



***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...”*  
*“...A cord of three strands is not quickly broken.”*  
*Ecclesiastes 4:9-10,12*

Most of our fall groups will be starting back this month. I absolutely love the e-mails I have gotten from my group members who took a break this summer. They are all so excited that we will be together again for another 12 weeks.

Last month I began writing about why we are “better together” when we are in a First Place 4 Health class. This month I want to take the thought outside the confines of the class.

**A First Place 4 Health class is a safe place to bring our neighbors and friends.**

On a recent survey sent through our website, we learned that 40 of the respondents had received Jesus as their Savior in their First Place 4 Health class. Might you have a neighbor or a friend who wants to lose weight? What a perfect opportunity to invite them to come with you to your class this fall. When I travel, I always meet so many people who have had success in our program. I always ask the question, “How much weight have you lost?” I always receive the same answer, “I’ve lost 60, 80, 100 pounds, but that is not the most important change; the spiritual transformation has brought the real change in my life.” God truly desires to change us from the inside out and what better way to show love to our neighbors and friends than invite them to be a part of our group.

Another great idea is to start a First Place 4 Health group in your neighborhood and hold the class meeting in your home. This is a great way to take Jesus outside the walls of your church and get to know your neighbors better.

**Attend a life-changing First Place 4 Health event**

You are in for a treat when you attend one of our First Place 4 Health events. You have the opportunity to meet and hear our staff speak, plus meet others from your part of the country who are participating in the FP4H program. Our staff will be at all the remaining Hope 4 You events this fall. Plan to make one of these events:

- September 11 – Loveland, Ohio
- September 25 – Brookings, South Dakota
- November 6 - San Antonio, Texas
- November 13 - Oswego, New York

**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**

**Top Ten Things Overheard**

**At Leadership Summit  
 Vicki Heath ~ Page 3**

**Abs, Abs and More Abs**

**Jeannie Blocher ~ Page 6**

**Pastor, What’s on the Plate  
 You’re Passing?**

**Steve Reynolds ~ Page 7**

**Success Story ~ Page 8**

**Devotional ~ Page 10**

**Recipes ~ Page 11**

**First Place 4 Health**

(800) 727-5223  
 (713) 688-6788

**To Place an Order:**

(800) 727-5223, x1002

[www.firstplace4health.com](http://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, 7025 W Tidwell, H-101, Houston, Texas 77092



*Continued from page one*

If you need more than a day, plan to spend a full week with us at one of our Wellness Weeks. These weeks are truly life changing and you will make lifetime friends as well.

These are the two weeks still available at this time:

- October 7-14 – Round Top Texas Wellness Week
- April 3-8, 2011 – Sandy Cove Wellness Week in Northeast Maryland

In addition, there are area meetings scheduled, which will encourage and motivate you. These meetings are led by our FP4H Networking leaders and they will be a tremendous help to you because they live and lead in your area. These meetings are for FP4H members and leaders. Four area meetings are planned the fall:

- September 18- Texas
- September 18- Western Pennsylvania
- October 2 - Eastern Pennsylvania
- October 23 – Indiana

Go to our website to register for any of these events: [www.firstplace4health.com](http://www.firstplace4health.com).

### **Support your First Place 4 Health Ministry**

Another way we are “better together” is when you purchase your materials from the First Place 4 Health website. Our ministry became a non-profit 501c3 a little over a year ago, and we are totally dependent on the sale of our products to support the ministry. We offer a 20% discount and free shipping on all orders over \$50. By purchasing directly from the First Place 4 Health ministry, you ensure that we will continue to give you the high quality staff support you have come to love.

Another way you can support the ministry is by adding a tax deductible donation to the end of your order. The First Place 4 Health staff are planning some great events and writing exciting new materials, but we need your support to continue growing the ministry.

First Place 4 Health people are the best people in the whole world. We truly are “better together.” Sure hope we get to see you this fall!

Much love to you,

**Carole**

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### **~ More from the FP4H Survey ~**

How has your walk with God improved through your involvement with First Place 4 Health?  
1,686 people responded to this question

- 87% said their relationship with God has grown stronger (1,478)
- 12 % said their relationship had not changed (203)

More from the survey in the October issue. Thank you to all who participated!



