



***Dear Ones,***

The year 2010 has been exciting as we have watched the Lord work through our First Place 4 Health groups and events throughout the country. Over 750 people participated in the events, resulting in transformed lives and new FP4H groups.

The annual FP4H Wellness Retreat in Round Top, TX, was amazing, and we have received numerous emails from the

participants stating they are still “riding on the wave of God’s grace and encouragement.” Leadership Summit arrived with over 160 participants from 26 states and two days of wonderful training and fellowship.

**A Year Full of Blessings & Challenges**

This year has been a year full of blessings and challenges for the First Place 4 Health ministry. We completed our first full year as an independent 501c3 ministry in June 2010, having been a ministry of Houston’s First Baptist church since 1981. In April of this year, we moved our First Place 4 Health offices from the church to an offsite location about ten minutes away from our FP4H groups at First Baptist Church. We are blessed with a FP4H Board that is committed to helping the ministry grow in the years ahead. A huge blessing is having a First Place 4 Health staff that is ready and able to do the hard work needed to propel the ministry forward in 2011.

In spite of the downturn in the economy, First Place 4 Health has had many opportunities to bless others. We provided lodging and free registration for many people, who otherwise could not attend our events due to financial hardships. Earlier this year, we provided new group materials to a Christian Camp in Zumbro Falls, MN, when their camp was destroyed by a flood. As God provides, we look forward to granting more scholarship opportunities for those who are struggling financially and wish to participate in the First Place 4 Health program and events.

The challenge for the ministry is financial, as it is for many of you and for our country right now. We have had many added expenses since becoming an independent ministry, such as the cost of our new website and our move to new office space. These and other expenses associated with setting up an independent ministry have created a strain on our budget.

*Continued on page two*

**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**

***The Greatest Gift***

**Vicki Heath ~ Page 3**

***The Twelve Days of Fitness***

**Jeannie Blocher ~ Page 4**

***Temptations, Oh No! –***

**Steve Reynolds ~ Page 6**

***Devotional ~ Page 7***

***Success Story ~ Page 8***

***Recipes ~ Page 9***

---

**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, Suite H-101, Houston, TX 77092

---



*Continued from page one*

There are two ways you can help the ministry financially during these challenging economic times. The first is by purchasing your materials from our website at [www.firstplace4health.com/store](http://www.firstplace4health.com/store). This helps us connect with you, while also supporting the ministry.

The second way you can support the ministry is by including First Place 4 Health in your year-end giving plans. It is easy to make a tax deductible donation through the store on our website by clicking Store and then Donations at [www.firstplace4health.com](http://www.firstplace4health.com). If the Lord leads, we would love for you to partner with us in 2011 by making a one-time donation or a monthly gift of any amount. We have a few friends who have faithfully supported our ministry each month, but we need more of you to join them.

### **Pray without Ceasing**

Additionally, we covet your prayer support and ask you to “Pray without ceasing,” as Paul admonishes in I Thessalonians 5:17, for our First Place 4 Health staff and ministry that continues to change lives throughout the world.

