must glorify God with our bodies!! (KJV)

Again I ask you, are you glorifying God with your body?

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

A Reason for Joy

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

P S A L M 1 2 6 : 3

Having been a First Place 4 Health member for a few years, I know how discouraging it can be to have a gain on the scale. As a new First Place 4 Health leader, I wanted to encourage the members of my new group when they faced the scale. I desired to give them proper perspective about what should be dictating their attitude. When we step on the scale each week, do we roll our eyes, groan, begin making excuses or justifications if the number on the scale is dissatisfactory to us? Do we let that number on the scale affect our mood for the remainder of the day? Is it affecting how we respond to our family members and coworkers? Are we letting the scale be the barometer for how well we have or haven't done the past week in our journey to give Christ first place in our lives?

This verse tell us that the Lord has done great things for us and that we are filled with joy. Why? Because He *has* done great things for us. We all can think of *something* great the Lord has done for us. Also, if we have been born again, our names are written in Heaven and that is a reason for joy any time we are facing discouragement.

We can always remember something from the previous week to fill us with joy. Did we keep one of the other nine commitments? Did we exercise? Did we do our Bible lessons? Did we write in our prayer journal? Those are all reasons for joy, knowing we can consider our week successful because we focused on the Lord. Don't lose your joy just because of the scale. Don't let the scale be the barometer for your success or failure. The scale is only one indicator of the week we've had.

P R A Y E R

Thank you, Father, that I can recall many wonderful things you have already done for me. Thank you that I can be filled with joy because I have a God that loves me in spite of what the scale says. Thank you that I can have a joy, joy, joy, joy down in my heart as I remember the great things you have already done for me and because I know there are many more great things you are going to do in my life.

Journal: What are you using as a barometer of success or failure this week? Did you focus on the Lord more this week than you would have, were you not a First Place 4 Health member? Was your week successful in terms of your commitment to your prayer journal? Spend time now, writing and thanking God that He is available to you whenever you call on Him.

PJ Bahr
Rapid City, SD

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



Recipes

Bow Tie Pasta with Cherry Tomatoes, Capers, and Basil Serves 4

4 cups hot cooked bow tie pasta
 4 cups halved cherry tomatoes (about 2 pints)
 1/3 cup thinly sliced fresh basil
 1/4 cup chopped pitted olives
 2 tablespoons capers
 2 tablespoons extra-virgin olive oil
 3/4 teaspoon salt
 1/2 teaspoon crushed red pepper
 1/2 teaspoon freshly ground black pepper
 2 garlic cloves, minced
 Red wine vinegar (optional)

Combine first 10 ingredients in a large bowl, and toss well. Sprinkle vinegar over each serving, if desired.

Nutritional Information: 315 Calories, 9.1g Fat, 3.4mg Iron, 0.0mg Cholesterol, 35mg Calcium, 50.7g Carbohydrate, 641mg Sodium, 8.8g Protein, 3.5g Fiber

Creamy Vegetable Soup Serves 4

1 16-oz. pkg frozen broccoli, corn & peppers
 3 cups frozen potatoes with onions and peppers
 1 14 1/4-ounce can fat-free, reduced-sodium chicken broth or vegetable broth
 1 cup fat-free half-and-half
 1/2 (8-ounce) loaf reduced-fat process cheese spread, cubed
 1/4 tsp pepper

Combine first three ingredients in a large saucepan and bring to a boil. Cover, reduce heat, and simmer 6 minutes or until vegetables are tender. Stir in half-and-half and cheese. Continue stirring until cheese melts and soup is thoroughly heated. Stir in pepper, and serve immediately.

Nutritional Information: 250 calories, 3.6g Fat, 12g Protein, 39.2g Carbohydrate, 6.3g Fiber, 10mg Cholesterol, 643mg Sodium

Smoked Mozzarella, Spinach, and Pepper Omelet Sandwiches Serves 4

2 tablespoons fat-free milk
 1/4 teaspoon salt
 1/4 teaspoon freshly ground black pepper
 6 large egg whites
 3 large eggs
 Dash of hot pepper sauce
 Cooking spray
 1 cup finely diced red bell pepper
 3/4 cup pre-chopped onion
 4 sourdough English muffins, split
 1/2 cup (2 ounces) shredded smoked mozzarella cheese
 1 1/2 cups bagged baby spinach leaves

Preheat broiler. Combine first 6 ingredients in a large bowl, stirring with a whisk until combined; set aside. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add bell pepper and onion; sauté 4 minutes or until tender. Reduce heat to medium. Pour egg mixture into pan; let egg mixture set slightly. Tilt pan; carefully lift edges of omelet with a spatula to allow uncooked portion to flow underneath cooked portion. Cook 3 minutes. Wrap handle of pan with foil; place pan under broiler. Broil 1 minute or until set and lightly browned. Arrange muffin halves in a single layer on a baking sheet. Sprinkle muffin halves evenly with cheese, and broil 1 minute or until cheese begins to brown. Divide omelet into 4 portions; place 1 portion on bottom half of each muffin. Top evenly with spinach leaves; top with remaining muffin halves.

Nutritional Information: 295 Calories, 9g Fat, 19g Protein, 168mg Cholesterol, 173mg, 686mg Sodium, 2.4g Fiber, 2.7mg Iron, 33.8g Carbohydrate



Leadership Summit 2010

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

When?

July 30-July 31, 2010. Save the date! All the scheduling details are being finalized.

As soon as the schedule is complete, we will post it on our website, www.firstplace4health.com, under events.

Who?

You can look forward to hearing from First Place 4 Health staff members and others! More information coming soon.

- ★ Jennie Afman Dimkoff, Speak Up With Confidence
- ★ Carole Lewis, First Place 4 Health National Director
- ★ Vicki Heath, First Place 4 Health Director of Leadership Development
- ★ and more!

What?

There will be many motivating and informative seminars to choose from at the summit. Here's just a sample:

- ★ Growing Your Ministry
- ★ FP4H and Your Healthy Family
- ★ Fitness for Every Level
- ★ First Place 4 Health Food Plan
- ★ De-clutter Your Mind
- ★ Website Tools and How to Use Them

Questions?

Go to www.firstplace.org and click on Events and then Leadership Summit. More information will be posted there soon. You can also call Lisa Lewis at 1-800-727-5223, x403.

What are people saying about last year?

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, Springfield, MO**