



## *Dear Ones,*

March 2011 was the beginning of 30 years of the First Place 4 Health's ministry. I didn't have a clue about all God planned to do when I joined the initial First Place class in March 1981 at my church in Houston, Texas. Today I look back and see that thousands of lives have been changed forever because these men and women have learned how to give Jesus Christ first place in their lives.

The first big 30<sup>th</sup> anniversary celebration event will be our 2011 Summit at Houston's First Baptist Church on July 29-30. This event, which is usually reserved for FP4H Leaders, will be open to everyone this year. Many exciting seminars designed for FP4H leaders and members, along with inspiring worship and praise, will encourage you to continue your journey to wellness or motivate you to get started.

The Summit begins at 9:00 a.m. Friday, July 29, and ends at 3:00 p.m. on Saturday. Visit our website under the Events tab for more information or to register.

When I joined First Place in 1981, I thought this was just another weight loss program. It sounded like fun because it was being held at my church and I could go to class with my family and friends. I never dreamed that God was going to use this program to literally change my life.

I was a Christian when I joined the class, but Jesus was not Lord of my life. After three years in the program, I finally gave up the reins of control to the Lordship of Christ and He began the work of conforming me to His image. I'm not there yet, but I have only praise for all Jesus has done since He became the Lord of my life.

Giving Jesus control was by far the most important decision I have ever made. What could He do *through all of us if He could have all of us?*

The second greatest blessing these last 30 years has been the friendships I have made in the program. We just returned from a Wellness Week at Sandy Cove Conference Center in Maryland and I left the week with 22 new friends. FP4H people have to be the nicest people in the world. I can think of almost any state in the US and immediately think of some FP4H person I love who lives there. I also have some wonderful FP4H friends in Canada and Australia.

Our theme for the 30<sup>th</sup> Anniversary year is "Better Together" and we truly are better together than if we tried to do it alone. My First Place 4 Health family is the greatest and I can't wait to see all of you on July 29-30 in Houston.

### **Matthew 6:33:**

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

### *Dear Ones*

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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

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## Simple Ideas for Leaders

### Prayer Partner Idea ~

#### Right-Left Prayer Partner Exchange

Instead of drawing names out of a hat to exchange prayer partners, try this! Each member should complete his/her prayer partner form and fold it a couple of times. Then, you read the following vignette. When members hear the word *right*, they pass their forms to the right; when they hear the word *left*, they pass their forms to the left.

Sometimes we want to lose weight, and we join a group like FP4H, which offers all the right tools. We learn how to eat right. We choose the type of exercise that is right for us and we calculate the right amount of calories that we should eat in order to lose weight. We learn that if we place God first, everything else will fall right into place. If we don't, we may go right back to where we left off—trying to rely on our own strength. It won't be long before we realize that we need to get back on the right track—and go right back to our FP4H meetings.

We must stay on track and not turn to the left or to the right. We must stay focused on our goal and press on, just like the other group members. We don't want to be left in the dust, now do we? We need to look to Jesus, who sits at the right hand of the Father—He is the author and finisher of our faith. And we are more than conquerors because of Him. We are co-heirs with Christ. We have the right to eternal benefits--a home in heaven that He has made just right for us. We will not be left behind!

And when Jesus left this earth, He sent the Holy Spirit, the Comforter, who is right beside us, always nudging us and urging us to make the right decisions. Sometimes He will even help us in making the right choice about what to eat and about what should be left behind.

We must remember to be still sometimes so that we can hear that still, small voice. It might require actually scheduling some quiet time right before we start our day. And when you listen, know this, “Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, “This is the way; walk in it.” And be sure to do so! Because the steps of the righteous are ordered of the Lord.

Remember to praise God, because the joy of the Lord is our strength. Do as the psalmist does, “I will bless the Lord who guides me; even at night my heart instructs me. I know the Lord is always with me. I will not be shaken, for he is right beside me.”

