



From the Heart ~ Carole Lewis

I just returned home from spending four days with some fellow authors and speakers. This is the fourth year we have met in January to refresh and refuel mentally, emotionally, spiritually and physically. A few have attended all four years and a few were with us for the first time. The reason I am mentioning this event is because several things happened to convince me that in this life, much more is caught than taught.



Our daughter, Lisa Cramer, and our daughter-in-law, Lisa Lewis, cooked the meals for the group of authors. Before the event began, Lisa L. asked Lisa C. why she ties her shoes with her left hand? Lisa C. didn't have a clue that she tied her shoes with her left hand but as the days went by, the three of us were amused at how much Lisa C. does with her left hand. Lisa C. is not left-handed, but her Mama is (that would be me) and all we can figure is that Lisa observed me doing life left-handed and picked up the way I do things!

I also observed that four of the authors have lost a lot of weight this last year. None of them are in a First Place 4 Health class where they live, which leads me to believe that they "caught" the teachings of First Place 4 Health and applied them without the support of a FP4H class.

One of these four women came last year feeling spiritually dry and after she went home, she completed the FP4H Bible study that each author received as part of our time together. She shared that she has now completed four FP4H Bible studies and that they have changed her life and restored her passion for spending time with Jesus each morning.

She shared a new book with us, *The Circle Maker*, by Mark Batterson, that is helping her to pray even more boldly than before. This book is about learning to pray bold prayers and this author shared that God has miraculously answered some bold prayers that she has prayed during this last year.

While I was away with the authors, I received an email from Joyce Ainsworth, a FP4H leader and networking leader in Brandon, Mississippi. Last summer at our FP4H Summit, Joyce told the group that she intended to be at her weight goal by the end of 2011 and invited all of us present to join her. Her email said:

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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***Mrs. Carole and Vicki,
I am writing to let you know that on December 29, 2011, I reached my goal weight of 147 pounds. My starting weight was 339 pounds so my total weight loss is 192 pounds. It has taken me about five years, so I have lost it the right way for sure.***

Joyce is just about finished with a book she is writing on her experience and she will share how the spiritual growth she has received as she “caught” what FP4H teaches is the reason she has been able to press on to her goal weight. She has four groups with 85 people attending FP4H at her church. They lost a total of 595 pounds during the fall and holiday sessions. I can guarantee that the reason for the success of the program at her church is that the people there have watched Joyce as she has lost a whole person (and a big one at that)!

Yes, people are watching what we do much more than what we say, and success is caught not taught. I am praying that my new FP4H class catches my success this session and that they will “... follow me because I am following Christ.” (1 Corinthians 11:1)

If you are a FP4H leader, I am praying for you as you seek after God and give Him first place in all you do in 2012. As you do this, I can promise that the people in your FP4H class will “catch” what you are doing and follow you to success as they reach their goal.

If you are a FP4H member and you have a leader who is not having success, I am praying that you will seek after God and give Him first place in all you do in 2012. As you do this, the people in your class will “catch” what you are doing and the Holy Spirit will do His work to change their hearts and lead them to the success you find.

Remember, SUCCESS IS CAUGHT NOT TAUGHT!

Carole Lewis

Thank you from Carole!



I celebrated my 70th birthday for the entire month of January and it was a wonderful time of praising God that I am still healthy and everything works! I received so many sweet notes and cards and each one means more than you can imagine.

You also gave monetary gifts in my honor to First Place 4 Health and there is nothing that means more to me than this ministry. I was blessed that you gave over \$5,000 . I have poured the last 30 years into this ministry and my greatest desire is that it continues on stronger and better as the years go by.

You are our family and we would love to see you at one of our FP4H Saturday events. Better still would be to spend an entire week with you April 29 - May 4, 2012 at our Wellness Week coming up in Sandy Cove, Maryland. The week includes all kinds of exercise, including daily water aerobic classes. The food will be healthy and delicious and I believe the week is a life-changing experience for anyone who attends.

Thank you again for your love for me and for the First Place 4 Health ministry.