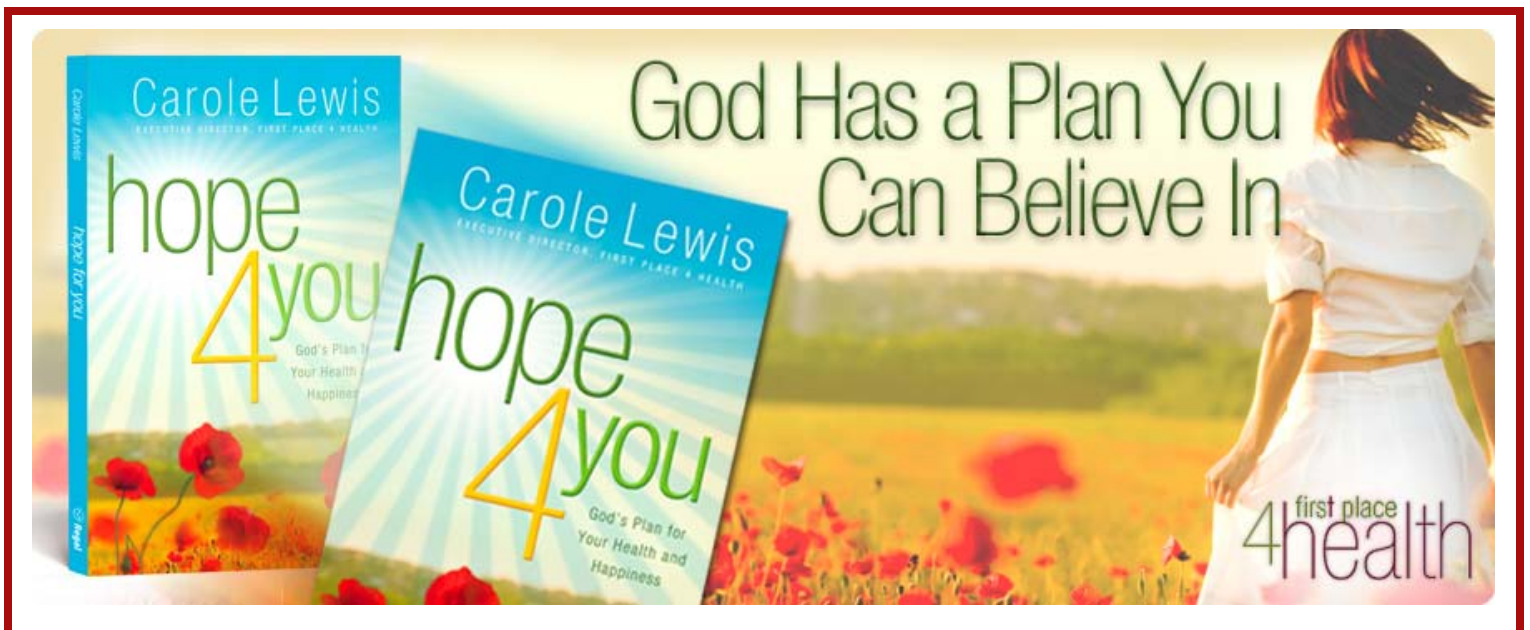
The year of 2011 is the 30<sup>th</sup> anniversary of the First Place 4 Health program and partnering with our publisher, Gospel Light, we have great plans for celebrating the entire year. Watch our website and “save the dates” for all the exciting events and happenings throughout the year. Also check the website for the release date of my new book “Hope 4 You.”

On a personal note, we so appreciate your prayers for Johnny and for me. Johnny has had a challenging year with five months of chemo. His PSA is hovering around 20 and his platelets are low; however, he is feeling good. Please join us in praying that he does not become hormone resistant. We are praising God and thanking Him for friends like you who stand in the gap for us.

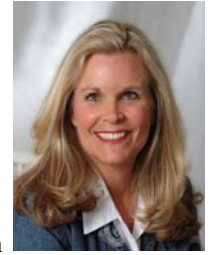
Thank you for your gifts and for your prayers for the ministry. We are looking forward to a bright future for the ministry and for each of you.

Praying you have a blessed Christmas,

### **Carole Lewis**



### The Greatest Gift I Ever Received



Vicki Heath

vicki.heath@firstplace4health.com

I got an early Christmas present this year. My dearest friend from my growing up years stopped by Edisto for a short visit. We have been dear friends since seventh grade. When I was in high school, she was the dear one who shared the love of Christ with me, and was the very reason I accepted Christ as my Savior my senior year in high school. She and her husband have been serving the Lord in Kenya for the past thirty years.

As we sat catching up on our lives, our children, and our careers once again, I was wowed with just how much God loves me. Here I was sitting with the person who helped me receive the greatest gift I had ever received in my life – the gift of salvation! I think of Christmas fast approaching and of all of the gifts that will be given, but what do I have to give to Him?

I can give him my worship. I can give him myself – all of me – body, mind and spirit. I think this is a really good idea in theory but Christmas time can be the most challenging time of all to stay focused on spiritual things. I know many of you struggle through the holidays for a variety of reasons. For some, it traditionally can be an extremely lonely and depressing time, and for others, an extremely stressful time. It's time to break that tradition!

We can get through the holiday and stay focused on the things that really matter if we just take some time to plan and be prepared and proactive. Consider these suggestions:

#### **Fight for your personal time.**

With a house full of company, you may have to adjust your living space and be flexible with your time. Make plans to get up earlier or take a walk away from the house as an extension of your personal time. Exercise is God's natural tranquilizer, and meditation and quiet

reflection will strengthen your heart and clear your mind!