Also, we have support from our friends in this group. Look to your left and to your right. Someone is there to encourage you to stay right on track. Now you have no excuses! Your old habits should be left behind. God will strip them away. And what will be left? A new creation, that's right! Now, have a blessed evening! And come right back to FP4H next week! And don't forget to pray for the person whose prayer partner form is left in your hand.

Sent by Desiree Glass

*Please share your leadership tips and creative ideas for your class. We would love to include them in our new Simple Ideas for Leaders column in future newsletters. Send them to [lisa.lewis@firstplace4health.com](mailto:lisa.lewis@firstplace4health.com).*



## Leadership

### Out With The Old, In With The New



**Vicki Heath**

vicki.heath@firstplace4health.com

Yes, spring is finally here. Some of you have survived a brutal winter in more ways than one! I had surgery in December and feel like I have been hibernating for the past three months! I have been out and about, but now I am ready to do the hard work to prepare for new growth—inside and out—and I feel like I am ready to bloom! I started with my yard. Many of you know that I am not a yard person, but my house is on the market and the yard needs to look good. First things first—get rid of the weeds. I started pulling. That is hard work on the back! Next—keep the good stuff. I did discover some things growing in my yard that I did not need to pull out. They were just starting to come up, but I did not recognize that it was a good plant. Thank the Lord for my neighbor. He helped me know what to keep.

#### What to Throw Out and What to Keep

The same concept is true for us as leaders. This spring you might need to take an inventory of your “yard” and see what needs to take place in order for new growth. What do you need to throw out and what do you need to keep? It’s an interesting concept.

Self-examination of my “yard” revealed the following that I needed to throw out:

**Toxic thinking:** Some of those yucky weeds started growing in my brain while I was recovering from my surgery. Stupid, untrue thoughts like, “This is the beginning of the end; I will never be able to exercise again; I will gain a lot of weight and be disqualified...blah-blah-blah.” I had to grab hold of those untrue thoughts and yank them out at the roots. The root sin of that thinking is unbelief. Not believing that God in me has the power to overcome any obstacles, setbacks or difficulties that may come my way in life. “No, in all these things we are more than conquerors...” (Romans 8:37).

**Excuses:** These are the excuses I made for myself, and heard from others this winter, for not exercising:

*I’m just not ready.*

*It’s been too cold.*

*My sidewalk is frozen.*

*My back gets stiff in the winter.*

*I can’t leave my dog alone in the house with the heat on.*

Really? We need to throw out those excuses and get moving! Studies show that your body burns more calories if you exercise in the cold weather! Besides that, it’s warm now.

Those are just a few things as leaders we need to get rid of, to throw out. I did a quick search and there are more than 15 verses in the Bible encouraging us to “throw out.”

Spring cleaning will also reveal what we need to keep. When I discovered the valuable plants growing in my yard, I wanted to keep them and cultivate them for more growth.

What we need to keep:

Keep leading yourself

Keep persevering

Keep your tracker!

These three things are the keepers. “Let us not become weary in doing good for at the proper time we will reap a harvest...” (Galatians 6:9)! A harvest of success - strong and healthy FP4H members being led by a strong and healthy leader – YOU!

**Keep Leading Yourself:** Are you a strong leader? Leadership is not always just about position; it’s about influence. Some of you are leading FP4H classes and some of you may be leading a team at your workplace; you may be leading young athletes, students or even your own children or grandchildren.



It does not matter how your team is put together, they are looking to you for leadership. I don't know where I heard the old saying, but I like it: *A leader of one, a leader of many; if you can't lead one, you can't lead any.* Practicing self-leadership is certainly one of the things we want to *keep*.

**Keep persevering:** Don't give up on yourself or your class. I have realized that it is going to take me a lifetime to reach all the goals I have set for myself in the different areas of my life. What else have I got to do! I may as well hang in there for the long haul! That is exactly what God wants me to do; one day at a time – one pound at a time.