Simple Ideas for Leaders

Class Projects

- Bring old health magazines to class. Divide the class into four teams. Instructions are to find five truths in the magazines and five lies. Each team will explain their reasoning behind their choices.
- Have a 5-minute exercise time before class begins. No choreography necessary! Just march and move to a powerful song, such as *All Things Are Possible*.
- At the end of each 12-week class, the members receive a "remembrance stone." This has a real biblical significance. Some ladies have four stones in their little pouches.

Dee Schmidt, Wichita, KS

Live It Tracker Idea

- I realized how time consuming it was to collect everyone's Live-It-Tracker and go over them before the next meeting. I decided to have a training session for the entire group as to what to look for, as well as how to encourage change and motivate each other. This is done very early in the meetings, the 2nd one to be exact. Then I would assign each person to have a Live It Tracker partner for the duration of the session. Each partner will exchange their tracker right after weighing in and just before the meeting starts. They get a few minutes to share with each other and even plan to touch base at some point during the week. I hope this idea could be used by other group leaders!

Margaret Wright

100-Calorie Swaps!

In the Kitchen

- Substitute nonfat Greek yogurt for a serving of sour cream.
- Use chicken broth (low-sodium is best) instead of oil to sauté meat and veggies.
- Making homemade mac 'n cheese? Cut 2 tablespoons of butter from the recipe.
- Replace the oil or butter in cakes with Sunsweet Lighter Bake prune-and-apple mixture or any brand of unsweetened applesauce.
- Next time you make meatballs, meatloaf, or burgers, go half-and-half with ground beef and turkey.
- When preparing packaged foods that call for butter or oil, such as rice and stuffing, use a broth instead.
- Swap low-fat cottage cheese for whole-milk ricotta when making lasagna or stuffed shells.

Next month – 100-Calorie Swaps at breakfast!

Happy Valentine's Day!

This Valentine's Day what better gift can you give yourself than a healthy heart. You don't need to go all out. If the thought of exercise makes you groan, there are lots of activities that will help your heart. The goal is to get your heart rate up 30 minutes a day, but you don't have to do it all at once.

Here are eight tips for becoming active and getting your heart into shape.

Walk, Don't Drive.

Walk instead of jumping in the car. If you were to walk to the grocery store instead of making all of those trips for one or two items, you'd be well on your way to meeting your goal. If you live somewhere it's not possible to drive, park as far away from the door as you can.

Take the stairs.

Don't take the elevator or escalator. If you can't make it up more than one flight, you could always walk up one flight of stairs and take the escalator/elevator the rest of the way.

Get a dog, or start walking your dog.

Dogs need exercise too, and it's one of the best ways to become active. Once your dog gets used to his daily walk, you won't be able to put it off or forget. He'll remind you! If you can't have a dog where you live, consider volunteering at the local humane society. Most really appreciate a dog walker, and you'll be doing a great thing for a lonely animal.

At the Office

If you work in an office building, be sure to get up often during the day. get up every hour and walk around the building. If possible, spend at least half of your lunch break walking. You'll feel a lot more alert in the afternoon in addition to getting some physical activity into your day.

Housework

Work some exercise into housecleaning. Do some squats while your vacuuming or just put a little extra effort into what you're doing to get your heart going. Gardening can be good exercise too.

Have Fun

Do you think of flying a kite or throwing a Frisbee as exercise? These kinds of activities can be a lot more fun than running on a treadmill or forcing yourself to do aerobics, and you can actually get a good cardio workout while you have fun at the same time.

If you already work out out at least three days a week, or even every day, consider using some of these options to add to your routine and increase your endurance and cardiovascular health.

Valentine's Day Specials!

**Mustard Seed
Necklace
\$8**



**A Thankful Heart
by Carole Lewis
\$8**





Fit Tips

No Excuses!

Vicki Heath

vicki.heath@firstplace4health.com



This month we are going to focus on the next step to developing a lifetime of wellness –getting rid of the excuses! There is a reason that you have not been doing what you know you need to do. What is it? Are you coming up with new excuses every time that exercise commitment rolls around? Are you holding on to the excuse that you have decided you are just not athletic, that exercise is just too inconvenient, too hard?