## Leadership

### Top Ten Things Overheard at Leadership Summit



Vicki Heath

vicki.heath@firstplace4health.com

Another year of leadership training at our Annual Leadership Summit in Houston has come and gone and if you were not able to attend, we missed you! As I say every year – it was the best ever! To sum things up for you I have compiled a “top ten” list of things I overheard at the Summit:

#### **Number Ten ~ *I am going outside to warm up!***

It was a blazing hot and humid day in Houston but we had wonderful air conditioning at Houston’s First Baptist Church. It’s such a blessing to have a wonderful facility like the HFBC. Thank you HFBC staff who helped make our Summit such a success.

#### **Number Nine ~ *I love the new water bottles!***

This 25 oz. aluminum bottle with its attached carabiner clip is the perfect accessory to take on your next walk, trip to the gym, hike, picnic or anywhere you are on the go. You can buy them and many other ancillary products at a discounted price on our website at [www.firstplace4health.com/store](http://www.firstplace4health.com/store).

#### **Number Eight ~ *What was going on Thursday night?***

On Thursday, the day before Summit, we had an extraordinary training time for 27 of our networking leaders. We had a great time with Jennie Dimkoff, who gave the networking leaders a bonus time of training us to “speak up” with confidence through her expertise with *Speak Up With Confidence* seminars. If you have not made contact with the networking leader for your state, please do so! Our networking leaders are there to help answer your questions about leading FP4H, help you with solving problems and to offer friendship and encouragement. You can find all of the information about our networking leaders at [www.firstplace4health.com/forleaders/networkingleaders](http://www.firstplace4health.com/forleaders/networkingleaders).

#### **Number Seven ~ *The testimonies were awesome!***

We heard from Helen Baratta, Amy Gray, Joyce Ainsworth and Sara Mielke. They shared their personal success stories and the secrets to their success, which were no secret at all! They all had the common theme of giving their weight problem over to the Lord and following Him in obedience by doing their part of the hard work. They all were inspiring, honest and authentic. To see their stories for yourself go to [www.firstplace4health.com/resources/success\\_stories](http://www.firstplace4health.com/resources/success_stories). Amy and Sarah are actually featured on our home page! Thank you, dear friends, for sharing from your heart.

#### **Number Six ~ *How can I become a Networking Leader?***

We had three, yes, three FP4H leaders showing an interest in networking for their state. Our goal is that we will have someone helping and training leaders in every state! We are well on our way! If you are interested in becoming a networking leader for FP4H, go here for details: <http://www.firstplace4health.com/leaders/networking.html>

#### **Number Five ~ *What is a Hope 4 You event and can I have one?***

*Hope 4 You* is a one day wellness event designed to bring hope to those who need to lose weight or develop a healthy lifestyle and to train those desiring to start a First Place 4 Health ministry in their church or community. If you are interested in having one in your area, please contact Vicki Heath at [vicki.heath@firstplace4health.com](mailto:vicki.heath@firstplace4health.com). We would love to come to your area and bring this message of hope. To see if we have an event scheduled for your area, go to: [www.firstplace4health.com/events](http://www.firstplace4health.com/events).

#### **Number Four ~ *Boy, am I sore!***

For the first time ever we had an early bird boot camp workout on Saturday morning. This was a total body workout in just thirty minutes using Body & Soul



Continued from page 3

Fitness boot camp programming. It was an amazing success with over thirty attending! Carole Lewis was there in full strength doing some of the best pushups of the day!

**Number Three ~ Hey, can you take my picture?**

We were all feeling like rock stars! Check out all of the photos on our Facebook Page: <http://www.facebook.com/pages/Houston-TX/First-Place-4-Health/378215158746>

**Number Two ~ The food is delicious!**

Thank you, FP4H staff, for developing the tasty, healthy meals we experienced at the Summit. These and many other recipes are on our website and will be coming soon in a brand new FP4H cookbook – stay tuned for that!

**And finally, the number one thing I overheard at the Summit 2010 ~ I'm so glad I came and I'm coming next year!**

As we planned and prayed for Leadership Summit, our goal was to make it well worth your time and monetary investment. I think we hit the mark. God is so faithful and inspiring as we come together to train and learn from each other. It's kind of like a huge family reunion! Now is the time to start planning for the Leadership Summit 2011. Next year we will celebrate thirty years of ministry and we're already hard at work planning great things for our time together. The average plane ticket to Houston is around \$400.00, so start saving just \$10.00 a week and by July you will have more than enough!

See you next year, if not before!

