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August 2010



Dear Friends,

Two are better than one, because they have a good return for their work. If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! ...A cord of three strands is not quickly broken.

Ecclesiastes 4:9-10,12b

We are all basking in the afterglow of yet another fabulous Leadership Summit. Our theme this year was “Better Together” and this month I want to talk with you about how and why we are better together by being in First Place 4 Health.

We make lifetime friends.

Some of the best friends I have on this earth are people I have met through the FP4H program. Just recently, we rejoiced with Eldon and Jeannie Wall, FP4H leaders in Bremerton, WA, who celebrated their 40th wedding anniversary. On the contrary, we were saddened when Vicki Heath’s (FP4H staff member) mom left this earth for heaven.

I love the fact that I can now keep up with many of my long time FP4H friends on Facebook. Our FP4H Fan Page debuted a few months ago and we’ve posted pictures from our events and we even have a Win-It Wednesday contest each week with a different prize from week to week. If you aren’t on Facebook, please join so we can keep up with each other. Just yesterday, I was sitting in a government office for an hour and I was able to look at 71 pictures of a long time FP4H friend, Bev Henson.

We have many people who pray for us.

There is a group of folks who have been praying for the FP4H program for years. I do believe that prayer is the reason that my husband, Johnny, is still alive today. I cannot tell you what it means when I travel and someone walks up to me and asks, “How is Johnny?” They know his name because they pray for him on a regular basis. If you would like to join our group of prayer warriors, you can e-mail Pat.Lewis@firstplace4health.com and ask to be put on the list. Whenever there is a prayer need, you will receive an e-mail from Pat. Prayer keeps us connected better than anything.

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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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I have a personal prayer warrior with whom I meet and we pray together on a regular basis. She also prays Scripture over me when we are apart. If you don't have a person in your life like this, why not ask a FP4H friend to be your regular prayer partner. Nothing is sweeter than to meet regularly and pray for each other. Another way to stay connected through prayer is to pray together over the phone or by e-mail. My friend, Jeannie Blocher, President of Body & Soul Ministries never fails to pray for me when we talk on the telephone. Whenever I think of Jeannie, I think "faithful in prayer."

We have friends who put hands and feet to their prayers.

Nothing can compare to the way FP4H folks come together when there is a need in our FP4H group. Two members in my class picked up one of our ladies who is disabled for months to bring her to class. When another of our ladies had shoulder surgery, our members provided meals and took her to physical therapy each week. Prayer is important, but true, deep friendships form when we put feet to our prayers. Martha Norsworthy, one of our FP4H networking leaders in Murray, KY, said that when her daughter, Carol, and son-in-law, Brian, were killed by a drunk driver that her FP4H family was a lifesaver for her. They were also there for Martha when her husband, Jerry, died a few years ago.

This is why we stress encouragement in our FP4H groups. As we reach out to encourage one another, we get to know that person and want to jump in to help when they have a need.

We enjoy the hard work more when we are together.

Learning to live a balanced life takes a lot of hard work, but it is so much more enjoyable when we can do it together. As we come together week after week, we begin to realize that we are happier when someone in our group succeeds than we are for our own success. We are a team and we truly are *better together*.

We have two Tuesday Noon groups at our church. Lisa Lewis leads one and I lead the other. We have such fun trying to beat each other by walking the most miles during the session. Our ladies really get into working hard for the team and it makes the time we exercise much more fun.

Last session, I bought a really nice Omron pedometer and it was a great motivator for me to get in extra miles to help our group. Alas! A couple weeks ago my precious pedometer went through the wash cycle hooked to my workout pants and it is no more. I will buy another one when I finish grieving over my stupidity, because it motivates me to do more and work harder than I do without it.

Well, I hope you are as excited as I am to be starting back this fall. We had an abbreviated 6-week summer session and I can't wait to start back in mid-August.

Yes, we are really "better together."

Much love to you,

Carole



Leadership

For Such a Time as This Leading in the Hard Times



Vicki Heath

vicki.heath@firstplace4health.com

We have heard it said that it rises and falls on leadership. That's a lot of pressure if you lead in any capacity. Expectations are certainly high for leaders today. We live in a culture that expects leadership to have an answer for every challenge society faces. Leaders are expected to be good examples, have excellent families, provide wisdom beyond their years, and be smart, attractive and physically fit!

