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FirstPlace4Health.com

October 2010



Dear Ones,

We are so excited to be able to announce that we will have a new devotional book coming out in July 2011. The title of the book is Better Together and will include devotionals of how God has used the First Place 4 Health program for the last 30 years to change lives.

This will be a five-day week devotional book (260 devotionals in all) and will include 12 great testimonies throughout the book.

Here's where you come in.....

If God has done something wonderful in your life through your involvement in the First Place 4 Health program we are asking you to write about it for the new book. Perhaps...

- You found Christ through the program
- Your marriage was healed
- Your class ministered to you in a special way
- God changed your heart
- Your health is restored
- You discovered that a life of balance is possible

These are just a few of the possible ideas for you to write about. The idea of the book is that we are truly better together and that there is power in meeting together each week. Here are the specifications for each devotional:

- Word count for the devotional is to be from 300-325 words per page.
- Additional words are allowed for the title, the verse for the day, and the closing.
- We would like to have a variety of closings. It might be a prayer, a takeaway thought or an action point.
- Your deadline for submission is November 12, 2010.

If you are interested in writing a devotional or your personal story for inclusion in the book, please write lisa.lewis@FirstPlace4Health.com. Scripture verses are listed on the next page.

Happy writing!

Carole Lewis

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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Quote of the Day:

Every choice you make has an end result. *Zig Ziglar*



Better Together Devotion Book Scripture Verses

(See Carole's article in this issue for more information)

Month 1 – LOVE

And this is His command; to believe in the name of His son, Jesus Christ, and to love one another as He commanded us. 1 John 3:23

Now that you have purified yourselves by obeying the truth so that you have sincere love for your brothers, love one another deeply, from the heart. 1 Peter 1.22

This is the message you have heard from the beginning: We should love one another. 1 John 3.11

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 1 Corinthians 13:4

Month 2 – SERVICE

Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms. 1 Peter 4.10

Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. John 13.14

You my brothers, were called to be free. But do not use your freedom to indulge the sinful nature, rather, serve one another in love. Galatians 5.13

Whoever serves me must follow me; and where I am, my servant will also be. My Father will honor the one who serves me. John 12.26

Month 3 – PATIENCE

Be completely humble and gentle; be patient, bearing with one another in love. Ephesians 4.2

A patient man has great understanding, but a quick-tempered man displays folly. Proverbs 14.29,

A man's wisdom gives him patience; it is to his glory to overlook an offense. Proverbs 19.11,

The end of a matter is better than its beginning, and patience is better than pride. Ecclesiastes 7.8

Be joyful in hope, patient in affliction, faithful in prayer. Romans 12.12

Month 4 - FELLOWSHIP

Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. Colossians 3.16

I myself am convinced, my brothers, that you, yourselves are full of goodness, complete in knowledge and competent to instruct one another. Romans 15.14

Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord. Eph. 5.19

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. 1 John 1.7

Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another-and all the more as you see the day approaching. Hebrews 10:25

Month 5 - COMPASSION

This is what the Lord Almighty says: 'Administer true justice; show mercy and compassion to one another. Zechariah 7.9

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Colossians 3.12

Learn to do right! Seek justice, encourage the oppressed. Defend the cause of the fatherless, plead the case of the widow. Isaiah 1.17

Be merciful, just as your Father is merciful. Luke 6:36

Month 6 - ENCOURAGEMENT

Encourage one another and build each other up, just as in fact you are doing. 1 Thessalonians 5.11

But encourage one another daily, as long as it is called today, so that none of you may be hardened by sin's deceitfulness. Hebrews 3.13

And let us consider how we may spur one another on toward love and good deeds. Heb. 10.24

You hear, O Lord, the desire of the afflicted, you encourage them, and you listen to their cry. Psalm 10.17

Month 7 – HARMONY

Live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. I Peter 3:8

How good and pleasant it is when brothers live together in unity. Psalm 133:1

I appeal to you brothers, in the name of our Lord Jesus Christ, that all of you agree with one another so that there may be no divisions among you and that you may be perfectly united in mind and thought. I Corinthians 1:10

If it is possible, as far as it depends on you, live at peace with everyone. Romans 12:18

Month 8 – FORGIVENESS

Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. Colossians 3:13

And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins. Mark 11:25

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. I John 1:9

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us with all wisdom and understanding. Eph. 1:7-8

Month 9 - HONOR

Be devoted to one another in brotherly love. Honor one another above yourselves. Romans 12:10

Submit to one another out of reverence for Christ. Ephesians 5:21

Accept one another, then, just as Christ accepted you, in order to bring praise to God. Romans 15:7

Honor your Father and Mother, which is the first commandment with a promise. Ephesians 6:2

Month 10 – GODLINESS

No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us. I John 4:12

Know that the Lord has set apart the godly for himself; The Lord will hear when I call to him. Psalm 4:3

Month 10 – Continued...