Stay Strong,  
**Vicki Heath**

**~ A Thought from a FP4H Networking Leader ~**

In my bible reading this morning I finished the book of Nehemiah. What an inspiration this reading has been for me. Glenn and I have had some real personal struggles at work. We've had to make some hard decisions that affect not only the company, but other people as well. Our kick off for FP4H has begun and as all of you know, Satan takes every opportunity to attack God's people. The Bible is and will always be a guide for everything in our life and this week has been no exception! The life story of Nehemiah shows us many principals of effective leadership.

1. Have a *clear purpose* and keep evaluating it in the light of God's will (nothing prevented Nehemiah from staying on track.)
2. Be *straightforward and hones*. (Nehemiah spoke the truth even when it made his goal harder to achieve.)
3. *Live above reproach*. (Even when others accused Nehemiah, he continued his work because the accusations were false and proved out to be so.)
4. Be a *person of constant prayer*. God is truly our power source. He will give us all wisdom and power through his strength and out constant contact with Him!

Everything Nehemiah did glorified God! What an example for us! Nehemiah was able to accomplish a huge task against incredible odds because of the things he learned.

1. There is *no success* without risk of failure.
2. No *reward* without *hard work*.
3. No *opportunity* without *criticism*
4. No *true leadership* without *trust* in God.

The book of Nehemiah is truly about rebuilding a people's dependence on God, when we take our eyes off the Savior our lives begin to crumble. I want to challenge each of you as leaders don't look to anyone else, but look to your Savior. Be dependent on Him and He will give us much success, just like He did Nehemiah!

**Joyce Ainsworth**  
**FP4H Networking Leader - Mississippi**



## Upcoming Events in 2010

### 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](mailto:janet@newhopeonthehill.com)  
Phone: 513.382.8231

### Texas Area Leader's Meeting & Training

September 18, 2010  
San Antonio, TX  
Contact: June Chapko  
Email: [chapkoj@aol.com](mailto:chapkoj@aol.com)  
Phone: 210.359.8493

### W. Pennsylvania Area Leader's Meeting & Training

September 18, 2010  
Oakdale, PA  
Contact: Helen Baratta  
Email: [Hbarattal@verizon.net](mailto:Hbarattal@verizon.net)  
Phone: 412.400.4644

### E. Pennsylvania Area Leader's Meeting & Training

September 25, 2010  
Red Lion, PA  
Contact: Helen Baratta  
Email: [Hbarattal@verizon.net](mailto:Hbarattal@verizon.net)  
Phone: 412.400.4644

### 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](mailto: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](mailto:lisa.lewis@firstplace4health.com)  
Phone: 800.727.5223, x1001

### Indiana Area Leader's Meeting & Training

October 23, 2010  
Whitestone, IN  
Contact: Luanne Blackburn  
Email: [luanne@blackburneditorial.com](mailto:luanne@blackburneditorial.com)  
Phone: 317.299.4429 or 317.258.8615

### 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](mailto: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](mailto:thekingsbusiness@gmail.com)

## Coming in 2011

**January 29, 2011** ~ Brandon, MS  
**February 26, 2011** ~ Roseland, CA  
**March 3-12, 2011** ~ Holy Land Trip  
**March 26, 2011** ~ Oakdale, PA  
**April 3-8, 2011** ~ Weigh to Wellness  
@ Sandy Cove Retreat

*For more information about any of these events, please visit [www.firstplace4health.com](http://www.firstplace4health.com)*



## Balanced Living - Physical

### Abs, Abs and More Abs!



**Jeannie Blocher**  
jeannie@bodyandsoul.org

Can you strengthen the abdominals while in a seated or standing position? Yes! We are all familiar with working on our abdominals by lying down and curling forward, but stop and think about what you do in your everyday life. How many times a day do you actually curl up from a lying down position? Probably once—to get out of bed in the morning! There's nothing wrong with strengthening the abs this way, and it does particularly work the rectus abdominus, the most exterior of the abdominal group. When you curl and add torso rotation you are also working the internal and external obliques, your natural girdle that God gave you. A group of diagonal abdominal muscles that wrap around the torso.

But did you know that you can also strengthen these muscles in an upright position either standing or seated? Here are a few exercises that we added to our Body & Soul Fitness workout. Give them a try and see what you think.

**The Oblique Crunch.** Standing with legs shoulder width apart, reach up, then set the shoulder blades back and down, upper body activated, then consciously contract as you lean to the side, bending the elbow on that side slightly and bringing the knee on that side up slightly toward the elbow. Then release back to upright position. Do 12 repetitions, thinking about the abdominal muscles moving the torso, letting the elbow and knee follow. Repeat, leaning and crunching to the other side. Once you have mastered this movement pattern, add a light weight in one hand, on the side you are leaning to. Move slowly as this will change the balance factor as well as adding resistance.