**Keep your Tracker:** Once again, as leaders we must practice what we teach. There is nothing more effective for practicing mindfulness than to keep track of our daily lives. Whether it be what we are putting in our mouths or what we are putting in our hearts, what we are doing with these bodies or what we are **not** doing with these bodies. We must keep track so we don't get off track!

My final thoughts on spring cleaning: You are not perfect, but God is! He will use you and all of your frailties as long as you continue to yield yourself to him and his refining power. Spring is here, bursting forth in all of its beauty! I am throwing out some things and keeping some things and letting God, the Vinedresser, do His gardening in my life. How about you?

**Vicki Heath**

# SUMMIT 2011

## Better Together

The First Place 4 Health staff would like to invite you to Summit 2011 in Houston, Texas on July 29-30, 2011. The first Summit event in 2003 marked the beginning of what has now become the yearly trek to Houston, Texas for many from across the continent! It is two days of motivation, information and fun! All are welcome as we celebrate 30 years of ministry at Summit 2011. Here is just a sample of some of the seminars you can pick from at this year's event:

- Food Plan 101
- Food Plan 102
- Healthy Tools on the World Wide Web
- Top 10 Ways to Kill Your FP4H Group
- Grow a Happy Healthy Family
- Self Care & Emotional Eating
- Confident Communication
- How to Grow Your Group
- How to Start a FP4H Group
- Healthy Menu Planning
- Choosing to Change
- Importance of Strength Training
- Tips and Strategies for the FP4H Leader

*More information available on page 12 of this newsletter or online at [www.firstplace4health.com](http://www.firstplace4health.com) under the Events tab.*



## Balanced Living - Physical

### Fitness for the Feet



**Jeannie Blocher**  
jeannie@bodyandsoul.org

If you were going to spend money on new fitness wear this spring, what would you buy? What do you think is the most important thing to buy when you are going to make fitness a part of your everyday life? May I suggest that it be a “good pair of fitness shoes!”

Our feet form our base of support for everything from standing to running. Anyone who has ever sprained an ankle or broken a toe knows how a foot injury affects your whole life. Imbalances in the foot can cause everything from shin splints to hip problems. Because the “foot bone is connected to the leg bone” etc., everything works together in God’s amazing plan of how he created the human body.

So how do you take care of our feet when you want to be an active person? The first thing is to get good supportive shoes, and this is no small task. Because feet are very individually made by God (just like snowflakes), there is no one brand that will work for everyone. You need to get out to the store and try them on. Take your own socks and try on various pairs with a plan to walk, jog and jump around a little bit when you have the shoes on your feet, so you can feel them in action.

Most shoe store employees have some knowledge of individual brands, but some stores seem to be better than others. It’s okay to go for the discount stores where the employees mostly just check you out; however, I recommend trying on shoes at athletic gear stores first. You can talk to people who are more ‘in the know’ and then look for a place with a deal on those shoes.

Don’t let price be the leading reason for buying a pair of shoes. You may just find yourself buying another pair way too soon. And forget shoe size—it is not about the size, it is about the fit. Size seems to vary from shoe company to shoe company, so the question is—does it feel comfortable? If it does, you will wear it!

One additional consideration: If you wear orthotics prescribed by your doctor or if you buy gel inserts for your shoes, take them with you, as well as the type of socks you wear for fitness, and be sure that you are buying shoes that are the right size with these things added. This may seem like a lot of work, but it is worth it. When you slip those shoes on to get ready for your workout, you want to say, “Ahh!”, not “Ow!”