As God has placed me in a position of leadership in First Place 4 Health, I am constantly searching his Word for principals and precepts that will empower me to be a strong and faithful leader. The more I listen and observe those around me, the more I understand that people are looking to leaders for answers. These are definitely hard times. Debt, bankruptcy and discontent are rampant. I am sure as FP4H leaders you have many in your classes that need jobs, need friendship, need help with wayward children, need answers to why they are still struggling with their weight loss, and the list goes on and on.

In my quiet time this week, I read I Samuel 22:2-5. I am again amazed at the timeless power, principals and wisdom found in God's word. This chapter tells of a critical and difficult time in the life of God's people. This is a critical time for leaders and for us as a people of God and these verses from His Word offer great direction for us as leaders.

All those who were in distress or in debt or discontented gathered around him, (David) and he became their leader. About four hundred men were with him. From there David went to Mizpah in Moab and said to the king of Moab, "Would you let my father and mother come and stay with you until I learn what God will do for me?" So he left them with the king of Moab, and they stayed with him as long as David was in the

stronghold. But the prophet Gad said to David, "Do not stay in the stronghold. Go into the land of Judah." So David left and went to the forest of Hereth. NIV. (emphasis added).

We know that David was a great leader and at this time in history people needed encouragement and answers. These few verses reveal to us three excellent leadership qualities that David possessed and we would be wise to develop the same qualities within ourselves!

David determined his core values and lived by them.

The scripture tells us that these people were desperate for leadership. David had every intention of leading them – he was getting ready to fight for them. He was able to prioritize the important over the urgent. Verse two tells us the first thing David did was to take care of his family. We cannot lead effectively if we are constantly worried about our families or if we are overwhelmed with guilt because we feel we are neglecting them because of ministry. Many of you are juggling families and your ministry in FP4H. I think we, as wives and mothers, sometimes fail to remember that our number one ministry that God has called us to is our families! Be like David and make sure your family is safe.

David sought wise counsel.

A leader who says they do not need anyone to help them lead will only lead you to trouble. Verse 3: *But the prophet Gad said to David, "Do not stay in the stronghold. Go into the land of Judah."* David surrounded himself with Godly people, including the Prophet Gad. Seeking wise counsel keeps us from acting impulsively out of fear or emotion. Every leader needs someone who can say "that is the dumbest thing I have ever heard of!" I have several people in my life who help me process decisions. One is my husband. Since I am an "out



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loud” thinker, he will sometimes listen to me and say, “Say that again out loud”, and when I hear myself saying it, Proverbs 12:15 becomes real to me, “...the way of a fool seems right to him...”, and I realize I am susceptible to foolish thinking! Rob is just one of the many wise counselors I have to listen to my ideas. Proverbs 11:14 says “in the presence of many counselors there is safety”. To whom do you listen? Do you know enough about you to know your areas of ignorance? Mark Twain said “we’re all ignorant, just about different things”.

David Inquired of the Lord regularly.

I Samuel 23:2, 4 & 10 has a recurring theme of “again and again”. David inquired of the Lord for direction, guidance and wisdom, time and time again. Many of the greatest leaders in the Bible had an ongoing running conversation with God. It is the same principal Paul expressed in I Thessalonians 5:17 when he said to “pray without ceasing”. The Gospels are also consistent with the same principal demonstrated in the life of

Jesus as he communicated with his Heavenly Father. It appears that there was no end or “Amen” in his prayer time with God. Jesus was in constant contact with his Father. As leaders we need to live out and believe Jeremiah 33:3 “call unto me and I will show you great and mighty things, which you haven’t known.” (NIV)

Where do you direct? Whom do you influence? What are the places where God is allowing you to have an impact? These are the places where you are leading. If it is God’s intention, and design for you to lead in these areas, you should work at leading well. Circumstances today are crying out for Godly leadership. I am praying for great leadership to come from YOU for the Kingdom of God as you determine your core values, seek wise counsel and inquire of the Lord regularly for wisdom in leadership – for such a time as this!

Stay Strong,
Vicki Heath

Are you following us?



Visit the FP4H Fan Page. Free prizes every Wednesday, recipes, events, discussions and more!



Watch Carole on Crystal Cathedral, view easy exercises you can do and more to come.



Hear what’s going on with Carole, Vicki and FP4H!



