



*From the Heart ~ Carole Lewis*

I recently read an article about sugar addiction. The article mentioned a video on YouTube that has gotten over 2.3 million views, which raised my curiosity. I watched this long video and believe that the information presented is correct. The video is “Sugar, The Bitter Truth” and the presenter is Dr. Robert Lustig, a California endocrinologist.



I have shared before that I have a problem with sugar consumption. If I don’t eat sugar, I don’t crave it but if I eat sugar, I crave sugar. During our winter session of First Place 4 Health, I decided that I would eat no sugar. My trainer, Donna Roberts, challenged her clients to abstain from sugar for 12 weeks and to put \$5 in a jar each week that we would each donate to the “As Our Own” charity at the end of 12 weeks.

I did great for nine of the 12 weeks and lost 10 pounds. I don’t remember what sidetracked me, but after I ate sugar I was off and running again—in the wrong direction. For those nine weeks that I didn’t eat sugar, I was faithful to write down all the foods I ate on MyFitnessPal.com. After I ate the sugar, I ceased writing down what I ate.

Well, here I am again; I am still a believer that sugar is not my friend. What am I going to do about it? I began again yesterday and I am going to make the same commitment again to not eat sugar during this 12-week session of First Place 4 Health.

One of our FP4H memory verses is 1 Corinthians 6:12,

***Everything is permissible for me, but not everything is beneficial. Everything is permissible for me, but I will not be mastered by anything.***

Is there something in your life that is permissible like sugar, television, novels, puzzles? You fill in the blank \_\_\_\_\_. Whenever you begin to ingest whatever your addiction is, you go off track. Whatever masters us is not beneficial. It has been said that “the good is the enemy of the best.”

I don’t know about you but I am going to stay at it until I am no longer mastered by anything!

**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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Dr. Robert Lustig said many things on the video and I was taking copious notes. One that I loved was how he has been able to help obese children lose weight. There are four things he instructs the parents to do and he has had great success.

1. Get rid of every sugary beverage from your home.
2. Eat carbohydrates with fiber.
3. Wait 20 minutes after eating before having seconds.
4. Buy your screen time minute for minute. (If you watch television for 30 minutes, then exercise for 30 minutes. If you are on the computer for one hour, exercise for one hour)

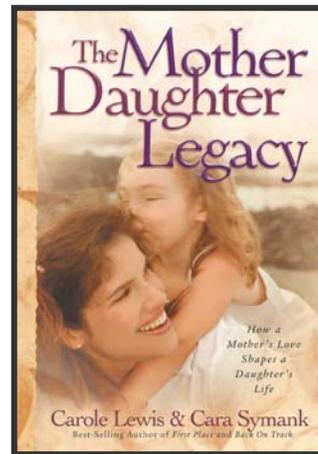
Sounds like it would work for adults too! What do you think?

**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

1. As a celebration time at the end of each session, we meet at a local restaurant for a healthy meal together. We review the "Eating Healthy When Eating Out" from the Member's Guide to help us make the best choices and practice making it one of our lifestyle changes
2. Our group hasn't been able to organize exercise times together. (Which is definitely something I would love to change). We are going to attempt to gather 30 minutes earlier than usual on our meeting day and walk around the neighborhood before the meeting starts. It will only be one day a week, but it's a start!
3. I enjoy trying different recipes from the Bible study book, or the FP4H website, or sometimes other sources for the members to taste. I try to use recipes made from foods the members would probably never try on their own. One surprising success was the Butternut Squash Pizza (you can find it in the recipes section of this newsletter). It was yummy!

*Tina Moser  
Murfreesboro, TN*

## 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).

## Spring Clean Your Fridge!

Don't let your refrigerator hinder your weight-loss goals. Here are a few rules for having a healthy fridge:

1. Make fruits and veggies easy to grab. Pull the fruits and veggies out of the crisper for frontline duty. Put fruit and vegetables at eye level. Make them easy to see and grab by shopping and putting them in see-through containers.
2. Redo your dairy. Replace full-fat milk, yogurt and cheese with lower-fat versions. You will get as much calcium and protein as you would from fuller-fat versions without the saturated fats.
3. Drink freely. Keep a pitcher of water with cucumber and mint or floating orange slices on the top fridge shelf. Sip all day to stay hydrated.
4. Tame Temptation. Move decadent foods (like last night's Lasagna) out of sight, and put lighter picks in plain view.
5. Make over the freezer. Keep frozen goods like shrimp, whole grain waffles, fruit, or steamable veggies on hand so a healthy meal is not hard.