#### **Jeannie Blocher**

President, Body & Soul Fitness



## Upcoming Events

### **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!

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

April 9, 2011  
Pleasanton, Texas  
Contact: Jeanne Ulrich  
Phone: 830.569.5301  
Email: robertl.ulrich@hotmail.com

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

April 9, 2011  
Elmhurst, IL  
Contact: Becky Bergner  
Phone: 217.341.2527  
Email: becky\_bergner@yahoo.com

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

April 16, 2011  
Petersburg, IL  
Contact: Becky Bergner  
Phone: 217.341.2527  
Email: becky\_bergner@yahoo.com

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

May 21, 2011  
Oakdale, PA  
Contact: Helen Baratta  
Phone: 412.400.4644  
Email: hbaratta1@verizon.net

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

June 18, 2011  
Pearl, MS  
Contact: Joyce Ainsworth  
Phone: 601-825-1136  
Email: [glenna@netdoor.com](mailto:glenna@netdoor.com)

### **\*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!

**\*All are invited to our 30<sup>th</sup> Anniversary Celebration at Summit 2011 – leaders, members, friends, supporters.**

### **Better Together ~ Massachusetts**

September 10, 2011  
Attleboro, MA  
Speakers:  
*Carole Lewis*, Director, FP4H  
*Vicki Heath*, Associate Director, FP4H  
Contact: Monique Johnson  
Email: FP4H\_FAC@yahoo.com

### **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)**

~ ~



## Ready Set Go!

**Steve Reynolds**  
sreynolds@capitalbaptist.org



*“Therefore, to him who knows to do good and does not do it, to him it is sin.”*  
(James 4:17)

Most of us know that we need to get healthier. The problem is that we’re not motivated to do anything other than talk about it; once in a while we get started and then give up within a week or two when we are not satisfied with the results. We have to determine how to get motivated and stay that way. Weight loss is about a lifestyle change and it won’t happen unless you are inspired to take those first steps and then stay with the program. We must also remember it takes more time and effort to lose than to gain. We can’t get discouraged.

Some of us become inspired when the doctor tells us that if we don’t lose weight we’re going to lose our life. Some of us get sick of not being able to tie our shoes without huffing and puffing over a big stomach. Some of us have an event to attend for which we want to lose weight. It doesn’t matter what the inspiration is, the important part is to find out what works for you and get going on a plan.

To encourage you, let me remind you that by making small changes to your diet and exercise routine, you can begin to reduce your waistline. It isn’t complicated; it isn’t costly, but it does take determination and commitment—and lots of it. Let me remind you that your first inspiration must be to remember that your body was created by God and for Him. It is God who sustains your life and God is the one keeping your heart beating and your brain functioning.

God cares about our bodies. He cares if we are healthy or not. I believe this and it’s why my church and I are on the front lines of the fat fight. It’s also one of the reasons the media is so interested in what we’re doing. It’s a new concept to many people that God cares about our health. Many journalists are merely looking at the physical side of things. This fight, however, is also a spiritual battle. The enemy of our souls wants us to be overweight, without energy and unhealthy as much as God wants us to be at the right weight, having energy and becoming healthy. We are not going to be our most effective in God’s kingdom if we cannot function at peak physical efficiency.

We have to make a decision. Do we want to live drained of energy or energized? In what type of plan will we participate—the “talk about it” plan or “be about it” plan? You know what to do! Now, GO do it!

**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

### Walking the Talk

*He has showed you, O man, what is good. And what does the Lord require of you?  
To act justly and to love mercy and to walk humbly with your God.*

Micah 6:8

There are two ways that I can change my way of living and thinking about food. The first way involves learning all of the rules—the foods to eat and the foods to not eat. The rules about what to eat also come with rules for rigorous exercise. The second way to submit myself to God's plan for my life is to live utterly dependent on Him, seeing my body as the temple where the Holy Spirit resides.

If I choose the first way, I can become rigid and legalistic about the rules and become critical of those who do not follow the rules. When the work of doing the rules becomes too difficult, it is easy to just quit. In reality, the first way is change on the outside, which is only temporary.

When I choose the second way, it is about a change on the inside. I enter into a relationship with my Savior and am consumed by my desire to become more intimate with Him. When I change on the inside, I become authentic in my daily living. What I eat becomes an act of worship, and my desires are to please Him in all that I do.

The Lord has been merciful with this wretched man. Scripture reading, Scripture memory, Bible study and prayer are the tools for an inward change in my living and thinking about food.