His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. II Peter 1:3

Have nothing to do with godless myths and old wives tales, rather, train yourself to be godly. 1 Timothy 4:7

It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age. Titus 2:12

Month 11 - PRAYERFULNESS

And pray in the spirit on all occasions with all kinds of prayers and requests. With this in mind be alert and always keep on praying for all the saints. Ephesians 6:18

Therefore I tell you, whatever you ask for in prayer, believe that you have received it and it will be yours. Mark 11:24

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6

For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil. 1 Peter 3:12

Month 12 - OBEDIENCE

The entire law is summed up in a single command: ‘Love your neighbor as yourself. Galatians 5:14

And this is love: that we walk in obedience to His commands. As you have heard from the beginning, His command is that you walk in love. 2 John 1:6”

Whoever has my commands and obeys them, he is the one who loves me. He who loves me will be loved by my Father and I too will love him and show myself to him”. John 14:21

My command is this: Love each other as I have loved you. John 15:12

You can view a sample devotional on page seven of this newsletter.



Leadership

Principles of Effective Leadership from Nehemiah



Vicki Heath

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There are a few times in my life when I have been truly inspired. One of them was two years ago at our Leadership Summit when I heard Joyce Ainsworth share her personal weight loss testimony. She was standing before us, having lost over 150 pounds, and then said the Lord was not through with her yet! Can you imagine! Most would think after 100 pounds that she would be finished with this journey. She went on to tell us that in her quiet time with the Lord, he had showed her there was more to come for her. This past year, she finally reached the goal the Lord had for her and “crossed over into the promised land.” What I have seen in her life is this one thing: All she requires for success and perseverance comes from God himself through his Word. Joyce is a faithful Bible student. She has just finished the book of Nehemiah and the Lord has granted her some powerful insight into the principles and precepts of that book. I have asked her to share them with you in this article. I hope this will challenge you to be more committed to your Bible study and quiet time with the Lord. He has some mighty things to say!

In my Bible reading this morning, I finished the book of Nehemiah. What an inspiration this reading has been for me this last week or so. My husband Glenn and I have had some real personal struggles at work. We are making hard decisions that affect not only the company, but other people as well. Since it is fall, the kick off for FP4H has begun and as all of you know, Satan takes every opportunity to attack God's people, especially when they are busy for Him.

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 honest.** 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 our constant contact with Him!

Everything Nehemiah did glorified God! He was a great 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 trusting 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 First Place 4 Health leaders: don't look to anyone else but your Savior. Depend on Him and He will give us much success, just like He did Nehemiah!

Let's pray against the attack Satan is making on this leadership and allow God to be glorified through all we do this year as leaders in this awesome ministry of FP4H

Faithfully His,
Joyce Ainsworth
First Place 4 Health Networking Leader ~ Mississippi



Upcoming Events

Hope 4 You ~ Texas

November 6, 2010
University United Methodist Church
San Antonio, Texas
Speakers:

Carole Lewis, 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
Steve Reynolds, Pastor, Capital Baptist Church
Contact: Ann-marie King
Phone: 315.343.4166
Email: thekingsbusiness@gmail.com

Hope 4 You ~ Mississippi

January 29, 2011
Crossgates Baptist Church
Brandon, MS
Speakers:

Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H
Contact: Joyce Ainsworth
Email: glenna@netdoor.com

Hope 4 You ~ California

February 26, 2011
Bayside Community Church
Roseville, CA
Speakers:

Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H
Contact: Diane DeCarlo
Email: dianed@surewest.com

Hope 4 You ~ Pennsylvania

March 26, 2011
Crossroads Church
Oakdale, PA
Speakers:
Carole Lewis, Director, FP4H
Vicki Heath, Associate Director, FP4H
Contact: Helen Baratta
Email: hbarattal@verizon.net

Weigh to Wellness for Women

April 3-8, 2011
Sandy Cove Ministries Retreat Center
North East, MD
Contact: Lisa Lewis
Phone: 800.727.5223, x1001
Email: lisa.lewis@firstplace4health.com

FP4H Trip to the Holy Land!