**Next Month – More Tips for a Skinny Kitchen!**



## Fit Tips

### That's Why It's Called a Workout

**Vicki Heath**

vicki.heath@firstplace4health.com



When someone finishes one of my classes I love to hear “Wow, that was pretty hard but I feel great!” Those words are music to any fitness instructor’s ears. I do believe that many of us are afraid of the hard work that comes with exercise. It will be hard work; that’s why it’s called a workout. If you have completed a workout and it has not cost you something—sweat, energy, time, toil—then it has not been much of a workout.

I love the story in the Old Testament of King David and Araunah. King David had brought a plague upon Israel and went to God seeking mercy:

*Then the angel of the LORD ordered Gad to tell David to go up and build an altar to the LORD on the threshing floor of Araunah the Jebusite. So David went up in obedience to the word that Gad had spoken in the name of the LORD. While Araunah was threshing wheat, he turned and saw the angel; his four sons who were with him hid themselves. Then David approached, and when Araunah looked and saw him, he left the threshing floor and bowed down before David with his face to the ground.*

*David said to him, "Let me have the site of your threshing floor so I can build an altar to the LORD, that the plague on the people may be stopped. Sell it to me at the full price."  
Araunah said to David, "Take it! Let my lord the King do whatever pleases him. Look, I will give the oxen for the burnt offerings, the threshing sledges for the wood, and the wheat for the grain offering. I will give all this."*

*But King David replied to Araunah, "No, I insist on paying the full price. I will not take for the LORD what is yours, or sacrifice a burnt offering that costs me nothing." (1 Chronicles 21:18-24)*

David knew the value of sacrifice and what sacrifice feels like. Experiencing the temporary pain of sacrifice opens the door to experience the tremendous gratitude of blessing.

I would like you to consider every time when you have sacrificed sleep and got out of bed to meet with Him as an act of worship. Every time you use the stairs instead of the elevator; every time you pick up your running shoes and turn off the TV and every time you choose to engage your body in exercise is an act of worship and a costly sacrifice.

As a high school senior in Jacksonville, Florida, I was introduced to an organization called FCA, the Fellowship of Christian Athletes. We met monthly to hear an inspirational speaker and talk about the challenges of being a Christian athlete. Years later, I decided to help the FCA chapter at my kids’ high school. In reviewing the materials, I came across the most amazing Creed. I started studying it and decided that it had some real merit.

*Continued on Page Five*



There are some ideas in this creed that we adult athletes who are pursuing wellness should consider embracing for ourselves. This is just part of the Creed, quoted here for you with permission:

*My body is the temple of Jesus Christ.  
 I protect it from within and without.  
 Nothing enters my body that  
 does not honor the Living God.  
 My sweat is an offering to my Master.  
 My soreness is a sacrifice to my Savior.  
 I give my all - all of the time.  
 I do not give up. I do not give in.  
 I do not give out. I am the Lord's warrior -  
 a competitor by conviction  
 and a disciple of determination.  
 I am confident beyond reason  
 because my confidence lies in Christ.  
 The results of my efforts  
 must result in His glory.  
 My sweat is an offering to my Master.  
 My soreness is a sacrifice to my Savior.*

Just let that sink in for a minute. This sacrifice must cost me something. We remember the greatest sacrifice of all time – the gracious gift of God’s son. The hard work of exercise will cost you something. This is the final motivation we have been looking for. This is making the sacrifice out of love and devotion to a Savior—and making the workout worth it! At the end of my boot camp classes we huddle up, say this prayer and then wipe our brows and hold out our sweat offering for the Lord. We pray that he will find it acceptable and pleasing because we have made the sacrifice; the sweat is an offering. I agree with King Dave, “I will not offer the Lord that which costs me nothing.” It has cost me something and it should.

Stay strong for the journey,

**Vicki Heath**

### Upcoming Events

**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)

**Live Life!**

September 29, 2012  
 Church @ the Springs  
 Ocala, FL  
 Contact: Jeanine Deese  
 Phone: 352.208.1933

**Live Life!**

September 22, 2012  
 Cross Winds Church  
 Oronoco, MN (Rochester Area)  
 Contact: Andrea Berletic  
 Email: [berletic@charter.net](mailto:berletic@charter.net)

**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)



## From the Pastor

### A Personal Challenge

Steve Reynolds  
sreynolds@capitalbaptist.org



*Restore to me the Joy of Your salvation, and uphold me by Your generous Spirit. (Psalm 51:12)*

Can we talk about obesity?

Obesity has reached epidemic proportions in the United States. Approximately 66 percent of the population are considered overweight or obese and 32 percent—72 million Americans—can be diagnosed as obese. This trend toward obesity has been rapidly increasing for the last 10 to 15 years. The worst offenders are in middle America and the southeastern part of the country.