**Option: Keep both feet on the ground and perform the same side lean, start without a weight and lean to the side, keeping the hips still, return to center. Do 12 repetitions to each side. Be careful to not let the hips pop out to the side. Use them as a stabilization factor. When you are ready, hold one light weight end to end above your head, with the ends of the weight firmly in each hand. Lean again, keeping the head between the arms, only as far as you can while keeping the hips still. Do 12 repetitions to each side. This can also be done in a seated position with the hips squarely placed on a stable chair.**

**The Airplane Crunch.** Stand with feet in parallel stance, then touch one toe slightly behind you, hinge forward slightly at the hip to avoid arching the back, and extend both arms forward, while balancing with the one foot behind you. This is your starting position. Consciously contract the abdominals and bend the knee lifting the foot off the ground, while pulling in both arms, bending at the elbow, for the 'crunch'. Finish the move by extending the arms forward, and releasing the leg back into 'airplane' position with your toe down for balance or off the ground to add a balance factor to the exercise. When you have mastered this movement pattern, add a light weight in your hands, held end to end with one end firmly in each hand. This works the rectus abdominus. Do 12 repetitions then change legs. Do one or more sets.

Keep in mind that these are 'thoughtful' exercises that you need to perform while consciously thinking about contracting the abdominals. Since you don't have assistance from gravity, you need to stay focused to get the maximum workout! I hope you enjoy this creative new way to work the abs!

#### **Jeannie Blocher**

President, Body and Soul Fitness  
[www.bodyandsoul.org](http://www.bodyandsoul.org)



## Pastor, What's on The Plate You are Passing?

Steve Reynolds  
sreynolds@capitalbaptist.org



**Paul said, “Therefore I testify to you this day that I am innocent of the blood of all men. For I have not shunned to declare to you the whole counsel of God.” Acts 20:26-27**

I mentioned previously that it has been determined that Christians are the most overweight people group in America. Have you wondered why this is true? I believe everything rises and falls on leadership, and I believe the main reason people are overweight in the pews is because so many pastors are overweight behind the pulpit.

Like most pastors, for years I chose to ignore the problem, shift blame elsewhere and not make my congregation aware of the importance of being healthy. But not anymore, now that I'm doing something about my weight and my lifestyle, I no longer have a difficult time speaking to my congregation about this problem and they appreciate it because it is part of the whole counsel of God. Listen, in Acts 20:26-27 Paul is saying, “My hands are clean. Your blood is not on my hands. I'm not responsible for your bad behavior. You can't blame me, because I preached to you all the counsel of God.”

You see the word “body” is used 179 times in the Bible. God tells us in His Word how to manage our bodies. That's part of the “*whole counsel of God*” the part that's been neglected. Do you know what God says to the pastors? He commands pastors to “*Take heed therefore unto yourselves, and to all the flock, over which the Holy Ghost hath made you overseers, to feed the church of God, which he hath purchased with his own blood*” (Acts 20:28), We are to feed the flock, but that doesn't mean to feed the church of God potluck dinners. We've done a good job of feeding the stomachs of the people in our congregations. This verse, however is talking about feeding their souls with the Word of God.

Once again, my answer as to why so many Christians are overweight is because so many pastors are overweight, and have neglected this portion of the Word of God. The good news is that if the problem stands in the pulpit, perhaps the answer stands in the pulpit as well. If God will allow me, and I'm praying He will, I'm going to create a movement throughout this country and throughout the world that will get pastors and spiritual leaders on board with honoring God with their bodies and with preaching and teaching this truth to their congregations.

I am willing to communicate with any pastor needing help in this area. Please feel free to contact me.

### 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



### **Michele Cresap** **Florence, Mississippi**

My “before” picture was made on November 8, 2006, the day I received the Mississippi School Counselor of the Year award. This should have been one of the happiest days of my life; unfortunately, it was not. Numerous health issues made it almost impossible to even attend the ceremony.

Later, I had several surgeries, and the doctor diagnosed me with diabetes. I was placed on four insulin shots a day. I was at my heaviest - 250 pounds. I knew I had to do something or I was going to die.

