



## *From the Heart ~ Carole Lewis*

Recently, I received an “At Goal” form from a woman who lost 80 pounds in eight months. As I read the form she filled out, I learned that this woman is serving a sentence in a Federal prison. Someone donated a Member’s Guide and a couple of First Place 4 Health Bible studies to the prison Chaplain and the woman began reading and studying the materials. Her life has been radically changed!



Below is the note enclosed with the form:

“I am currently an inmate at a Federal prison camp. About 10 months ago the Chaplain gave me four of your books and from there we have formed a Bible study, which has grown into a faith-based class offered to all the women here. I have led the Bible studies and have now taught the class twice.

As a high school health teacher and a Christian, I love every concept of First Place 4 Health. It has changed my life, and I love watching the change in the lives of others. I am writing to ask if there is any material you could send to help teach this class? Currently, I am teaching a 13-week class to 25 women and I am using the FP4H Member’s Guide, along with *Simple Ideas For Healthy Living*. Is there a specific Bible study or even an instructor’s book? Anything you could send would be helpful and appreciated.

Thank you from all of us for such a wonderful program! This is the most popular program at the prison camp!”

The form asks what effects First Place 4 Health had in your life, and this woman writes:

**Physical:** It is now a part of my daily routine to walk five miles a day. I also do weight training and truly enjoy this time of the day; my walking time has become my time with God.

**Mental:** Getting stronger every day. As my mind and body become more in shape, my confidence and self-image has improved, which helps in all four areas.

**Emotional:** The biggest thing is that I no longer emotionally eat! When my emotions start to get the best of me, I immediately start walking and start praying.

**Spiritual:** As part of my daily routine, not only have I added walking, but I read the Bible daily and I study Scripture. I study and memorize a new Scripture every few days. I also teach and help others study this book.”

### **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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## First Place 4 Health

(800) 727-5223  
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I have a real heart for those serving time in the prisons of our country. Wouldn't it be wonderful if those of us, who have extra First Place 4 Health books and Bible studies, would gather and donate them to the Chaplain at a prison close to where we live? Be sure and call to see how the materials need to arrive so they can be accepted and used. Prisons have strict guidelines, which must be followed for the materials to be accepted.

This would be a wonderful project during this Easter season. All of us can do so much more than one of us and God can multiply what we do just like He did with this dear woman. Jesus said in Matthew 25:36,

*I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. When asked by the righteous in v. 39, When did we see you sick or in prison and go to visit you? Jesus replied in v. 40, I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.*

Please let us hear on our FP4H Facebook page at [www.facebook.com/firstplace4health.com](http://www.facebook.com/firstplace4health.com) if you responded to this wonderful opportunity to change lives inside our prisons.

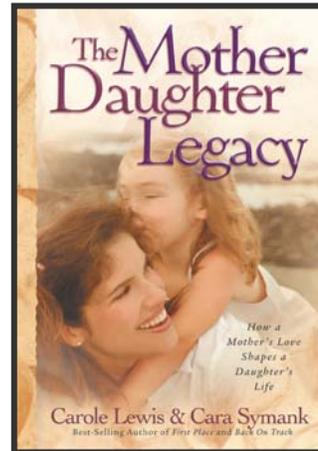
Blessings,

**Carole Lewis**

## Mother's Day Special!



Plus



**Elegant Heart Locketts  
and**

**The Mother Daughter Legacy for only \$24.95\*.**

Elegant pendant set includes matching Mother and Daughter pewter-tone heart locketts, detailed with openwork design and presented on black satin cords with lobster claw clasps. Pendants are 1" on 18" cords.

The Mother Daughter Legacy is a celebration of the bond between mothers and daughters. Written in the wake of a tragic accident that took the life of Cara's mother, it's a poignant reminder of how one woman's faithful (not perfect!) example can bring blessing to her family. Hardcover.

**\*On special while supplies last.**



## Simple Ideas for Leaders

I have led the FP4H group at my church since September of 2010. I have a couple of members that faithfully hand in Live It Trackers and remind me when I forget to give them back. I have several members that have NEVER turned in a Live It Tracker and while they have lost a little weight, they tend to hover instead of lose. I cannot seem to stress enough the importance of this tool in the overall program.