#### PRAYER

Thank You, Lord, for showing me the difference in the spiritual discipline of submitting all of living and thinking to You. I want to submit to You more and more every day.

**Journal:** Is your walk with the Lord what you want it to be? If not, what needs to change?

Michael D. Smith

*Taken from Living Well, FP4H Devotional Book. To order, visit our website,  
[www.firstplace4health.com](http://www.firstplace4health.com) or call 800.727.523, x1002.*





## Success Story

### Connie Welch Keller, Texas

My story is how God takes tragedy and turns it into triumph. I was diagnosed in 1994 with Chronic Active Hepatitis C. In 1992, I had surgery at an outpatient surgical center where a drug user was working as a scrub tech. While the scrub tech was alone with the patient, he would take the patient's syringe of medicine and shoot up. He then refilled it with normal saline from the patients IV bag. The contaminated syringe was used on the patient in surgery. After the surgery, I began to have symptoms associated with liver disease. Later it was discovered the source of the infection. Through liver biopsies I found that the disease was not only chronic, but also active. I took Chemo-Interferon therapy twice. Neither time was successful. I knew that the Lord had a plan for me. I prayed for His direction. God led me to study about the liver and the immune system. I learned how I could help my body build a strong defense.

I consulted a registered dietitian, and learned how healthy eating has positive effects on the body. Through changing my diet, I began to feel stronger and my energy increased. She told me by losing weight and staying in a healthy weight range my immune system would be stronger. She gave me suggestions on nutrition. But there were areas, like pieces to a puzzle, that were not coming together for me to achieve the total health and

wellness I knew God desired. I accepted Christ as my Savior when I was 12 years old. I thought that meant he had all of me, which is true, but I didn't realize what giving Him first place in every area looked like. I never thought about Him caring about what I ate.

I was introduced to First Place in 2006, when my church hosted a Women's Ministry Banquet. I never thought about involving God in losing weight. I had tried numerous other weight loss programs with only temporary success. I had a longing for something deeper. I learned in First Place the Lord desires to be Lord over all our being: spiritual, mental, emotional, and physical. It was truly a "light bulb" moment. One after another began to light up inside of me. The Lord transformed me from the inside out. This program teaches how to live life in a new way. God's power of transforming our minds, putting His word into action, changes our lifestyle. God uses balanced nutrition to bring health to our bodies, which is His temple. In this process I physically lost 41 pounds, but gained tremendous growth in the Lord. The combination of a health and wellness program with Biblical integrity was the pieces of the puzzle that had come together in my life.

The Lord has led me on an awesome journey. The desire of my heart is to allow the Lord to use me to make a difference in the quality of other's lives. I cannot think of a greater joy than walking with the Lord, and living out what He has created you to do.

I praise the Lord that it has been 18 years, and I am in remission and in excellent health. The doctors have commented to me, "I don't know what you are doing, but keep doing it." I give the Lord all the credit. I praise Him, for my prognosis is very bright! The Lord is Lord over all my life. Wherever He leads I will follow.





## Recipes

### *Bean Dip with Spinach*

8 cups packed baby spinach leaves  
1 can white beans,  
1 tablespoon olive oil  
2 teaspoon lemon juice  
1 tablespoon water  
Salt and pepper to taste

Rinse spinach and place (still wet) in a large pot. Cover and cook over medium-low heat, stirring once, until spinach wilts, about 4 minutes. Drain spinach in colander and let cool slightly. Wrap in paper towels and squeeze out as much liquid as possible. In the bowl of a food processor or blender, combine white beans, oil, lemon juice, water, and half the spinach. Puree until smooth. Season with salt and pepper. Coarsely chop remaining spinach. Stir into dip. Serves 4.