March 3-11, 2011
Gateways from Atlanta, Houston & D.C.
Cost \$3200
Contact: Lisa Lewis
Phone: 800.727.5223, x1001
Email: lisa.lewis@firstplace4health.com

Mark Your Calendars!

Leadership Summit 2011
July 29-30, 2011
30th Anniversary Celebration
Come celebrate with us!

Wellness Retreat 2011
October 6-13, 2011
Round Top, Texas

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



Balanced Living - Physical

Posture, Strength & Avoiding Injury



Jeannie Blocher
jeannie@bodyandsoul.org

How big is your purse? It seems that the fashion is to carry bigger and bigger purses. And I am guilty of following this fashion. Recently when buying a new purse for fall, I had to make sure that I could fit in a water bottle (which I must have with me at all times), a reusable bag for groceries (so I can protect the environment), my energy bar for a healthy snack (so I am not lured in to any fast food restaurants) etc. etc.—and that doesn't even include the necessities like my wallet and huge key chain. Are you laughing? Can you relate?

Bad Habits Can Lead to Injury

So why am I talking about purses? Because, I am really talking about posture, strength, and avoiding injury and bad habits that will progress if we are not careful. Whether you are carrying a big purse, a small child, a suitcase, or groceries, remember the following:

- **Posture is always of utmost importance.** When your load feels heavy, activate your core, contract the abdominals, exhale and stand taller to support that load. Make this a part of your fitness regimen—to **always** have your abs engaged when standing and walking with something heavy in your hands or slung over your shoulder.
- **Protect your spine.** Often (as with carrying purses), the load is uneven and the tendency is to lean or slump into the weight of the load, creating pressure on your spine and a habit of adjusting by letting one hip drop to the side. This can create a bad posture habit that may lead to pain in the future. Fight back by aligning your spine whenever you are carrying a heavy load. Not only should you contract those abs and stand tall, you should line up your spine and stand straight.
- **Strengthen your upper body.** Work the muscles of the shoulders, back and neck. Be sure that strength training is a part of your fitness plan, and recognize the value of being strong for projects that require you to lift heavy objects and for everyday life, like grocery shopping or carrying your very cute (large) purse!

How are you sitting right now?

And don't neglect your sitting posture. Stop right now, don't move, and note how you are sitting. Are your abdominals relaxed or contracted to hold you in an upright seated position? Are your shoulders back and down or are they slumping forward? Is your head retracted or dropping forward? Do a "posture check." Inhale and sit tall, then exhale, draw the shoulders back, and relax the shoulder blades down and back. Look straight forward and adjust your head, retracting it backward so it feels like it is 'over' your shoulders. Breathe slowly and deeply a few times. Experience sitting with good posture—then practice it all the time! When you catch yourself in a poor seated posture, do the posture check again...and again...and again. You will be glad you did!

Therefore my dear brothers, (and sisters) stand firm. Let nothing move you.

Standing firm and tall with you!

Jeannie Blocher

President, Body and Soul Ministries
www.bodyandsoul.org



Discipline: A Good Thing Not a Bad Thing



Steve Reynolds
sreynolds@capitalbaptist.org

But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified. (NKJV) I Corinthians 9:27

Paul clearly understood that discipline was a good thing, not a bad thing. Do you? From the time we are young, we hear the word “discipline” directed toward us. When we were children, most of us didn’t like the word because we thought it meant punishment, time outs, restrictions, grounding, and sometimes much more.

Discipline: The application of oneself to learning something.

However, discipline carries a strong and positive idea rather than just the negative idea we’ve brought from childhood. There are eleven definitions given for the word “discipline” in an online dictionary. Many of the definitions describe discipline as being the application of oneself to learning something. In fact, the most positive action definitions are: “To train by instruction and exercise; drill,” and “To bring to a state of order and obedience by training and control.”

No matter what we are doing or learning to do, we must discipline our body. The same way participants in sports, such as figure skaters, competitive swimmers, and football players must discipline themselves through rigorous training, so must the person that is determined to obtain and maintain a healthy lifestyle.