At last week's meeting I asked them all to take pictures (phone cameras being ever so handy) of ALL the food they ate the next day. I received a text from one of my more faithful members stating that she wanted to eat a Pop Tart, but didn't want to photograph it. So I told her, "Don't eat it if you can't take a picture of it." She didn't eat it!

At the next week's meeting, several of the members indicated that they were continuing to take pictures of their food, because it really did influence what they put in their mouths and aided in completing the Live It Trackers (at the end of the week). It had them thinking!

*Brenda  
Atlanta, GA*

## Mailbag

Tell us about you! Have you done something fun? Does your FP4H group have a group activity planned? Have you reached a goal, found a fun fitness tip, discovered a new healthy treat? Write to us! We want to hear from you! Write to [mystory@fp4h.com](mailto:mystory@fp4h.com).

## 100-Calorie Swaps!

### Eating Out

- Replace pepperoni with Canadian bacon as a pizza topping.
- At a casual dining restaurant, order your meal from the appetizer menu instead of an entrée.
- At an Italian restaurant, have minestrone soup for a starter instead of the garlic bread.
- At a Chinese restaurant, substitute steamed rice for fried rice.
- Choose red sauce for your pasta instead of cream-based sauce.
- Order thin crust pizza instead of pan pizza.
- At a Mexican restaurant, request steamed corn tortillas to dip in salsa instead of traditional tortilla chips.
- Use mustard on your sandwich instead of mayo.
- Remove the skin from your roasted chicken.
- Substitute salad for fries as a side at the diner.

### Next Month – Spring Cleaning Your Fridge!



## Fit Tips

### A Fresh Look at Worship

**Vicki Heath**

vicki.heath@firstplace4health.com



Most of us think of worship as something we do on Sunday morning with friends and family and the praise band playing, or sitting in a pew somewhere in our beautiful stained-glass buildings. Most would say that worship starts at 11:00 AM and ends at noon! As we exit the building, that’s where our worship stops, or does it? Many of us continue to worship, but at a different kind of altar. We head to the nearest “all you can eat” buffet giving praise to God, while we fill up our plates for a second and third time. What if we could make a connection between our eating and exercise commitments and our worship?

I’ll never forget the day when God impressed upon my mind that how we eat and exercise can also be a way to glorify God. It happened one morning when I was on a run.

I wore an old t-shirt that said “I never run alone” with a picture of a cross on it. I was really struggling that morning so I just started to pray. I gave thanks for the strength I had to even put one foot in front of the other; I prayed for my children, and prayed that God would help me make good food choices that day. By the time I looked at my watch, I had been jogging for 60 minutes! When I focused on the Lord, my body just kept going. My spirit and my body were blessed that morning. I decided that from that moment on, every opportunity I had to exercise would be a worship experience. Even when I am teaching a class, I take the time to mentally make a connection to Him.

#### A Holy Encounter

Since that “fruitful run of prayer and praise,” my exercise experiences have become about something more important than just me and my body. That dedicated exercise time has become a holy encounter with the Living God. The same is true when I choose to deny myself unhealthy foods. I have discovered that God can satisfy me beyond my physical appetite. Presenting myself to him daily, in this body he has given me, has become such a powerful part of my walking with Him, I can’t imagine living life any other way. Abiding with Jesus consecrates my day and my efforts to become something holy, set apart to glorify him and not myself.

Our whole lives can be a living sacrifice to God. Everything we do can be seen as an act of worship when we place God at the center, allowing him to transform the way we think and act.

In Romans chapter 12, Paul proclaims an amazing truth—because God loves us, we should in turn live lives that demonstrate that mercy. In other words, we are to live a life of worship. Paul wrote in verse 1,

*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.*

Paul called this our “spiritual act of worship.”



The Lord sanctifies not just our minds and spirits, but also our bodies. Sanctification is the process by which we move closer and closer to Christ in this world. Gradually, as we make choices to conform our lives to God’s ways, He works in us to help us become a clearer reflection of Christ. We present our bodies because God made us to live a full and complete life. If we allow our natural selves to rule in our exercise and eating, we run the risk of not allowing God to do His greatest work of sanctification in us, because we’ve limited His options due to our health.