#### **Focus on friends and family rather than food.**

The average American will gain three to seven pounds over the holidays. I don't know about you, but that does not make for a Merry Christmas or a Happy New Year. If you're in charge of Christmas dinner, visit our website [www.firstplace4health.com](http://www.firstplace4health.com) and check out our holiday recipes. The typical Thanksgiving and Christmas meal consists of about 2,000 to 3,000 calories! Our bodies are not designed to handle so much food at one time. While there is nothing wrong with enjoying the special treats in sensible and proper portions, let's just keep it in perspective! For many of us, overeating on Thanksgiving and Christmas just trigger a feeling of totally being out of control, and we are tempted to abandon all of our good wellness intentions and "start over" on January 1. I would much rather start the New Year without guilt, shame and an extra ten pounds!

#### **Do something active on Christmas Day.**

Our family takes a traditional Christmas jog/walk after dinner. I can imagine what my neighbors must think. The roads are practically empty and we must look like a neighborhood street gang! A game of football or basketball is always an option, too. With three grown boys (and one tomboy), they are always up to throwing something around the house! This year I hope it will be a walk on the beach. Won't you join us?

This is our second Christmas on Edisto Island and I plan on enjoying every minute with our community and church family. I hope this is a Christmas you will remember forever – so party hearty and worship the King.

**Vicki Heath**



## Balanced Living - Physical

# The Twelve Days of Fitness

**Jeannie Blocher**  
jeannie@bodyandsoul.org



On the twelfth day of **fitness**, my true love...

What is one of the best gifts that your true love could give to you? The gift of commitment to health! And it's the best gift you could give to your true love, your family and your friends. Don't we all want our loved ones to be healthy? Don't we also want to be healthy enough personally to enjoy being with our loved ones? This Christmas season, talk with your true love and the rest of your loved ones about making a commitment to fitness as a team—don't wait until January 1, instead commit in December to start with at least 12 days of fitness, which can turn into twelve weeks of fitness, which can turn into a habit of fitness that lasts throughout the year and your entire lifetime!

- On the 1st day of fitness, **walk** one mile, or more or less, just get walking—don't be a partridge just sitting in a pear tree!
- On the 2nd day of fitness, do 2 sets of **abdominal crunches**. Walk one mile—try to get your 'turtle dove' (true love) to do it with you!
- On the 3rd day of fitness, do 3 minutes of a **cardio** mix (hi or low impact) jumping jacks, jogging, and knee lifts, 2 sets of abs and then walk one mile. You can speak in French while you are doing it, if you like, even though you are not a hen.
- On the 4th day of fitness, do 4 minutes of **squats and lunges**, alternating, 3 minute cardio mix, 2 sets of abs and walk one mile. Feel free to call out like a bird while you are doing it if you wish.
- On the 5th day of fitness, **jog or walk** around the room making the shape of five golden rings, 4 minutes of squats, etc.
- On the 6<sup>th</sup> day of fitness, do 3 sets of bicep curls, jog the 5 golden rings, etc.
- On the 7<sup>th</sup> day of Christmas, add different versions of **pushups** in sevens—full pushups, knee pushups, wall pushups—no sitting this out pretending that you are a goose laying an egg.
- On the 8<sup>th</sup> day of fitness, add **supermans** (lying on your stomach with arms and legs straight out, lift arms and legs off the floor, counting 8 to hold, then release; do at least 8 reps, etc. You can pretend you are lying in a barn watching the maids do the milking if you like.
- On the 9<sup>th</sup> day of fitness, be a dancing lady or gentleman, count to nine, nine times as you do a few **dance steps** that come to mind—rock and roll is quite fine, along with Salsa, or the peppermint twist, (a good choice at Christmas time). Have fun! Then continue, back strengthening, pushups etc.
- On the 10<sup>th</sup> day of fitness, **power walk** in place, (or feel free to do some leaping!) Repeat for at least three sets, then dance etc.
- On the 11<sup>th</sup> day of fitness, add several **stretches** counting 11 then move on to the next exercise. Feel free to pick up your pipe and play it while you are stretching, then move on to the power walk, dancing etc.

*Continued on page five*



- On the 12<sup>th</sup> day of fitness, **power walk** in place and do 12 different **arm movements to warm up** the upper body (do not use weights), then do the exercises from all the rest of the days of fitness. Don't forget to play the drums as one of your arm movements! This song will never be the same for you now!