I saw a sign at a Reebok store that said, “There is an athlete in all of us.” I believe it! However, most of us believe that we can’t be an athlete; there is no hope that we can exercise. I believe that if you really want to do something, you will. I have made myself available over the years to help individuals with exercise, to the point of stretching my schedule very thin. Why? Because I believe it will make a difference in weight loss and overall health. I have heard every imaginable excuse for not exercising. Here are just a few and I promise every one is genuine; I could not make up this stuff!

- It’s too hot.
- It’s too cold.
- I’m too tired.
- I’m too busy.
- I feel faint when I walk.
- My throat hurts.
- My knee hurts.
- My feet hurt.
- I have to do laundry.
- My dog is sick.
- My husband is sick.
- I’m too old.
- I’m too stressed.
- I don’t have any shoes.
- I don’t have any money.
- I don’t like people watching me.
- No one will go with me.
- I have to cook supper for my husband.
- I need to get my nails done.
- I have papers to grade.
- I have to clean my house.
- I don’t want to build up my legs.
- My fat wiggles when I run.
- It shoots my morning.
- It shoots my evening.
- I’ll miss CSI.
- I need to work.
- I have homework.
- I have my grandchildren.
- My doctor told me not to.
- Exercise doesn’t work for me; it runs in my family.
- It’s so boring.
- I don’t like sweating.
- I get nauseated.
- I can’t get up.
- It ruins my hair.
- My Thyroid won’t let me.
- My trainer hates me.

We need to get rid of the excuses and get serious about making changes. It is not too cold, it is not too hot, and your trainer does not hate you. Stop lying to yourself and at least be honest. You do not want to exercise. I am not

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going to try and convince you that if you start exercising, you will learn to love it. Working out is hard work. That's why it is called a "workout." It will be some of the hardest work you will ever do, but I can say that if you are consistent with your commitment, you will start experiencing the benefits and will at least be able to tolerate the exercise. Who knows! There may come a day when you will find yourself actually looking forward to the workout!

Allow the Holy Spirit to give you a new vision of yourself and throw that excuse out!

One way to find out what excuse has become an obstacle is to ask your family or close friends what words you use to describe yourself when talking about getting in shape. You'll be surprised at how they can use your words to help you find which excuse you need to identify. You need brutal honesty, so ask them to tell you in love and have fun. Sometimes, humor helps to identify your excuses.

It's not too late to put down the remote, pick up your shoes and head out the door. Leave those excuses behind and get moving! No more excuses!

I am praying for God to strengthen you for the journey, one forward step at a time.

Vicki Heath

Don't Quit
GET FIT
OVERCOMING THE
4 FITNESS KILLERS
~~NO TIME~~
~~NO MOTIVATION~~
~~NO RESULTS~~
~~NO STAMINA~~
"Anyone can overcome these obstacles and find endless success if they identify the right motivation."
VICKI HEATH
ASSOCIATE DIRECTOR FITNESS PLACES & HEALTH

Overcome the
4 Fitness
Killers

new release
Get your copy today



Pastors Come Apart or You Will Come Apart

Steve Reynolds
sreynolds@capitalbaptist.org



I am so excited about the First Place 4 Health Wellness Week, which will take place April 29-May 4 at Sandy Cove in North East, Maryland. This event will be for men and women, plus I will be leading a *brand new track for pastors and spouses*.

Pastors spend most of their time focused on others, and very little time on themselves. The result is that their health is often negatively impacted by this lifestyle. I was living this kind of unbalanced life and got up to 340 pounds with high blood pressure, high cholesterol, and diabetes. God showed me how to live a more balanced life and since then, I have lost 120 pounds and I no longer have these health problems.

Wellness Week offers pastors an opportunity to “come apart” and focus on how to get healthy...physically, mentally, emotionally and spiritually.