**Nutritional Information:** 50 Calories; 7g Carbohydrates; 2g Fat; 0mg Cholesterol; 2g Fiber; 2g Protein

**Tracker:** ½ cup vegetable

### *Healthy Baked Tortilla Chips*

5 corn tortillas  
salt

Preheat oven to 400 degrees. Stack tortillas one on top of the other and cut them in half and then in half again. Spread them out in a single layer on a cookie sheet, spacing them at least 1/4" apart. Shake salt over tortillas. Bake 8-12 min or until chips are starting to get crispy and slightly golden brown at the edges. Remove from oven and let cool 5-10 min before serving so they fully crisp. Extra Crispy: put back in turned off oven at least 10 min or until ready to serve for extra crispy and warm chips (watch them!). Serves 2.

**Nutritional Information:** 130 Calories; 1.7g Fat; 0.0 mg Cholesterol; 27mg Sodium; 26.7g Carbohydrate; 3.7g Fiber; 3.4g Protein

**Tracker:** 2 oz.-eq grain

### *Key Lime or Lemon Pie*

1 prepared graham cracker pie crust  
½ cup lime juice or lemon juice  
2 egg yolks  
1 recipe of *Faux Sweetened Condensed Milk*  
2 cups Light Cool Whip

In a medium mixing bowl blend the lime juice, egg yolks, and condensed milk. Pour into crust and refrigerate for at least one hour, top with Cool Whip.

**Nutritional Information:** 284 Calories; 7g Fat; 46mg Cholesterol; 136mg Sodium; 54g Carbohydrate; 5g Protein

**Tracker:** 1 oz.-eq grain

### *Faux Sweetened Condensed Milk*

¾ cup Splenda or other sugar substitute  
1/3 cup water  
2 tablespoons light margarine  
1 cup dry powdered milk  
½ teaspoon vanilla

In a 2 cup measuring cup, add Splenda, water and margarine. Microwave on high 1 ½ to 2 minutes, until mixture boils, stirring every 30 seconds.

In a blender pour the dry powdered milk, add water mixture and vanilla. Process until smooth, cover and refrigerate until cooled.

**Nutritional Information:** 338 Calories; 11g fat; 12mg Cholesterol; 536mg Sodium; 36g Carbohydrate; 24g Protein

**Tracker:** ½ cup milk

### *Asparagus with Creamy Tarragon Sauce*

2 bunches asparagus, tough ends trimmed  
1/2 cup low-fat plain yogurt  
6 tablespoons reduced-fat mayonnaise  
4 teaspoons chopped fresh tarragon, or 1 teaspoon dried  
1 tablespoon lemon juice  
1 tablespoon water  
2 teaspoons Dijon mustard  
Salt & freshly ground pepper, to taste

Bring 1 inch of water to a boil in a large saucepan. Put asparagus in a steamer basket, cover and steam until tender-crisp, about 4 minutes. Meanwhile, whisk yogurt, mayonnaise, tarragon, lemon juice, water, mustard, salt and pepper in a small bowl. Drizzle the sauce over the asparagus. Serve warm or cold.

**Nutritional Information:** 114 calories; 7 g fat ( 1 g sat , 2 g mono ); 8 mg cholesterol; 10 g carbohydrates; 0 g added sugars; 4 g protein; 2 g fiber; 350 mg sodium; 336 mg potassium.

**Tracker:** 1/2 oz. grain, 1/2 cup vegetable

### *Grilled Salmon with Mustard & Herbs*

2 lemons, thinly sliced, plus 1 lemon cut into wedges for garnish  
20-30 sprigs mixed fresh herbs  
1 clove garlic  
1/4 teaspoon salt  
1 tablespoon Dijon mustard  
1 pound center-cut salmon, skinned

Preheat grill to medium-high. Lay two 9-inch pieces of heavy-duty foil on top of each other and place on a rimless baking sheet. Arrange lemon slices in two layers in the center of the foil. Spread herb sprigs over the lemons. With the side of a chef's knife, mash garlic with salt to form a paste. Transfer to a small dish and stir in mustard and the remaining 2 tablespoons chopped herbs. Spread the mixture over both sides of the salmon. Place the salmon on the herb sprigs. Slide the foil and salmon off the baking sheet onto the grill without disturbing the salmon-lemon stack. Cover the grill; cook until the salmon is opaque in the center, 18 to 24 minutes. Carefully transfer foil and salmon back onto the baking sheet. Cut the salmon into 4 portions and serve with lemon wedges (discard herb sprigs and lemon slices).