Upcoming Events in 2010

Hope 4 You ~ Tennessee

August 21, 2010

New Vision Baptist Church

Murfreesboro, TN

Speakers:

Carole Lewis, Director, FP4H

Vicki Heath, Associate Director, FP4H

Contact: Tina Moser

Phone: 615.895.3374

Email: tm.4him@att.net

Hope 4 You ~ Ohio

September 11, 2010

New Hope Baptist Church

Loveland, OH

Speakers:

Carole Lewis, Director, FP4H

Vicki Heath, Associate Director, FP4H

Steve Reynolds, Pastor, Capital Baptist Church

Contact: Janet Kirkhart

Email: janet@newhopeonthehill.com

Phone: 513.382.8231

Hope 4 You ~ South Dakota

September 25, 2010

Brookings Wesleyan Church

Brookings, SD

Speakers:

Carole Lewis, Director, FP4H

Contact: Cris Engen

Phone: 605.690.5075

Email: jeff@dmdj.com

Wellness Week

October 7-14, 2010

Round Top, Texas

Speakers:

Carole Lewis, Director, FP4H

Vicki Heath, Associate Director, FP4H

& more!

Contact: Lisa Lewis

Email: lisa.lewis@firstplace4health.com

Phone: 800.727.5223, x1001

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

Hope 4 You ~ Texas

November 6, 2010

University United Methodist Church

San Antonio, Texas

Speakers:

Carole Lewis, Director, FP4H

Vicki Heath, Associate Director, FP4H

Contact: Deb Stark

Phone: 210.567.2296 or 210.641.2964

Email: dlstark1220@sbcglobal.net

Hope 4 You ~ New York

November 13, 2010

Elim Grace Christian Church

Oswego, NY

Speakers:

Carole Lewis, Director, FP4H

Vicki Heath, Associate Director, FP4H

Contact: Ann-marie King

Phone: 315.343.4166

Email: thekingsbusiness@gmail.com

Hope 4 You Events Coming in 2011

January 29, 2011 ~ Brandon, MS

February 26, 2011 ~ Roseland, CA

March 26, 2011 ~ Oakdale, PA

**Come celebrate the FP4H
30th anniversary with us on a trip to
the Holy Land in March 2011!
Watch our website for more
information coming soon!**



Balanced Living - Physical

Created to Be Active!



Jeannie Blocher
jeannie@bodyandsoul.org

What a miracle is each new life! I just became the grandmother of twins, Claire and Will, and as I help my son and daughter-in-law get through these first few weeks with their ‘first-borns’, I am touched anew with the wonder of it. Some of you are new Moms and others are new Grandmoms, Granddads and Dads, too, so I know you know what I mean. If you have any little ones around, stop and observe their activity level—whether they are just barely 5 pounds, waving their arms and legs in the air as they lie face up on a little comforter made by a friend, or whether they are older and running around on two short legs, it is amazing the output of energy and physical activity you see. How many of you have said at some point, “I wish I could bottle that energy?” Me, too!



Actually, we all know that there are things we can do to promote a good energy level and maintain our health. Getting enough sleep (I am a little low on that right now, helping out with night feedings!), good nutrition, and staying active throughout our lives. We have to choose to prioritize these things. Each day we wake up with a new opportunity to make the right choices. Choose fitness today and you will find that your energy will return. Some are afraid to get started, thinking that when they exercise that will expend all their energy. But as you become more fit, your body adapts and exercise actually infuses energy into your body starting at the cellular level, as you build your fitness level.

This is a great time of year to get outside and get active. From the young mom or grandmom who can walk or jog with a stroller, to the avid “gym-goer,” there are many choices. We just need to make them. Even your summer vacation can be an active one. Walking on the beach is one of my favorite things—great for prayer time, too. Stop and assess your current life habits. Are you choosing an active summer? Don’t let heat sabotage you or lead you to make excuses. Our sweat is a sweet offering to God, showing Him that we are doing our best to be good stewards of the gift of our bodies so we can make a difference for Him in this world. So wave those arms and legs, walk, jog or dance. Be active this summer and don’t let the enemy steal away your energy and vitality!

Wishing you health and energy!

Jeannie Blocher

President, Body and Soul Fitness

www.bodyandsoul.org



Is Your Belly Your God?