How are we supposed to present our bodies? As a living sacrifice!

Up until the death of Jesus, God’s plan included His people offering sacrifices regularly in the Temple. With Jesus, God did away with the need for regular sacrifices, but He did not do away with the idea of sacrifice. Paul is saying: “Now that we no longer need the old sacrifices, I want you to present your whole self as a living sacrifice.” Christ has already done the work, making you acceptable in God’s sight; now live out your life in such a way that others see God’s love and glory through you.

Check out these power verses,

*“Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that confess his name. And do not forget to do good and to share with others, for with such sacrifices God is pleased.”*  
*Hebrews 13:15-16*

Your life becomes the sacrifice. Imagine the power of your testimony if when someone asked you why you decided to eat healthy and get in shape, you responded, “God’s given me a short time on earth and I want to live as long and as productively as I can to show others His amazing love. I need to be healthy to do that well.” God would be glorified through you as a living sacrifice.

I would like you to consider that each time you make a sacrifice of what you should eat over what you want to eat you are presenting your body as a living sacrifice; you are performing an act of worship.

The acts of choosing food, or exercise can be presented to the Lord as a sacrifice and an act of worship. These acts will cost you something and it should. Sacrifices don’t come easy, but they come with a tremendous blessing.

Pressing on toward the Goal.

## Vicki Heath

### Closeout Sale!

Don’t you love a good T? Celebrate First Place 4 Health’s 30<sup>th</sup> anniversary with this comfy heather grey t-shirt. One-of-a-kind 30<sup>th</sup> anniversary logo T. First Place 4 Health logo on sleeve. Only \$10 while supplies last!

CELEBRATING  
**30** years  
 OF WELLNESS

[www/firstplace4health.com](http://www/firstplace4health.com)



# Upcoming Events

## Mississippi Area Leaders Meeting & Training

April 21, 2012

Rankin County Baptist Association  
Pearl, MS

Contact: Joyce Ainsworth

Email: [glenna@netdoor.com](mailto:glenna@netdoor.com)

*Join other leaders as they share ideas, struggles and encouragement.*

## Better Together

April 21, 2012

West Side Baptist Center  
Hamilton, OH

Contact: Karen Rhodus

Email: [rhodus@myoutlook.org](mailto:rhodus@myoutlook.org)

*Spend a day focused on how to get healthy, mentally, physically, emotionally and spiritually.*

## Wellness Week ~ Sandy Cove

April 29, May 4, 2012

North East, MD

Contact: Lisa Lewis

Email: [lisa.lewis@fp4h.com](mailto:lisa.lewis@fp4h.com)

*Join us for a week of rest, relaxation and rejuvenation for yourself and your walk with God at Sandy Cove.*

## Summit 2012

July 27-28, 2012

Houston's First Baptist Church  
Houston, Texas

Contact: Lisa Lewis

Email: [lisa.lewis@fp4h.com](mailto:lisa.lewis@fp4h.com)

*Join us for two days of motivation, information and fun! Whether you are a leader or prospective leader that wants tips and training or a member looking for motivation and information on nutrition and fitness, this event is for you!*

## Florida Area Training Meeting & Training

September 29, 2012

Church @ the Springs  
Ocala, FL

Contact: Jeanine Deese

Phone: 352.208.1933

*Join other leaders as they share ideas, struggles and encouragement.*

## Live Life!

September 22, 2012

Cross Winds Church  
Oronoco, MN (Rochester Area)

Contact: Andrea Berletic

Email: [berletic@charter.net](mailto:berletic@charter.net)

*Spend a day learning small steps you can take to a healthier you. Something good is going to happen. It's time.*

## Wellness Week ~ Round Top

October 11-18, 2012

Round Top Retreat Center  
Round Top, Texas

Contact: Lisa Lewis

Email: [lisa.lewis@fp4h.com](mailto:lisa.lewis@fp4h.com)

*Enjoy a week of delicious healthy meals, rest and relaxation, a variety of new exercise classes to try, motivational speakers, fun fellowship and so much more.*

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



## From the Pastor

### Me? Exercise? Really?

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. (I Corinthians 9:2 NKJV)*

Do I have to exercise for the rest of my life? Yes, you do. There is no way around the fact that a healthy lifestyle and permanent weight loss only comes to those who exercise. Exercise means moving your body. That doesn't mean you have to join a body builders class or spend all day at the gym exercising. There are "small steps to life" you can take that begin to benefit your body right away, such as taking the stairs rather than the elevator or parking farther out in the parking lot. What's encouraging is that we feel better when we get moving.