I want you to face the fact that you may be either overweight, headed toward obesity, or you may even be obese and headed toward morbid obesity and certain death as a direct result. I am pleading with you to do something now—today—about your weight and unhealthy eating habits. Face reality and save your own life.

What's really sad is that this epidemic is preventable. Obesity is the most common preventable cause of death second only to smoking. According to the National Institutes of Health, it is the major cause of 30 medical conditions that are costing our society \$92.6 billion annually.<sup>1</sup> We have a healthcare crisis in this country and much of it is caused by obesity.

Why would any thinking person not do something about his or her obesity once the facts are presented? Is that supersize meal, that four-layer chocolate cake and endless bowls of ice cream really worth your health? On the other hand, losing weight can cause you to live longer, have more energy, feel better, save money on both medical and pharmacy costs and honor the Lord by taking care of the body He has given you.

Physicians, weight trainers and other health personnel are talking more about Body Mass Index (BMI) than they are the actual pounds that show up on the scale as gained or lost. That's because muscle is heavier than fat, and the scale may be standing still if you are increasing muscle by exercising. Even though you may weigh the same, it could be that you are replacing fat with muscle. That's good, because muscle burns fat. The more muscle to fat ratio in your body, the higher your fat-burning metabolism. That's why men often have an advantage over women in their ability to lose weight more quickly. Women can even out that advantage by adding strength training to their aerobic exercise.

I would like to challenge you to admit your condition and make a decision to do something about it. Choose to live a better quality of life. Get healthy. First Place 4 Health can help you achieve this goal.

#### **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.*

<sup>1</sup>“Statistics Related to Overweight and Obesity,” National Institute of Diabetes and Kidney Diseases, May 2007.  
<http://wom.niddk.nih.gov/statistics/index.htm>



## A Story of Hope & Inspiration



### Jeanne Deveau

I started toying with the idea of doing something about my weight in May 2006, after I got stuck in the ticket turnstile at Busch Gardens, Williamsburg. I don't know who was more humiliated, my daughter or myself! I began to have negative thoughts, spiritual doubts about my salvation and even about the truth of God's Word. Then during work camp project, I became too sick to finish the week from a combination of heat, exhaustion, obesity and diabetes that had become unmanageable.

This really scared me. My mother and grandmother both died of complications from diabetes, and I was particularly scared of going down that same road. I had one of those "groanings that cannot be uttered" moments with God, and I begged Him to help me know what to do to fix my life.

The next morning, Karen, the wife of one of our church elders, called and said she had picked up a First Place 4 Health Leader Kit at a Christian conference. She wanted me to help her get the program started at our church. It only took a few minutes of reading through some of the values and Scriptures to know that God was answering my prayer for help in my mental, spiritual, emotional and physical areas.

A few days later, Karen asked if I'd be interested in attending the FP4H Leadership Summit meeting in Houston, TX. During the trip, I was repeatedly convicted that God had directed this path for me. The unexpected surprise was the warmth and support of the FP4H members we met in Houston. By joining this program, I unknowingly inherited a nationwide family of godly men and women. I had very little confidence until Carole looked me right in the eyes and said with such passion, "God equips who He calls!" I had no choice but to believe her, and I never questioned it again.

I remember how excited I was to make it one mile around the local track after struggling to walk to the mailbox. I have since worked up to four miles. My original goal was to lose 50 pounds in one year, but it took one year and a week. The extra week is significant, because I believe God wanted me to remember that this was on His timetable, not mine.

I have lost 68 pounds altogether and maintained it for over three years. I can now buckle my own shoes and keep up with my two-year-old grandson. I can also run and play with the pre-schoolers at my job as a teacher aide

One of the best benefits has been the near-disappearance of my diabetes symptoms and having the doctor and nurses ask how I did it! I love talking about FP4H and to point out that God cares about all of our concerns, even our weight. My blood sugar levels have been consistently normal, and that is also my best indication of how well I am following my new lifestyle.

I am most thankful to see the transformation that has come over me in the area of quiet time. As for my negative attitude, God continues helping me every day to see the positive side of things. I cannot find one thing to criticize about FP4H. It is rewarding to realize all the people it has reached in our church and community.

I am currently taking a correspondence course in nutrition through Ashworth College and have an interest in helping families develop better lifestyle habits in order to improve the childhood obesity statistics in our country. I know it is the strong Christ-centered element that will help us all find balance in our lives, regaining our health and becoming the people God created us to be.