This special week includes:

- Physical assessment testing
- Certified instructors from Body & Soul Christian Fitness Ministries
- Practical information on nutrition and health
- Daily Bible study and motivational messages
- Delicious nutritious First Place 4 Health meals
- Exercises you CAN do – for every fitness level!
- Praise and worship

I want to urge pastors to join me for this life-changing experience. This time apart will produce a longer and more fruitful ministry. It would be a wise use of resources for churches to send their pastors to Wellness Week. Is this something your pastor needs? You might give this article to church leadership that can make it happen for them.

Get all the details at www.sandycove.org/wellness.

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.

Upcoming Events

Woven (Carole Lewis Speaking Engagement)

February 2, 2012
Westlink Christian Church
Wichita, KS

Digging Deeper Women's Weekend (Vicki Heath Speaking Engagement)

February 3-4, 2012
Sandy Cove Retreat
North East, MD

Pattern of Life Women's Conference (Carole Lewis Speaking Engagement)

February 24-25, 2012
Highland Lakes Camp & Conference Center
Spicewood, TX

Minnesota Area Leaders Meeting

February 25, 2012
First Lutheran Church
White Bear Lake, MN

Better Together

March 3, 2012
First Baptist Church
McKenzie, TN

Pennsylvania Area Leaders Meeting

March 10, 2012
Trinity United Methodist Church
New Cumberland, PA

Mississippi Area Leaders Meeting

April 21, 2012
Rankin County Baptist Association
Pearl, MS

HIM Conference (Carole Lewis Speaking Engagement)

March 22-24, 2012
Hawaii Convention Center
Honolulu, Hawaii

Pennsylvania/Virginia Area Leaders Meeting

March 24, 2012
Crossroads Church
Oakdale, PA

Better Together

April 21, 2012
West Side Baptist Center
Hamilton, OH

Wellness Week ~ Sandy Cove

April 29, May 4, 2012
North East, MD

Summit 2012

July 27-28, 2012
Houston's First Baptist Church
Houston, Texas

Live Life!

September 22, 2012
Cross Winds Church
Oronoco, MN (Rochester Area)

Wellness Week ~ Round Top

October 11-18, 2012
Round Top Retreat Center
Round Top, Texas

For more information or to register for any of these events, visit our website, www.firstplace4health.com



A Story of Hope & Inspiration



Donna Bennett
Long Island, New York

I am 58 years young and I have to say that each day when I wake up, I thank my heavenly Father. I am sure there are many people who lost much more weight than me and had harder struggles than mine, but here is my story.

I have always struggled with my weight. I tried many, many diets, but never really lost much nor maintained any weight that was lost. I started in First Place 4 Health about eight years ago. I was totally new in reading the Bible, since I had never before opened it, and it was hard to understand that God would help me with my weight. I always felt that something was missing in my life and longed to find it. Once I started FP4H, I knew I was missing Christ.

After about three years, the FP4H meeting dissolved. I was so upset, but I never gave up hope and kept checking the website for a group on Long Island. I must mention that during the time I was away from FP4H, I had breast cancer. I went for surgery and then had chemo and radiation. During that time, I gained about 70 lbs., which then made my total weight about 230 lbs.

After treatment, I managed to lose weight, but it was hard. One day I was checking the website and found a FP4H group at a church about a half hour away on Long Island. I called the number and spoke to a wonderful lady named Margaret. That Sunday I went to the church and a feeling of serenity came over me. The service was wonderful and the women I met—well, they were so warm and welcoming

I started the Bible study and food plan, but then I was hit again with the cancer. It came back this time in my bones. I stopped FP4H for a year while I had radiation, but then I came back and proceeded very hard in working my program. My weight went from 191 to about 142. I still have cancer, but the weight loss is a gift from God.

Today I realize that my true reward is learning and having a relationship with Jesus. The weight, which was always my main concern, has been replaced with my love for Christ and I have put Him first place in my life. The weight loss is secondary. I worked the program and followed it the way it is written. My doctors are so happy that I have lost close to 50 lbs. and am now at the goal my doctor wanted for me.