I read a book by Carole Lewis about First Place and decided to try the program. With limited biblical knowledge, I felt hesitant to lead a group. Initially, I did part of the steps of First Place on my own. Then the Lord revealed to me that through Him I could lead a group. I bought a leadership kit and in April 2008, we started First Place at Hickory Ridge Baptist Church in Florence, Mississippi. This marked the beginning of a journey that would forever change my life.

A couple of months later the program was revised. In my discouragement I searched the First Place website where I found Joyce Ainsworth, a leader at a nearby church. She inspired me to continue with the new program. Joyce is now the networking leader for Mississippi and continues to be my mentor.

I have lost 84 pounds and my health has improved drastically. I no longer have to take insulin or any form of diabetes medicine. My diabetes is controlled through the new lifestyle Jesus has shown me and has enabled me to live.

More importantly, I have gained so much more than I have lost. I now have a personal relationship with Jesus that grows stronger each day. I know more Bible verses than I ever learned as a kid. I have bonded with a group of ladies that I can call on at any time. I can even play tag with my little boy!

I have always struggled with my weight. But when I finally let Jesus be Lord of my life and not just my Savior, I have been able to balance my life mentally, physically, emotionally and spiritually. The first memory verse I learned in First place says it all: *But seek first his kingdom and his righteousness, and all these things will be given to you as well.* Matthew 6:33





## Devotional

### My Prayer Journal

*What other nation is so great as to have their gods near them the way the LORD our God is near us whenever we pray to him?*  
DEUTERONOMY 4:7

Ready, set, pray. “Dear Lord, thank You for this day . . . (*wait—gotta feed the dogs*) . . . Sorry, Lord, please bless my husband and please protect our children . . . (*did I take the meat out of the freezer?*) . . . Okay, then; also, Lord . . . (*what’s that noise?*) . . . and thank You for hearing my prayers.”

When I joined First Place and learned about the prayer journal commitment, I was scared to death. Who has time to do that? What if someone found the journal and read it? Reluctantly, I bought a \$2 school notebook, determined to write at least one sentence a day. That would fulfill one of the nine commitments, and I could carefully word my prayers in case someone found it!

That was four years ago. Today my journals have become a powerful visual witness to my family. They now share their prayer requests because they have seen my stacks of filled prayer journals. I still purchase inexpensive notebooks, but I decorate them with stickers. It’s fun to change the look when starting a new journal.

I write something every day—sometimes a sentence, sometimes a paragraph, or even five pages. Has anyone ever read them? Is it time-consuming? Those questions don’t matter to me anymore. What is important is that my mind no longer wanders. My mind is focused on the God who is near to me when I pray to Him.

#### PRAYER

*Dear Lord, thank You for the blessing of a prayer journal to keep me consistently communicating with You. Please bless my families—my God-given family and my First Place family. In Jesus’ name, amen.*

**Journal:** Ask God to show you ways that you could use your prayer journal as a record of His faithfulness.

—PJ Bahr

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



## A Day of Food at Wellness Week

### SUNDAY LUNCH

*Apple Jell-O Salad*  
Sliced Turkey  
*Cornbread Dressing with Gravy*  
Green Beans  
*Pumpkin Soufflé Pie*

### SUNDAY DINNER

*Texas Chili with Beans*  
Grated Cheddar Cheese, Crackers  
Chopped Onions and Jalapenos  
Carrot Sticks and Ranch Dip  
*Baked Fruit Dessert*

#### Apple Jell-O Salad

Serves 5

1/2 c. apple juice  
1/2 c. cold water  
1 .3 oz. box sugar-free cherry-flavored gelatin  
1 c. boiling water  
1 medium apple, peeled and chopped  
1/2 c. celery

**Tip:** Although this recipe calls for cherry-flavored gelatin, you can also experiment by substituting other gelatin flavors to suit your taste!

Combine apple juice with cold water; set aside. Dissolve gelatin in boiling water; stir in juice mixture. Refrigerate 1 1/2 hours or until slightly thickened. Stir in apples and celery; mix well and return to refrigerator 4 hours or until set.

**Nutritional Information:** 46 Calories; trace Fat (3.3% calories from fat); 2g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 117mg Sodium

#### Cornbread Dressing

Serves 16

1 8-oz. pkg. herb-seasoned cornbread stuffing mix  
2 6-oz. pkg. cornbread mix  
2 whole eggs  
1 1/3 cups skim milk  
1 1/2 cups onion, chopped  
1 1/2 cups celery, chopped  
10 chicken bouillon cubes  
10 cups water  
1 tbs. poultry seasoning  
4 egg whites

Make cornbread according to package directions, using the 2 whole eggs and skim milk. Boil celery and onion in the water with the bouillon cubes over low heat for 3-5 minutes.