## Devotional

# love back at you

*And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us.*

## 1 John 3:23

Several years ago, my husband and I were going through a very emotional time of grieving and change. My 49-year-old sister-in law was dying from brain cancer. Our college-age sons both made major decisions that same summer. Ben, our youngest, was going to be married that August, and our oldest son moved out of state. This move was one that brought us to a place of testing and trusting God. Nate's move was prompted by an admission that he was homosexual. We were devastated, yet clearly knew that God calls us to love unconditionally. By His grace, we have been able to maintain a relationship without compromising God's truth.

I have been blessed to attend the annual First Place 4 Health Leadership Summit in Houston, and that particular year, I was needy for love and reassurance. My sisters in Christ ministered to me and loved me without judgment. The Lord gave me that time to come away with Him and He embraced me through a community of faith. Carole, Vicki, Becky, and Meagan were the Lord's hands and feet. They spoke His words of encouragement and did a lot of listening. That time gave me the strength I needed for the days and weeks ahead.

I can remember many times over the years when my First Place 4 Health group *was* the family that ministered to me in a way that no one else could. With Christ at the center of those relationships, there is a unique and lasting bond between us. First Place 4 Health is about loving and being loved—loving our Lord Jesus Christ, loving others and learning to love ourselves through His eyes. It's about receiving the love others have to offer, not feeling the need to do anything in return. And for all of this, I am eternally grateful.

**Action Item:** Are you opening yourself up to the love and support offered through First Place 4 Health? Are you learning to express your love to others?

**Prayer:** *Heavenly Father, thank You for Your perfect love, and for loving us through others. Thank You for giving us the opportunity to love in Your Name. Amen.*

**Jenn Krogh**  
First Place 4 Health Networking Leader  
Kewaunee, Wisconsin

*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.*



## Recipes!

### Banana Oatmeal Chocolate Chip Cookies

*Serves 24*

1/2 cup mashed ripe banana (about 1 medium)  
1/2 cup packed brown sugar  
1/4 cup butter, softened  
1/4 cup granulated sugar  
1 teaspoon vanilla extract  
1 large egg  
5.6 ounces all-purpose flour (about 1 1/4 cups)  
2 cups old-fashioned oats  
1 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup semisweet chocolate chips  
Cooking spray

Preheat oven to 350°. Combine first 5 ingredients in a large bowl; beat with a mixer at medium speed until smooth. Add egg; beat well. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, oats, baking soda, and salt in a medium bowl, stirring with a whisk. Add flour mixture to banana mixture in bowl; beat with a mixer at medium speed until well blended. Stir in chocolate chips. Drop batter by heaping tablespoonfuls 2 inches apart onto baking sheets coated with cooking spray. Bake at 350° for 18 minutes or until golden. Cool on pans 2 minutes. Remove cookies from pans; cool completely on wire racks.

#### **Nutrition Information**

Calories: 115; Fat: 3.6g; Protein: 2g; Carbohydrate: 19.1g;  
Fiber: 1.2g; Cholesterol: 14mg; Iron: 0.9mg; Sodium:  
121mg

### Butternut Squash Pizza

*Serves 4*

1 cup thinly sliced onion  
1/2 butternut squash, seeded and ,thinly sliced  
1 tsp. chopped fresh rosemary  
salt and pepper to taste  
1 tbsp. olive oil, divided  
1 pkg. refrigerated pizza crust  
1 tbsp. cornmeal  
2 tbsp. grated Parmesan cheese

Preheat oven to 400° F. Place sliced onion and squash in a roasting pan. Sprinkle with rosemary, salt, pepper and 1 tablespoon of the olive oil; toss to coat. Bake in the preheated oven for 20 minutes, or until onions are lightly browned and squash is tender; set aside. Increase oven temperature to 450° F. On a floured surface, roll each ball of dough into an 8-inch round. Place the rounds on a baking sheet sprinkled with cornmeal. Distribute squash mixture over the two rounds and continue baking for 10 minutes, checking occasionally, or until the crust is firm. Sprinkle with cheese and the remaining tablespoon olive oil. Cut into quarters, and serve.

**Nutritional Information:** 342 calories; 7g fat (17.6% calories from fat); 10g protein; 63g carbohydrate; 4g dietary fiber; 2mg cholesterol; 528mg sodium.