After you have built up to all twelve days of fitness, repeat during the month of December for as many days as you can, then when January 1<sup>st</sup> comes, you will already be in shape and can keep going for a lifetime of health and fitness, blazing the way for all of your loved ones, inspiring them to choose fitness, too!

### ***Merry Fitness,***

#### **Jeannie Blocher**

President, Body and Soul Ministries

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

**Note** – You can find examples of all these exercises and more on the American Council on Exercise website – [www.acefitness.org](http://www.acefitness.org)

### **Upcoming Events**

#### **Texas Area Leader's Meeting & Training**

January 22, 2011  
First Baptist Church – Keller  
Keller, Texas

#### **Arkansas Area Leader's Meeting & Training**

January 22, 2011  
Trinity Baptist Church  
Searcy, Texas

#### **Hope 4 You ~ Mississippi**

January 29, 2011  
Crossgates Baptist Church  
Brandon, MS

Speakers:

*Carole Lewis*, Director, FP4H  
*Vicki Heath*, Associate Director, FP4H

#### **Hope 4 You ~ California**

February 26, 2011  
Bayside Community Church  
Roseville, CA

Speakers:

*Carole Lewis*, Director, FP4H  
*Vicki Heath*, Associate Director, FP4H  
*Steve Reynolds*, Pastor, Capital Baptist Church

#### **Hope 4 You ~ Pennsylvania**

March 26, 2011  
Crossroads Church  
Oakdale, PA

Speakers:

*Carole Lewis*, Director, FP4H  
*Vicki Heath*, Associate Director, FP4H

#### **Weigh to Wellness for Women**

April 3-8, 2011  
Sandy Cove Ministries Retreat Center  
North East, MD

*Carole Lewis*, Director, FP4H  
*Vicki Heath*, Associate Director, FP4H  
& More!

#### **Leadership Summit 2011**

July 29-30, 2011  
Houston's First Baptist Church  
Houston, Texas

Speakers:

*Carole Lewis*, Director, FP4H  
*Vicki Heath*, Associate Director, FP4H  
and many more!

#### **Wellness Retreat**

October 6-13, 2011  
Round Top, Texas

Speakers:

*Carole Lewis*, Director, FP4H  
*Vicki Heath*, Associate Director, FP4H  
and more!

~ ~

**For more information or to register for  
any of these events, visit our website,  
[www.firstplace4health.com](http://www.firstplace4health.com)**

~ ~



## Holiday Temptations, Oh No!

**Steve Reynolds**  
sreynolds@capitalbaptist.org



***But every man is tempted, when he is drawn away of his own lust and enticed. James 1:14***

Can you believe it? The holiday season is back! Where did the time go? It seems like yesterday we celebrated the New Year! This is the time of year when many people have a problem with weight control because of the holiday temptations. So it's necessary to stay focused on your goals. Now, more than ever, you need to know the importance of dedicating your body parts to God in order to be successful in maintaining your quest for healthy living.

### **Dedicate Your Hands**

You might ask, "What do my hands have to do with losing weight?" The Bible says, *Cleanse your hands you sinners.* (Jas.4:8) Think about what you do with your hands. Let's dedicate our hands to God to do His work. Hands are an active part of our healthy lifestyle. You need to dedicate your hands to God and say, "God, I'm going to honor you with my hands. I'm going to please you with my hands." Use them to grab a bottle of water. Use them to detoxify your kitchen. Move your hands to select healthy foods and prepare healthy meals. Don't use them to pick up unhealthy food.

### **Dedicate Your Feet**

The Bible says the feet that are dedicated to God are beautiful. *How beautiful are the feet of those who preach the gospel of peace, who bring glad tidings of good things!* (Rom. 10:15) You need to dedicate your feet to God and say, "God I want to be a witness for you, wherever my feet take me. Whether I go to church, to my job, to the grocery store or anywhere else, I want to be a witness for you. I'm not going to allow these feet to take me to places that would displease you. Instead, I will use my feet to exercise and not walk into areas of temptation."

### **Dedicate Your Ears**

Have you wondered how your ears affect your diet? Just think about all the information about food that comes to us through our ears. We are bombarded with talk about food, not only from the media but also from any small group of people standing around chatting. Much of the time the conversation is about food. We must resist the temptation about food that comes to us through our ears. Eve fell into sin when she heard what the serpent said about the forbidden fruit and was encouraged to eat it. She listened, she heard, she disobeyed. Let's not listen to the temptation that comes through our ears. Use them to listen to praise music while you exercise. Use them to listen to good advice from others. Use them to listen to God's voice. Use them to listen to information that will bring better health. Don't listen to words like "just a little won't hurt you."