Even though I still have cancer, I am up every morning having coffee with the Lord. One thing I learned in FP4H is to have a quiet time with God, and I now pray. I walk every morning at least one-half hour. At times I am still in great pain and the Lord is always there to comfort me. My FP4H sisters inspire me. I love them all! This past autumn I was baptized and became a true child of God. I am learning every day how to be a Christian



My FP4H group is starting again and I don't care if it snows, rains or is sunny, I will be at my FP4H meeting every Sunday after services. Thank you for hearing my story.



Devotional

Taste the Goodness

Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left that you may be successful wherever you go.

J o s h u a 1 : 7

The Lord loves me and has given me His law to follow in order to guide and protect me from evil. Through the First Place program, I have learned to rely on God’s law to be strong and courageous and to face the truth about tempting foods. They are just not good for me, regardless of how good I used to think they tasted or looked.

Today I choose not to eat them. Each day that I refuse to give in to temptation, I experience how truly good being at a healthy weight feels. Nothing tastes as good as that!

When it comes to my food plan, I no longer diet, but choose to Live It as the First Place program taught me. There are simply foods that are good for me to eat and foods that are not beneficial for my body. Following my Live It food plan requires me to not turn to the right or to the left; if I start eating certain foods that I know have given me trouble in the past, I know I have begun to veer off course. One bite of these items is too much, because due to my sinful nature, a thousand bites of it will never be enough. One bite grows from a taste, to a sliver, to a slice, to a slab—and before you know it, I have eaten it all just so that gnawing emptiness will go away!

But when I remember that God’s Spirit is the only One who can fill me, I can turn away from unhealthy foods and taste His goodness.

PRAYER

Lord, thank You for granting me the courage and strength to make changes in my life. Help me to recognize that veering just a little bit to the right or left leads to the same old path. Thank You, Lord, for showing me a new way, a way that works—Your way, Lord!

Journal: What are some foods you should avoid completely? Choose today not to eat them, and write your commitment in your journal.

—Roberta Wasserman

Taken from Better Together, FP4H Devotional Book. To order, visit our website, www.firstplace4health.com or call 800.727.5223, x1002.



Favorites Made Lighter!

Loaded Black Bean Nachos

Serves 4

4 oz. baked tortilla chips (like Tostitos Scoops)
8 oz. ground turkey breast
¾ cup fat-free spicy black bean dip
salt and pepper
1 cup reduced-fat Mexican-style 4-cheese blend
1 cup store-bought salsa
2/3 cup nonfat plain Greek yogurt
2/3 cup chopped fresh cilantro

Preheat the oven to 425 degrees F. Line a baking sheet with foil, and spread the tortilla chips out on the prepared sheet. Heat a large nonstick skillet over high heat. Add turkey and cook until it is just cooked through, stirring occasionally, about 5 minutes. Stir the bean dip into the turkey and season it with salt and pepper to taste. Spoon the turkey mixture over the chips and sprinkle the cheese on top. Bake for 6 minutes, or until the cheese has melted. Remove the baking sheet from oven and top chips with the salsa. Drop small spoonfuls of the yogurt on top of the nachos (or serve on the side) and scatter the cilantro on top and serve.

Nutritional Information: 341 Calories, 43g Carbohydrate, 46mg Cholesterol, 6g Fiber, 30g Protein, 1123 mg Sodium.

Sweet Potato Puree

Serves 4

2 large sweet potatoes
Salt and pepper

Prick the skin of potatoes and bake in microwave on high until tender (about 12 minutes), turning halfway through. Split the potatoes and scoop the flesh into food processor and puree until smooth. Season with salt and pepper and serve.