Steve Reynolds
sreynolds@capitalbaptist.org



“Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.” **Philippians 3:19**

Philippians 3:19, talks about people “whose God is their belly.” Ouch! That’s harsh. Truthfully, our belly is often all about self and doing what self wants to do. If your belly is in control of your eating and your life, you are engaging in a form of idolatry. Those of us who would never consider bowing down to a statue to worship, bow down to our appetite and make it a god. This is why the first thing I had to do to lose weight was to stop letting my belly be my god. I had to stop being an idolater. I had to admit that I had made my belly my god and then deny myself. I’m not going to pretend. It was an awful struggle, I mean really difficult.

Sometimes dedicating ourselves to God is as simple as just saying it. “God, I give myself to You. I give my body to You for your purposes. I can’t do this on my own. I need the help of the Holy Spirit to remind me of my calling, to encourage me when I think I can’t go on and when I think things will never change.” After you pray this prayer, God will help you. He will empower you. He can change you from the inside out. He can renew your mind. The change He can bring is not magic, but it is miraculous.

If we are not to be conformed to this world, we have to recognize the world’s view of food and eating. Eating what ever you wish seems to be considered an entitlement for the majority of the American population. You work hard and when you come home you should be able to eat whatever you wish. You’ve earned it, right?

In the United States, a large percentage of people are unhealthy because they are overweight. But no wonder. Just go to a grocery store and see how much of the food there didn’t exist in its present form 20 or even 10 years ago. There are salty chips in every conceivable shape and flavor and dozens of flavors of dips to accompany them. There are 31 (and many more) flavors of ice cream. There are sugared cereals by the trainload. There are sweetened soft drinks stacked to the ceiling. There are prime cuts of red meat laden with high-cholesterol fat.

When you look at it that way, it’s not a grocery store where you’re shopping it’s a death trap--unless you learn to shop in a healthy way by shopping on the outside aisles of the store. That’s where the living food is like fruit, vegetables, and dairy products. Food on the inside aisles may have been there for months. There is a positive side to grocery shopping. Once upon a time, people could only eat what was in season. Now we can get fresh fruits and vegetables all year long. We have pasteurized and fortified milk and dairy products. We can buy fresh fish and chicken all year round. We are a blessed people when it comes to grocery shopping.

If we are going to dedicate our bodies to God, we are going to have to listen to the Holy Spirit’s prompting every time we approach food and that includes when we’re shopping. We cannot say, “It’s my body, I can do what I want with it.” If you have dedicated your body to God, then it is no longer yours. So, no, you can’t do what you want with it. Decide who or what are you will listen to, your belly or the Holy Spirit?

Steve Reynolds

Steve 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 4 tons of weight.



Success Stories



Jan Norris Topeka, KS

In October 2007, I arrived at the First Place 4 Health Wellness Week in Round Top, TX, a physical wreck. I was a diabetic on insulin, weighing well over 300 pounds, who could barely walk without getting out of breath. I avoided stairs at all costs, and had given up all hope of ever losing weight and keeping it off. I knew nothing about the First Place 4 Health program except what I had read on the Internet, while searching for a Christian health spa, and in a book by Carole Lewis that I purchased after signing up to participate. Talk about a leap of faith – I had jumped in with both feet!

Then I met Carole Lewis and my amazing First Place 4 Health family, and spent a week immersed in their love and encouragement. I was doing a daily Bible study from *Renewing Hope*, meeting with the Lord and drawing closer to Him, completing several exercise classes, and walking an incredible 59,360 steps through His strength. Before the week was over, I told Carole, on an early morning walk, that next year I would return and she would see a lot less of me, setting a goal of losing 100 pounds. Little did I imagine all the other changes that would occur in that year.

Through the years I had lost weight many times, using just about every diet one could name, including low carb, grapefruit, cabbage soup, diet pills, and everything in between, but I would always regain the weight and more. What I discovered through First Place 4 Health was that I had only been addressing the physical side of a four-sided person who desperately needed balance in her life.

When I surrendered totally to Christ, He gave me the strength to do what I could not do alone. Losing weight is hard work, but He is faithful to provide each day what I need to "...run with perseverance the race set before us" (Hebrews 12:1) if I "...press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." (Philippians 3:14)

Hebrews 12:1 has become my life verse and God confirmed that to me in several ways. I arrived at Round Top with a t-shirt in my suitcase bearing that verse, only to discover it was the week's memory verse. Then in April 2008, I entered my first 5K race, whose theme was that verse, so now I have another t-shirt, a travel mug, and even a backpack to remind me of those precious words.