God made man to be physically active. When God created man, as recorded in Genesis 2, He put him in a garden and said *Get to work. Tend the garden.* If you've done extensive gardening, you know it works every muscle in your body.

God intended us to be physically active. In the last 100 years, things have changed. We've gone from being an industrial society to a technological society. We've gone from 15-hour days in the field to 15-hour days in front of a computer screen. We've gone from being physically active to physically inactive. The sedentary lifestyle most of us now follow has contributed to the problem of obesity in this country. It's shocking to read that a Johns Hopkins study predicts that by the year 2048, every American adult could be overweight, and within 21 years, one out of every six healthcare dollars spent will be attributable to obesity.

There is nothing wrong with doing sedentary work, as long as you realize you have to compensate for the lack of exercise in your line of work by being intentional about exercise. You have to schedule exercise into your life or it won't happen. I'm sure you know what I mean, don't you? There is only one Scripture in the Bible that mentions the word "exercise." It's found in 1 Timothy 4:8. It's comparing physical exercise with spiritual exercise. When we exercise physically, we are taking care of the temporal. When we exercise spiritually, we're taking care of the eternal. We need to live a "balanced life," which is what First Place 4 Health is all about.

Some of you are out of balance in this area. Some of you are physically active and in perfect shape, but you never read your Bible, pray or go to church as you should. You have abs and biceps to prove that you are strong physically, but you don't have the spiritual muscles you need to survive in this world. You need to exercise spiritually. All of us will die one day, and we'd better be investing ourselves in something that's going to outlast us, something of eternal significance.

I do not always enjoy the *routine* of exercise. However, I do always enjoy the *results* of exercise, which is feeling better and looking better—and so will you.

#### 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.*



## A Story of Hope & Inspiration



**Debbie Watkins**  
Searcy, AR

The first thing I learned is that First Place 4 Health is a Christian weight loss program that is much more than just a weight loss program. It teaches you to live in the real world and make smart choices in real life that lead to a healthier you, both physically and spiritually.

When I started First Place 4 Health, I had serious knee and foot problems. I could not walk without extreme pain. I did not take my morning or afternoon break at work, because it hurt too much to walk from my office at the front of the store to the break room in the back of the store. During my first session, I just concentrated on eating healthy to lose weight. I did lose 25 pounds, which made walking easier and a lot less painful. But in my head, the word exercise was floating around and I knew I needed to do something about it.

By my second session, I decided I could walk around my neighborhood. My middle son, Tim, who still lives at home, would go with me. My neighborhood has a name. It is called Sunny Hills. It is not always sunny in my neighborhood, but it is always hilly. At first, I was very slow and could barely make it up the hills. Tim would walk to the top of a hill and then turn around and come back to meet me about halfway up, all the while light-heartily teasing me with, "Mom, are you going to make it?" and "Mom, are you sure you can do this?" Well, I did do it and it got easier and my knees hurt less and less.

During that second session, I also increased my everyday vocabulary. I added words like whole grain and fiber. These were not actually new words, but I did learn how to use them better. I learned that just because a package says wheat crackers or wheat bread, for instance, did not necessarily mean that was a whole grain product. I learned to read the ingredients on the label and make wiser choices.

I also learned that what I do affects more than just me. I already told you how when I walk, Tim walks with me. One day I came home from work and my husband, Robert, was in the kitchen. He says, "I ate some of those wheat stick things you have in the cabinet." Before I could say anything, he adds "They were pretty good tasting and I did not eat very many of them, but I felt full." I told him that was because they were whole grain. I estimated that he had eaten maybe 100 calories, two grams of fiber and 1.5 grams of fat. I knew that were there a bag of





potato chips in the cabinet instead of the wheat sticks, he would have eaten a minimum of four ounces, which would have been 600 calories and 40 grams of fat! I did not eat any of those wheat sticks, but they made me feel good. It also makes me feel good when Tim eats bananas or grapes or a bowl of my high-fiber whole grain cereal, instead of the junk food he used to always eat.