Crumble cooked cornbread and combine with stuffing mix. Pour boiled mixture over bread mixture. After mixture has cooled, stir in beaten egg whites. Bake at 375 degrees for 1 1/2 hours in two pans.

**Nutritional Information:** 124 Calories; 3g Fat (22.6% calories from fat); 5g Protein; 19g Carbohydrate; 2g Dietary Fiber; 27mg Cholesterol; 766mg Sodium.

#### Creamy Pumpkin Soufflé Pie

Serves 8

1 Graham Cracker Crust  
1 1.5 oz. box sugar-free vanilla-flavored nonfat instant pudding  
1 c. nonfat milk  
1 16-oz. can pumpkin  
1/2 tsp. each nutmeg, ginger & cinnamon  
1 c. Cool Whip Lite

Combine pudding mix and milk in medium bowl; stir well (will be thick). Add pumpkin and spices; mix well. Gently fold in whipped topping; pour into pie shell. Chill for one hour or until set. Top with additional topping.

**Nutritional Information:** 156 Calories; 6g Fat; 1g Protein; 14g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 115mg Sodium.

**Join us at Wellness Week this year! You'll get to try all of these recipes and more. And, you get to take all the recipes from the week home with you!**  
**Hope to see you there!**

### Gravy for Cornbread Dressing

Serves 16

3 3/4 c. water  
4 chicken bouillon cubes  
2 tbsp. flour  
Salt and pepper to taste

Add bouillon to water boiling in large saucepan. In a pint jar with lid, combine 3/4 cup of the bouillon water with flour; shake well. Slowly pour into remaining water, stirring constantly to prevent lumps. Simmer over low heat, stirring frequently until gravy consistency is reached. Add flour or water if needed to reach desired consistency.

**Nutritional Information:** 6 Calories; trace Fat (21.7% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 188mg Sodium.

### Chili with Beans

Serves 4

8 ounces 90% lean ground beef  
1 cup chopped onion  
1 cup chopped celery  
1/2 cup chopped green pepper  
2 cloves garlic, minced  
1 15 1/2-ounce can red kidney beans, drained  
1 14 1/2-ounce can diced tomatoes  
1 8-ounce can tomato sauce  
1/4 cup water  
2 to 3 teaspoons chili powder  
1/2 teaspoon salt  
1/2 teaspoon dried basil, crushed  
1/4 teaspoon pepper

In a large saucepan cook ground beef, onion, celery, green pepper, and garlic till meat is brown. Drain off fat. Stir in the kidney beans, the undrained tomatoes, the tomato sauce, water, chili powder, salt, basil and pepper. Bring to boiling; reduce heat. Cover and simmer for 25 to 30 minutes or till the vegetables are tender.

**Nutritional Information:** 305 Calories; 13g Fat (36.5% calories from fat); 18g Protein; 31g Carbohydrate; 11g Dietary Fiber; 43mg Cholesterol; 957mg Sodium.

### Baked Fruit Dessert

Serves 16

1 15.25-ounce can pear halves or sliced  
1 15-ounce can sliced peaches  
1 20-ounce can sliced apples  
1 14.5-ounce can dark pitted cherries  
1 15-ounce can mandarin oranges  
1 20-ounce can chunk pineapple  
1 tablespoon light margarine  
1 tablespoons cooking sherry (optional)  
12 macaroon cookies, crushed fine (hard, crunchy kind)

Drain all fruit. Cut large pieces into bite-size pieces. Mix fruit in large glass baking dish. Slice margarine into thin pieces and place on top of fruit. Sprinkle with cooking sherry. Sprinkle crumbs over top. Bake at 350 degrees for 30-45 minutes. Serve warm.

**Note:** All fruit is packed in water, juice or light syrup. You can use fresh if desired.

**Nutritional Information:** 167 Calories; 4g Fat (22.0% calories from fat); 1g Protein; 33g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 49mg Sodium.

### Let's socialize!

Talk to other First Placers, get recipes and tips and win prizes on our Facebook page. See great video testimonies, interviews and more on our YouTube channel and get the latest from Carole, Vicki and the staff on Twitter.

facebook

YouTube™

twitter



## 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](http://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](http://www.firstplace4health.com) and click on Events.**