Scripture memorization was not something I had done for many years, but what a blessing it is to have words the Holy Spirit can bring to mind when I need them. For example, at Royal Family Kids Camp in June I was thinking, "I can't do this, Lord, it's too hot and I'm too tired and too discouraged to minister to these kids." The Holy Spirit reminded me, "I can do everything through Him who gives me strength." (Philippians 4:13) The battle in the mind is ongoing, but I am learning to think about those things that are true, noble, right, pure, lovely, admirable, excellent or praiseworthy as Philippians 4:8 instructs us to do. "Stinkin' thinkin'" still creeps in sometimes, but I have Scripture to use to combat it so I can walk in victory.



The morning of my first 5K race I arrived at the starting point and really just wanted to go home when all the "jocks" started strutting around and stretching. As I was pondering doing just that, my provider, the Lord God, brought a former student into my path, whose mom was recovering from knee

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problems and needed someone to walk with. Praise God for Valerie, who walked every step of the way with me (and a few extras when we got off course because everyone else was so far ahead that we couldn't see them anymore). I was encouraged and got to share First Place 4 Health with her as we walked the entire route in a blazing time of one hour, two minutes, and 39 seconds!

A critical part of success in First Place 4 Health is encouragement and accountability to others, but when I returned home from Round Top, there was not a group in Topeka, KS, for me to attend. I drove to Overland Park (65 miles each way) for several months and was blessed by the leadership of Jan Rice and fellowship with a tremendous group of encouragers. After a few months, I started my own group at my home church and that group became two. God has blessed me with a dozen members who encourage, uplift, and hold each other and me accountable.

This fall, a woman I encouraged at RFK camp (through Christ's strength) started her own First Place 4 Health ministry at her church and my prayer is that this is only the beginning of what God will do in Kansas. We NEED this program here and throughout the world, considering the health crisis facing us today with obesity and diabetes on the rise, especially in our children. I spent years as a terrible role model of health and wellness in a middle school, but now my students and colleagues see the change in me and several have joined me in wearing a pedometer and walking their way to better health. My prayer is that I can be used by the Lord to spread the good news of Christ as I spread the message of health and wellness through this program.

Spiritual growth has been the best part of this entire process. My daily quiet time is something I anticipate each morning. Whether it is spent outdoors walking and talking with the Lord, or inside curled up on the couch with a cup of coffee or hot tea, it is a critical part of my life. First Place 4 Health Bible studies are so well written and the Lord has used them to draw me closer to Him. Until I went to Wellness Week, I had never kept a spiritual journal, but now it is a critical part of my walk with Christ. Looking back through the pages, I can see God's faithfulness in my life as I re-read prayers and praises to Him. I am learning that feeding on His word is better than any food I crave and doesn't bring guilt from overeating.

This past year in October, I arrived at the First Place 4 Health Wellness Week at Round Top as another person in so many ways – an incredible 100 ¼ pounds lighter, no longer using insulin, leading two FP4H groups at my church, and even becoming the FP4H networking leader for Kansas. This year at Leadership Summit, I rode the infamous Triple Dare (that's me in the middle!). I have walked over 1400 miles, biked over 100 miles, and take the stairs just because I can!



Want to join us for Wellness Retreat in Round Top, Texas, this October and kick off your journey to wellness mentally, spiritual, emotionally and physically? Go to www.firstplace4health.com and click on Events for more information. Hope to see you there!

True or False?

Cardio burns more calories than strength training.

Fiction! New studies have shown that strength training burns more calories than steady cardio. In one study, participants burned as many calories doing 30 minutes of weight training as they did run at a six-minute-per-mile pace for the same amount of time. It also boosts your metabolism after your workout and builds muscle that will increase your fat-burning in the long run. When you do cardio, you burn calories only while you are participating in the activity. When you do strength training, you continue to burn calories for up to 36 hours afterwards.



Devotional

Don't Just Stand There

Do not merely listen to the word, and so deceive yourselves. Do what it says.