Our weekly Bible study gives us spiritual guidance and encouragement as we progress through our journey. When people ask me about our program, they always ask “Do you have to memorize Bible verses?” We are encouraged to learn our Bible verses and there is a very good reason for this.

I have a seven year-old grandson. Two years ago, when Eric was five, he decided one Sunday morning that he was going to take a toy to Sunday school. He went into the kitchen to tell his mommy about his plans. She promptly reminded him that he was not allowed to take a toy to Sunday school. She told him that he could bring it and leave it in the car. My usually non-argumentative grandson became quite upset and protested. His mother very calmly, but very firmly, told him “Now Eric, you know that you cannot take a toy to Sunday school.” Eric opened his mouth and started “But I want...” he stopped in mid-sentence, turned around and walked out of the room. As he was leaving, he was talking to himself. His mom, like us moms do, was listening closely to what her child was saying. This is what he said, “Do everything without complaining or arguing, so that you may become blameless and pure, children of God.” She recognized this as Philippians 2:14 and part of 15, which is one of the many verses Eric has learned during his young life.

I trust that none of us will ever be upset because we want to take a toy to Sunday school. But, I know that each one of us will face difficult situations where we will need to make wise choices.

If, like my precious little Eric, we learn our Bible verses, God’s Word will always be in our heart, ready to enter our head to give us guidance, comfort, and the much needed strength to make the right decisions.

My list of favorite Bible verses grows and changes as I grow and change. My very first favorite First Place 4 Health Bible verse, and it is still near the top of my list, is Galatians 6:9 “Let us not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

When you have a lot of weight to lose, it is very, very easy to just give up. I know this personally. I started my journey with well over 100 pounds to lose, because in the past I had just given up. So far, I have lost over 70 pounds; however, I still have a long way to go to reach goal weight. But, I know I am not doing this alone. I have the support and encouragement of my First Place 4 Health family. Even more importantly, I know I do not have to rely on my own strength, which is, in fact, very weak but my strength comes from God. With God all things are possible, even weight loss!

To me First Place 4 Health means NOT GIVING UP.

**“When you have a lot of weight to lose, it is very, very easy to just give up. I know this personally. I started my journey with well over 100 pounds to lose, because in the past I had just given up. So far, I have lost over 70 pounds; however, I still have a long way to go to reach goal weight. But, I know I am not doing this alone.”**



## Devotional

# food for thought

*My command is this: Love each other as I have loved you.*

J o h n    1 5 : 1 2

Seeing others fully committed to wholeheartedly obeying the Lord Jesus in every area of their lives always challenges me and inspires me. As I examine my own heart and mind, I find myself asking: Am I willing to say yes to God—whatever He asks of me? Am I willing to say no to the things that displease or dishonor Him?

In John 4, Jesus has just told the woman at the well that only He can quench her spiritual thirst: “Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life” (verses 13-14).

She responds to His invitation and receives this life-giving water, calling everyone in her village to come and do the same. But as this miraculous spiritual transformation is taking place, Jesus’ disciples have their mind on—what else—food!

They fuss at Him because He hasn’t eaten anything in hours. Jesus tells them, “My food . . . is to do the will of him who sent me and to finish his work” (John 4:34). After studying this verse for awhile, I wrote my own paraphrase: “What nourishes me and fulfills me and strengthens me is to do God’s will—to walk in obedience to His Word and His calling on my life, and to accomplish the work of His kingdom. Obedience. This is what truly satisfies my soul hunger.”

Now when I am tempted to disobey God by turning to food to meet my spiritual and emotional needs, I often remember this verse. I remember how good obedience feels—how beautiful it looks in my life and the lives of those around me. And I’m inspired to choose what is better (see Luke 10:42).

**Action Item:** Where do you find nourishment and strength? Memorize John 4:34 for those times when you feel tempted to take what will be an ultimately unsatisfying and unfulfilling choice. Choose what is better!