### Banana Breakfast Smoothie

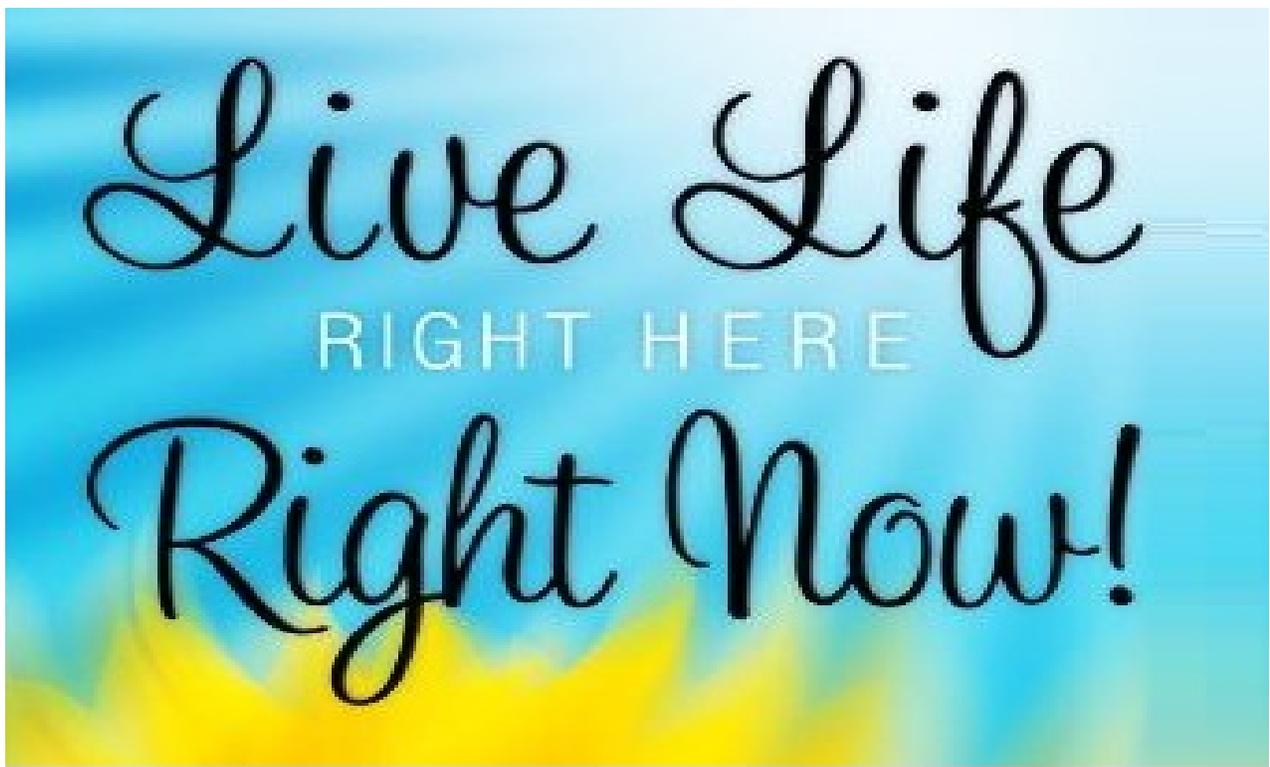
*Serves 2*

1/2 cup 1% lowfat milk  
1/2 cup crushed ice  
1 tbsp. honey  
1/8 tsp. ground nutmeg  
1 frozen sliced ripe large banana  
1 cup plain Greek 2% yogurt

Combine milk, ice, honey, nutmeg and banana in a blender and process for 2 minutes or until smooth. Add yogurt and process just until blended. Serve immediately.

#### **Nutrition Information**

212 calories; 3.6g fat (15% calories from fat); 14.2g protein; 34.2g carbohydrates; 2g fiber; 9mg cholesterol; 75mg sodium



## **First Place 4 Health will kick off our *Live Life!* events in July at Summit 2012.**

Won't you join us for Summit 2012 at Houston's First Baptist Church. 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! 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.

Here is a sample of the seminar choices you'll have at Summit 2012:

- \* FP4H Food Plan 101
- \* FP4H Food Plan 102
- \* What's Hot in Fitness
- \* Don't Quit, Get Fit!
- \* How to Start a FP4H Group
- \* Choosing to Change
- \* Importance of Strength Training
- \* Tips and Strategies for the FP4H Leader
- \* Live Life, Right Here Right Now!
- \* Top Apps and Internet Tools to Keep you Fit

Our schedule will begin on Friday, July 27th at 9:00 AM until 8:00 PM and start again on Saturday at 9:00 AM and go until 3:00 PM. Lunch and dinner on Friday and lunch on Saturday are included in your registration. Go to [www.firstplace4health.com](http://www.firstplace4health.com) for more information Summit 2012 and the *Live Life!* events scheduled for 2012.