Nutritional Information: 70 Calories, 16g Carbohydrates, 0mg Cholesterol, 2g Fiber, 1g Protein, 190mg Sodium

Chicken Fried Steak with Gravy

Serves 4

1 cup whole wheat flour
2 cups panko breadcrumbs
2 large egg whites
4 3-oz. lean filet mignon, pounded ½" thin
Nonstick cooking spray
Salt and Pepper
1 6-oz. link hot Italian turkey sausage, casing removed
1 cup low-fat, low-sodium chicken broth
1 tablespoon cornstarch
½ cup nonfat Greek yogurt

Preheat oven to 450 degrees F. Place a wire rack on a baking sheet lined with foil. Set aside. Put the flour in a shallow dish. Put the panko in another shallow dish. In a medium bowl, whip the egg whites until they are foamy. Dredge the steaks in the flour, shaking off any excess. Dip them in the egg whites to coat. Then dredge the steaks in the panko, coating them evenly. Place the steaks on the wire rack and spray them with cooking spray. Season the steaks with salt and pepper to taste and roast until they are golden brown and crispy, about 8-10 minutes. Meanwhile, heat a large nonstick sauté pan over high heat. When the pan is hot, add the sausage and stir it to break it up. Cook the sausage until it is just done, about 4 minutes. While the sausage is cooking, whisk the chicken broth into the cornstarch in a small bowl. Add the cornstarch mixture to the sausage and bring it to a simmer. When the gravy has thickened slightly (after about 2 minutes), remove the pan from the heat. Stir the yogurt into the gravy. Season it with salt and pepper to taste. Pour the hot gravy over the steaks, and serve immediately.

Nutritional Information: 317 Calories, 10.2g Fat, 23g Carbohydrates, 3g Fiber, 32g Protein. 746 mg Sodium

Have a healthy recipe to share? Send it to lisa.lewis@fp4h.com.



- * Exercises you CAN do – for every fitness level!
- * Incredible weight loss stories from real people
- * Practical information on nutrition and health
- * Motivational messages for growing spiritually
- * Daily Bible study and devotionals
- * Delicious First Place 4 Health meals
- * Rest and relaxation
- * Physical assessment testing
- * Praise and worship
- * And more!

New this year for Pastors!


Shepherding a flock can be hard work! Dealing with the problems and needs of a church can leave very little time for self-care for a pastor or a pastor's spouse. The time and energy demands of the average congregation can take a toll on the health and vitality of any Shepherd. Sandy Cove understands and wants to help you as a shepherding team to a new and healthier you. The fields are white with harvest and our spiritual leaders, now more than ever, need the energy and stamina to lead the Church. Come and spend this time with us and let us help you experience a healthy living plan that will get your weight and stress levels under control. You can be the healthy pastor of a healthy church! In addition to all the usual benefits of a Wellness Week with First Place 4 Health mentioned below, Pastor Steve Reynolds of Capital Baptist Church will lead a separate track each morning tailored to the special needs of a pastor and spouse.

Cost:

- * Single occupancy \$895
- * Double occupancy \$775
- * Triple occupancy \$725

About Sandy Cove:

Join us amidst the tranquility of Maryland's lush green forests and the views of Chesapeake Bay's beautiful headwaters at Sandy Cove. Situated in a spectacular setting at the headwaters of Chesapeake Bay in North East, Maryland, midway between Baltimore and Philadelphia, Sandy Cove will offer you the chance to rest, relax and rejuvenate yourself and your walk with God.



Have you vowed to "get it together" this year?

Desperate to lose weight and keep it off forever?

Do you crave balance in your life?

Are you in a funk and need some encouragement?

One-day
Event in
your area!

first place
4health

better together

Spend a day focused on how to get healthy physically, mentally, emotionally and spiritually with First Place 4 Health!

What can you expect?

- > Exercises You Can Do
- > Incredible Weight Loss Stories from Real People
- > Practical Information on Nutrition and Health
- > Motivational Messages for Growing Spiritually
- > Lunch and Snacks

Speakers:

Carole Lewis...First Place 4 Health National Dir.

Vicki Heath...Certified Fitness Pro & FP4H Assoc. Dir.

Cost: \$39*

Where?

- > March 3, 2012 ⇨ First Baptist Church, McKenzie, TN
- > March 31, 2012 ⇨ Eagle Heights Baptist Church, Harrison, AR
- > April 21, 2012 ⇨ West Side Baptist Church, Hamilton, OH

Visit www.firstplace4health.com to register or for more information.