**Prayer:** Lord, may my body—this temple—become a living testimony, a visible reflection of the reality that Jesus is all I need.

**Christin Ditchfield**  
Christian Author & Speaker

*Taken from Better Together, FP4H Devotional Book. To order, visit our website,  
[www.firstplace4health.com](http://www.firstplace4health.com) or call 800.727.5223, x1002.*



## Light & Healthy Recipes for Spring!

### Baja Fish Tacos *Serves 4*

2 cups shredded cabbage  
3 tablespoons lime juice  
1/3 cups chopped cilantro  
2 teaspoons olive oil  
1 teaspoons chili powder  
1 1/4 pounds (about 3/4 inch thick) halibut or mahi-mahi fillets  
8 corn tortillas, warmed as package directs  
1 avocado, diced  
1/4 cups sliced radishes

Toss cabbage and 1 tablespoon of lime juice in a bowl. Mix remaining lime juice, 1 tablespoon of cilantro, the oil, and chili powder in a pie plate. Add fish, turn; marinate 10 minutes.

Coat outdoor grill or stovetop grill pan with nonstick spray; heat fish; cook 5 to 7 minutes, turning once, until just cooked through. Remove to plate and break into chunks.

**Nutritional Information:** 382 Calories, 14g fat, 2g saturated fat, 45mg cholesterol, 183mg sodium, 31g carbohydrate, 6g fiber, 34g protein

**Have a healthy recipe to share? Send it to [recipes@fp4h.com](mailto:recipes@fp4h.com)**

### Light Lemon Cake *Serves 14*

1 cup plain nonfat yogurt  
1/4 cup lemon juice  
1 cup sugar  
5 tablespoons plus 1 tsp. butter  
1 tablespoon grated lemon zest  
1 1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
2 large eggs plus white of 1 large egg  
2 1/4 cups cake flour

Heat oven to 350 degrees. Coat a 12-cup Bundt pan with nonstick spray. Mix yogurt and lemon juice in a small bowl until blended. Set aside. In a large bowl, beat sugar, butter, lemon zest, baking powder, baking soda and salt with mixer on medium speed to blend (mixture will resemble damp sand). Beat in eggs and egg white until smooth. On low speed, beat in yogurt, then flour, until just blended. Scrape into pan; smooth top. Bake 30 minutes, or until a wooden pick inserted in cake comes out clean. Cool in pan on wire rack 15 minutes before inverting on rack. Serve warm or cool. Good served with strawberries.

**Nutritional Information:** 189 calories, 3g. protein, 33g. carbohydrates, 0g fiber; 5g fat, 37mg cholesterol, 183mg sodium

### Mexican Gazpacho *Serves 4*

1 1/4 cups chopped peeled cucumber, divided	1/2 teaspoon. sugar
1/2 cup chopped green bell pepper	1/4 teaspoon salt
2 tablespoons chopped onion	1/4 teaspoon dried oregano
1 tablespoon chopped seeded jalapeño pepper	1/4 teaspoon hot sauce
1 tablespoon white vinegar	1 garlic clove
3/4 cup water	1 14.5 oz-can whole tomatoes, undrained

Place 1 cup cucumber and next 10 ingredients (cucumber through tomatoes) in a food processor or blender and process until mixture is puréed. Pour into a bowl; stir in water. Cover and chill. Top each serving with 1 tablespoon remaining cucumber.

**Nutritional Information per 1-cup serving:** 37 calories, .2g fat, 1.4g protein, 8.7g carbohydrate, .7g fiber, 165mg sodium



- \* 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

**Saturday, April 21st at West Side Baptist Church  
Hamilton, Ohio**

Spend a day focused on how to get healthy physically, mentally, emotionally and spiritually with First Place 4 Health, the leading Faith-Based Weight Loss Program in the country. More than 500,000 people have benefited from their approach to weight loss and healthy living. This event will introduce you to the concept of *whole-person* wellness, and reinforce not just physical health, but Total Health! Join us! Because, we really are...*better together!*

**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\***

**Visit [www.firstplace4health.com](http://www.firstplace4health.com) to register or for more information.**

\*If registered by 4/5/12. \$49 after that date.