Desire to Change

The desire to change our old habits of overeating and laziness must be greater than the desire to remain the same. While most of us know what is required to be successful in our efforts, such as eat less of the dead foods and more of the living foods and move the body more, we lack the most important element to reach our goal—discipline. To apply discipline, we must be dedicated and committed to the hard work required. It is said that it takes twenty-one days to establish a new habit. Unfortunately, because we rely on our own strength, many of us don’t last two weeks. We must rely on the power of God to change our lives. Galatians 5:16 says, *I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.* Walking in the power of the Holy Spirit means allowing Him to be the president of our lives, not just a resident in our lives.

We need to change our perception of the word discipline in order to develop a healthy lifestyle. We should see it as a good thing and something that everyone needs to practice to accomplish anything that’s worthwhile in life. A practice that will enhance our lives and take us to the new state of health we’re aiming to achieve.

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

Spiritual Gifts Working in Harmony

Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms. .

1 P E T E R 4 : 1 0

Our First Place 4 Health staff traveled to Brookings, South Dakota, for a Hope 4 You event. Cris Engen is the leader of a couple of groups in the church that hosted the event. We knew the event would be a good one because of Cris' excitement every time we spoke with her before the event.

When we arrived on Friday afternoon, we observed a beehive of activity in every corner of the church. One group was decorating tables in the gym for lunch on Saturday. Each table hostess was asked to decorate her table as she desired, so all the tables were beautiful, but different. On Saturday, the table hostess served each of us at her table and kept our conversation lively the entire meal.

It was obvious that Cris has the gift of administration because every detail was covered. Cris had organized a dinner at the hotel where we were staying on Friday night for all the FP4H leaders attending the Hope 4 You event the next day. One of the ladies in the group had cooked a fabulous dinner and brought it to the hotel for us to eat.

I had to laugh when Cris told me that she had come to the church on Thursday to work but none of her friends were there. She said she couldn't do a thing without her friends there so she walked all over the church for three hours praying over each room we would be using. She said on Friday morning when her friends showed up, they were finished with all the work in three hours.

God is honored and others are blessed when we use our Spiritual gifts. Using our gifts allows the body of Christ to work in harmony to accomplish His work in our world.

Action Point: What are your Spiritual gifts? Are you using them? Romans 12:6-8 gives a listing of some of the gifts God gives us. We all benefit from the gifts we share with each other.

Prayer: Dear Lord, Help me use my Spiritual gifts today to serve others as I serve You.

Carole Lewis
First Place 4 Health National Director

Sample Devotional for New Devotion Book

Let's Socialize!

Like us on



Follow us on



Watch us on YouTube



Go Veg!

The Johns Hopkins School of Public Health suggests that one day a week without meat can reduce your consumption of saturated fat by 15% and reduce your chances of heart disease. Scientists estimate that if every American lowered meat consumption by just 20%, it would lower greenhouse gasses as much as if everyone in the country switched to driving Toyota Priuses (and think how much cheaper and easier eating less meat is!). Here are some tasty ways to do it.

Goat Cheese & Potato Pizza

Serves 6

- 7 ounces fingerling potatoes (about 5 potatoes)
- 1 teaspoon olive oil
- 1 medium red onion, cut into 1/2-inch-thick slices
- 1 (13.8-ounce) can refrigerated pizza crust dough
- 2 tablespoons cornmeal
- 1 cup (4 ounces) shredded part-skim mozzarella
- 3/4 cup (3 ounces) crumbled goat cheese
- 1 garlic clove, minced
- 1 1/2 teaspoons fresh thyme leaves

Preheat oven to 450°. Place potatoes in a saucepan; cover with water. Bring to a boil. Cook 10 minutes or until just tender; drain. Cool slightly; cut potatoes crosswise into 1/4-inch slices. Heat olive oil in a large nonstick skillet over medium-high heat. Add onion to pan, and sauté 8 minutes or until tender. Roll dough out on a lightly floured surface to a 14 x 10-inch rectangle. Sprinkle cornmeal over a large baking sheet; place dough on baking sheet. Sprinkle mozzarella evenly over dough. Arrange potatoes and onion over mozzarella; top evenly with goat cheese and garlic. Bake in lower third of oven at 450° for 15 minutes or until browned. Sprinkle with thyme; cut into 12 pieces.