With the holidays upon us, your healthy lifestyle will be tempted. Don't do it, don't allow your body parts (hands, feet or ears) to lead you into temptation. Remember, your body was made by God and for God.

### **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

*Do not be anxious about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God.*

P h i l i p p i a n s 4 : 6

Life offers us no shortage of things that tempt us with anxiety. The pressures of jobs, relationships, parenting, keeping house, paying bills, eating healthy... even balancing all of the above can produce an abundance of anxiety, if you let them. The apostle Paul, under the direction of the Holy Spirit, says, “Do not be anxious.” When I realized this meant that I actually had a choice of whether or not to give in to anxiety, my life started changing for the better.

You see, when the Lord gives us a command, like this one, He always provides the “how to” do it. When we recognize the familiar feeling of anxiety, we are to stop—and take our feelings and concerns to the Lord in prayer. Not only that, but we are to do so with thanksgiving.

No matter how ominous the circumstance, we can always begin by thanking the Lord that we don’t have to face it alone. Thank the Lord that He is able to do infinitely more than we could ask or dream and that He is working all things – truly *all* things – together for our good whether it feels that way or not. Thank Him that nothing is impossible for Him. As you pray and express your gratitude to the Lord, it will become much easier to present your requests to God and then leave them there with Him. When we begin to thank God for what He has done for us in the past and what He desires to do in and through us in the future, our gratitude will grow and our eyes will begin to look above our problems into the face of our God. That’s when the most awesome thing happens...peace replaces anxiety!

You see, this verse is an instruction that is followed by a promise. “And the peace of God, that transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:7) How awesome! How amazing! How like God’s economy! He lifts my anxiety and guards me with His peace.

Let’s not allow anxiety to color our lives this holiday season. It’s not necessary. It is avoidable. We have so many things to be thankful for. Let’s develop an *attitude of gratitude*. When the things of the world press in on us, let’s consciously count our blessings and express our thanks to the Lord. Let’s present our requests to Him and leave them to Him to handle in His time and in His way, and then let’s receive His peace. It transcends our circumstances. Thank You, Lord!

**Journal:** Record your top concern and rephrase it with words of gratitude for what God does in working in and through you for His good purposes. Whatever the outcome, don’t forget to thank Him for His peace that passes all human understanding.

*Karrie Smyth*

*Taken from **Healthy Holiday Living**. To order, visit our website, [www.firstplace4health.com](http://www.firstplace4health.com) or call 800.727.523, x1002.*



## Success Story



**Ruth Alderman**  
Rock Hill, SC

In years past, I joined and participated in every First Place 4 Health class available, along with many other weight loss programs offered in my community. At the completion of each program, the result was the same. I weighed more at the end than when I began. In the final analysis, any pounds lost were soon regained, plus a few extra. What I was doing to my body was starting to take a toll.

The visits to my physician were more frequent and two serious problems emerged. My blood pressure and cholesterol was consistently high. For the first time in my life, I was taking prescription drugs on a regular basis. It did not take long for me to realize that being overweight was contributing to my health problems. Eating too much was no longer a matter of self-esteem or self-confidence, it was a matter of whether I wanted to enjoy good health.

The break in the chain of failure occurred when I observed my precious daughter-in-law losing and maintaining her weight. I knew she was practicing all of the principles she learned through the First Place 4 Health program. Knowing that I needed to do something, I reluctantly decided to join FP4H for what seemed to be the hundredth time. The real difference this go-around was a strong desire to succeed and the confidence to stay on track.

As the weeks went by, I started to develop more confidence that I could reach my goal. I firmly believed that God was intervening on my behalf. I faithfully attended each session. My determination increased with the help of close friendships, prayer partners and God's Word. Gradually, the weight began to come off and after eighteen months, I had lost 90 pounds. With the weight loss and regular exercise, I was feeling my best. The doctor visits became less frequent and finally, the physician indicated that prescription drugs for high blood pressure and cholesterol were no longer necessary. I had truly reached my goal.