J A M E S 1 : 2 2

First Place 4 Health has developed some practical and godly principles to follow, as well as some incredible tools to use. The handy-dandy Live It Tracker is one such tool. When I'm discussing filling in the blanks, estimating my totals and sharing the practicality of this tool with others, it seems so much simpler than actually getting down to the nitty-gritty of recording my own eating choices. Okay, so I'm being a bit dramatic. Or am I? How can something so simple suddenly become so difficult when it's time for me to pull out my pen and scribble "extra French fries" on the lines across my card?

Sometimes we tend to enjoy talking about accountability, reading about it and planning for it better than actually following through and doing it. When I step backward into a mode of procrastination and even denial by somehow convincing myself that recording the minor details of what I just ate isn't that important, I need to acknowledge the big red flag waving the message that it's time to stop the deceit. Just knowing the truth isn't enough. We must learn to act on the truth. Is it time for you to actually do what your program tells you to do?

Prayer

Dear Lord, please help me stay on track with my program by applying the principles and utilizing the tools You have so generously provided. Thank You, Jesus, for giving me the strength to move forward and accomplish the good works You have prepared for me to complete this day. In Jesus' name, amen.

Journal: In what ways do you get so busy researching how to live a more balanced life that you fail to actually put into practice what you're learning?

~ Carol Van Atta

Taken from *Living Well*, First Place 4 Health devotional book.



Healthy Summer Favorites

Spicy Chipotle Burger

Serves 4

1 teaspoon chipotle Chile powder
1/2 teaspoon kosher salt
1 pound ground round
Cooking spray
4 (2-ounce) Kaiser rolls
1 1/3 cups Salsa

Prepare grill. Combine Chile powder, salt, and beef. Divide the mixture into 4 equal portions, shaping each portion into a 1/2-inch-thick patty. Place patties on a grill rack coated with cooking spray; grill 5 minutes on each side or until done. Place rolls, cut sides down, on grill rack; grill 1 minute or until toasted. Place 1 patty on bottom half of each roll; top each serving with 1/3 cup Salsa and top half of roll.

Nutritional Information: 405 Calories, 15.9g Fat, 28.5g Protein, 35.3g Carbohydrate, 2.8 Fiber, 77mg Cholesterol, 4.6mg Iron, 721mg Sodium

Easy Fruit Salad

Serves 4

2 tablespoons sugar
1 teaspoon grated orange rind
2 tablespoons fresh orange juice
3 cups cubed honeydew melon
1 cup strawberries, sliced
1 sliced peeled kiwifruit

Place first 3 ingredients in a large bowl; stir until sugar dissolves. Add honeydew, strawberries, and kiwifruit; toss gently to combine.

Nutritional Information: 99 Calories, .4g Fat, 1.2g Protein, 24.7g Carbohydrate, 2.5g Fiber, 0.0mg Cholesterol, .5mg Iron, 24mg Sodium

275-Calorie Cherry Cobbler

Serves 8

1/2 (15-ounce) package refrigerated pie dough
Cooking spray
1 large egg white, lightly beaten
1 tablespoon sugar
4 cups pitted fresh cherries (about 1 3/4 pounds)
3/4 cup sugar
3 tablespoons uncooked quick-cooking tapioca
1 tablespoon fresh lemon juice
1/8 teaspoon salt
2 tablespoons chilled butter

Preheat oven to 375°. Cut dough into 8 (9 x 1-inch) strips. Arrange dough strips in a lattice design on a baking sheet coated with cooking spray. Brush dough with egg white, and sprinkle evenly with 1 tablespoon sugar. Bake at 375° for 15 minutes or until crust is golden brown. Cool on pan, on a wire rack, 10 minutes. Carefully lift crust using 2 spatulas; cool completely on a wire rack. Combine cherries, 3/4 cup sugar, tapioca, juice, and salt. Let stand 15 minutes. Spoon the cherry mixture into an 8-inch baking dish coated with cooking spray. Top with butter. Bake at 375° for 40 minutes or until hot and bubbly. Place crust on top of cherry mixture.

Nutritional Information: 275 Calories, 10.4g Fat, 2.3g Protein, 54g Carbohydrate, 13mg Cholesterol, 171mg Sodium

Visit www.firstplace4health.com
for more great recipes.



Wellness Retreat

October 7-14, 2010

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

Round Top Retreat Center in 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, x1001 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, 2010. 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!

**Weekender Packages available for this event. For more information, visit
www.firstplace4health.com and click on Events.**