Nutritional Information: 314 Calories, 10.3g Fat, 14.4g Protein, 39.8g Carbohydrate, 1.8g Fiber, 22mg Cholesterol, 2.4mg Iron, 599mg Sodium

Tracker: 2 oz.eq grain, 1 cup milk, 1/2 cup veg

Chipotle Bean Burrito

Serves 6

- 1 tablespoon canola oil
- 1 garlic clove, minced
- 1/2 teaspoon chipotle chile powder
- 1/4 teaspoon salt
- 1/3 cup water
- 1 (15-ounce) can black beans, drained
- 1 (15-ounce) can kidney beans, drained
- 3 tablespoons salsa
- 6 (10-inch) reduced-fat flour tortillas
- 1 cup (4 ounces) shredded reduced-fat 4-cheese Mexican blend cheese
- 1 1/2 cups chopped plum tomatoes
- 1 1/2 cups shredded romaine lettuce
- 6 tablespoons thinly sliced green onions
- 6 tablespoons light sour cream

Heat oil in a large nonstick skillet over medium heat. Add garlic to pan; cook 1 minute, stirring frequently. Stir in chile powder and salt; cook 30 seconds, stirring constantly. Stir in 1/3 cup water and beans; bring to a boil. Reduce heat, and simmer 10 minutes. Remove from heat; stir in salsa. Partially mash bean mixture with a fork. Warm tortillas according to package directions. Spoon about 1/3 cup bean mixture into center of each tortilla. Top each serving with about 2 1/2 tablespoons cheese, 1/4 cup tomato, 1/4 cup lettuce, 1 tablespoon onions, and 1 tablespoon sour cream; roll up.

Nutritional Information: 361 Calories, 10.3g Fat, 16.8g Protein, 52.2g Carbohydrate, 11.4g Fiber, 19mg Cholesterol, 3.3mg Iron, 735mg Sodium

Tracker: 2 oz.eq grain, 3 oz.-eq meat/beans, 1/2 cup vegetable



Meringue Torte

Serves 16

This is a wonderful low-fat dessert that melts in your mouth and really looks beautiful on the plate.

- 1 1/2 cups egg whites
- 1/4 teaspoon salt
- 1/2 teaspoon cream of tartar
- 2 1/2 cups sugar
- 1 1/2 teaspoons vanilla extract
- 2 teaspoons butter
- 3 (10-ounce) packages frozen raspberries in light syrup, thawed and undrained
- 1 1/2 cups frozen light whipped topping, thawed

Preheat oven to 450°. Place the egg whites and salt in a large bowl, and beat with a mixer at medium speed until foamy. Add the cream of tartar; beat for 1 minute. Gradually add the sugar, 1 tablespoon at a time, beating until well blended (about 8 minutes). Add vanilla extract. Increase mixer speed to high, and beat for 5 minutes or until soft peaks form. (Do not under beat.) Coat the inside of a 10-inch spring form pan with butter, and add meringue, spreading evenly. Break air pockets by cutting through meringue with a knife. Place pan in 450° oven. Turn the oven off, and cool in closed oven for at least 24 hours. Drain the raspberries, reserving 1/4 cup liquid. Place raspberries in a food processor, and process until smooth. Press raspberry mixture through a fine sieve into a bowl to measure 1 1/4 cups. Discard solids. Stir in the reserved raspberry liquid. Spoon cooled meringue into bowls. Drizzle with raspberry mixture, and top with whipped topping. (*serving size: about 1 cup meringue, 1 1/2 tablespoons raspberry mixture, and 1 1/2 tablespoons whipped topping*)

Nutritional Information: 200 Calories, 1.3g Fat, 2.8g Protein, 46.2g Carbohydrate, 2.3g Fiber, 5mg Cholesterol, .4mg Sodium

Tracker: 1/2 oz-eq. meat, 1 cup fruit

Let's take a 4-Sided Challenge!

Nutrition Challenge - Start the switch to non-fat milk if you currently drink whole milk or move to 2%. If you drink 2% move to 1% and if you drink 1% you are ready for non-fat. Use the step down program! It works every time!

Physical Challenge – On 5 days this week, go for a 15 minute walk! Walk at whatever speed is comfortable. Just do it! Walk inside, outside, around the living room or house or even the shopping mall. Anywhere. You can do it!

Mental Challenge – Think “outside the box” in your quiet time this month. Try a new way to worship—outside, through music, be creative.

Emotional Challenge - Identify one source of stress that's easily erased, and then do what ever is necessary to eliminate it. This could be as simple as clearing the clutter off your desk, packing your lunch the night before, or making a grocery list.