Tip: How to skin a salmon fillet: Place skin-side down. Starting at the tail end, slip a long knife between the fish flesh and the skin, holding down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

**Nutritional Information:** 212 calories; 12 g fat ( 2 g sat , 4 g mono ); 67 mg cholesterol; 1 g carbohydrates; 23 g protein; 0 g fiber; 261 mg sodium

**Tracker:** 3 oz. meat

# SUMMIT 2011

## Better Together



Join us for an incredible two days of celebrating, networking, brainstorming, idea sharing, praying, learning, worshipping and so much more as we celebrate 30 years in ministry. Members, leaders, potential leaders and all those interested in obtaining practical information to guide them on their journey to health are welcome. We hope you'll join us for this 30<sup>th</sup> anniversary edition of our annual Summit event.

## Who?

You can look forward to hearing from First Place 4 Health staff members and lots of guests from our 30 years in ministry!

## What?

There will be many motivating and informative seminars to choose from at the summit. Look for a complete list on our website. Here's just a sample:

- ★ Food Plan 101 (beginner) & Food Plan 102 (advanced)
- ★ Grow a Happy Healthy Family
- ★ Seven Keys to Public Speaking
- ★ How to Grow Your FP4H Ministry
- ★ Meal Prep & Menu Planning
- ★ Importance of Strength Training
- ★ The Challenge of Emotional Eating
- ★ How to Start a FP4H Group

## Where?

Houston's First Baptist Church, 7401 Katy Freeway, Houston, Texas 77024

## When?

**July 29-30, 2011.** We will begin at 9:00 AM on Friday, July 29<sup>th</sup> and end at 8:00 PM that evening. We'll start again at 9:00 AM on Saturday and end at 3:00 PM.

## Questions?

Go to [www.firstplace4health.com](http://www.firstplace4health.com) and click on Events and then Leadership Summit. More information as well as registration information will be posted there in the next few weeks. You can also contact Lisa Lewis at [lisa.lewis@firstplace4health.com](mailto:lisa.lewis@firstplace4health.com) or 800-727-5223, x1001

# SUMMIT 2011

Please register me for the First Place 4 Health Leadership Summit 2011. I have filled out the information below and included the payment. **DEADLINE: JULY 11, 2011**

Mr./Miss/Mrs./Ms. \_\_\_\_\_

Phones (h) (\_\_\_\_\_) \_\_\_\_\_ (w) (\_\_\_\_\_) \_\_\_\_\_

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Fax # (\_\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_ @ \_\_\_\_\_

Church Membership \_\_\_\_\_ City \_\_\_\_\_

I understand that I will not be registered until I send a check, or credit card information. Check what you are paying for and method of payment:

\_\_\_\_\_ I am registering for the Leadership Summit for \$79.00 (postmarked by 7/11/11)

\_\_\_\_\_ I am paying \$89.00 because my registration will be postmarked or faxed after July 11<sup>th</sup>.

\_\_\_\_\_ I would like to purchase a Leadership Summit T-shirt for \$10.00. (A limited amount of t-shirts in limited sizes will be available for purchase at the event. First come, first served.)

Please **circle** size:      M      L      XL      XXL      XXXL

Total payment Enclosed: \_\_\_\_\_

\_\_\_\_\_ Check    Check # \_\_\_\_\_

\_\_\_\_\_ Credit Card:    please **circle**    Visa    Mastercard    American Express    Discover

Credit Card #: \_\_\_\_\_ Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_

Name as it appears on the card \_\_\_\_\_

Please return form and payment to:  
First Place 4 Health  
Attention: Summit Registrations  
7025 W. Tidwell, H-101, Houston, Texas 77092  
Fax: 713.462.4384