With some healthy nutritional habits established and daily exercise, I had no problem maintaining my weight, but I noticed my midriff and abdomen were not showing results or toning from the physical exercise like the rest of my body. During one session, I felt a pain as though a muscle had been strained in the abdominal region. The pain lingered for several weeks and would not go away. A CT Scan revealed a ten-inch tumor and surgery was scheduled the following week, with the expectation the tumor was a fibrous growth and I shouldn't be concerned. After the surgery, I was told the tumor was malignant and I had ovarian cancer. Had I not lost the weight, I am convinced the tumor would not have been discovered early. I never thought nutrition was so important. Today, my focus and attention is clearly on the Scriptures as I cling to God's promises. My loving family and friends are constantly praying and fasting in expectation of a miracle. A prayer web page is established and over 400 people have signed on, most of the names I do not recognize.

In my current circumstance, God is teaching me to submit and trust Him, whether it pertains to my eating habits or other areas of my life. No matter what this journey yields, I will praise and glorify God. One thing I have to share with everyone who hears my story, please take charge of your health. When you have your annual physical exam, insist on the blood test that can screen for ovarian cancer. People in the medical profession are gifts from God, but remember that our hope is in the Lord Jesus Christ.







## Recipes

Selection of recipes taken from *Healthy Holiday Living*.

### *Sausage and Cheese Breakfast Casserole* Serves 12

12 oz. turkey breakfast sausage  
 2 cups 1% lowfat milk  
 2 cups egg substitute  
 1 tsp. dry mustard  
 ¾ tsp. salt  
 ½ tsp. freshly ground black pepper  
 ¼ tsp. ground red pepper  
 3 large eggs  
 16 (1 oz.) slices white bread  
 1 cup (4 oz.) finely shredded reduced-fat extra sharp cheddar cheese  
 1/4 tsp. paprika  
 nonstick cooking spray

Heat a large nonstick skillet over medium-high heat. Coat pan with nonstick cooking spray. Add sausage to pan and cook for 5 minutes or until browned, stirring and breaking sausage to crumble. Remove from heat and cool. Combine milk, egg substitute, mustard, salt, black pepper, red pepper and eggs in a large bowl, stirring with a whisk. Trim crusts from bread. Cut bread into 1-inch cubes and add bread cubes, sausage and cheddar cheese to milk mixture, stirring to combine. Pour bread mixture into a 13" x 9" baking dish or a three-quart casserole dish coated with nonstick cooking spray. Spread egg mixture evenly in baking dish. Cover and refrigerate 8 hours or overnight. Preheat oven to 350° F. Remove casserole from refrigerator and let stand for 30 minutes. Sprinkle paprika evenly over the casserole. Bake at 350° F for 45 minutes or until set and lightly browned. Let stand for 10 minutes.

**Nutritional Information:** 184 calories; 6.8g fat  
 15.9g protein; 14g carbohydrate; .6g fiber; 76mg cholesterol; 636mg sodium

### *Sugar-Free Cocoa Mix* Serves 12

2 1/3 cups instant nonfat dry milk  
 1/3 cup unsweetened cocoa  
 1/3 cup granulate calorie-free sweetener  
 miniature marshmallows (optional)  
 sugar-free candy canes (optional)  
 Combine first nonfat dry milk, unsweetened cocoa and calorie-free sweetener in a large bowl and stir well. Store in an airtight container. To serve, spoon ¼ cup of the cocoa mix into each mug. Add 1 cup boiling water and stir well. Top with miniature marshmallows or sugar-free candy canes, if desired (note that marshmallows and candy canes not included in the nutritional information below).

**Nutritional Information:** 62 calories; .4g; 5.1g protein; 13.5g carbohydrate; .8g fiber; 2mg cholesterol; 73mg sodium

### *Black Bean Dip with Lime* Makes 5 Cups

2 (15 oz.) cans black beans, rinsed and drained  
 1 cup grated carrot  
 ½ cup fresh lime juice (about 2 limes)  
 ¼ cup finely chopped green onions  
 ¼ cup chopped fresh cilantro  
 1 tsp. minced garlic  
 ¼ tsp. salt  
 1/8 tsp. ground red pepper  
 baked tortilla chips

Place beans in a food processor and pulse until almost smooth. Combine the beans, carrot, lime juice, onions, cilantro, garlic, salt and red pepper in a medium bowl, stirring until well blended. Let stand for 30 minutes. Serve with baked tortilla chips. Makes 5 cups.

**Nutritional Information:** 19 calories; .1g fat; 1.2g protein; 3.9g carbohydrate; 1.3g fiber; 0mg cholesterol; 61mg sodium