



From the Heart ~ Carole Lewis

Yesterday was a gorgeous day at the bay. I couldn't stand staying inside, so I headed down to the pier with my Bible, pen and Bible study. Getting settled in on the porch swing to work on my Bible study took a while. I removed a cushion from one of the chaise lounges and placed it on the swing so I could sit sideways comfortably. After making my "nest," I opened my Bible study and was immediately aware of the drone of a plane overhead. After a few minutes, I realized that I was still hearing the plane so I looked up.



Right in front of my eyes was a stunt plane putting on a show. This plane was steeply climbing and then diving straight down. As it leveled out, it began turning over and over. My stomach was churning and I wasn't even in the plane! I was fascinated watching this pilot and plane for the longest time before the plane finally flew away.

My mind wandered to the annual air show coming up at Ellington Field and how this pilot was out practicing for his performance at the show. These air shows, held in many cities across the U.S., have been the sites of some tragic, fiery crashes in years past.

As I sat there on the swing thinking about what I had just seen, I was struck with the thought that I had just witnessed a picture of what our country is experiencing as we fight the battle of the bulge. As planes are built to fly in a straight path, so are our bodies built to stay strong and healthy, if we eat healthy foods and exercise. Many of us are like the stunt pilot, soaring high when we find the latest and greatest diet, only to take a dive when we find out it didn't deliver what it promised.

Even though there are dire predictions for our nation, if we don't make drastic changes in our eating habits, our country is still playing around with this gigantic problem. Predictions are that 42% of Americans will be obese by 2030. There is a lot of hype about our schools being the place where our children eat two of their three meals each day. The reality is that very little has changed in the public schools of America. Soft drink machines have been replaced by machines containing juice and sports drinks with as much sugar as the soft drinks (and owned by the same soft drink companies).

America is on a "stunt diver plane" headed for a crash if we don't make some drastic changes in what we eat and begin exercising regularly. Our children are being diagnosed with type 2 diabetes, high blood pressure and high cholesterol at an alarming rate, and it is predicted that today's generation of children will not live as long as their parents.

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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There is truly only one answer to this national tragedy—the answer is God. Only God can give us the wisdom and the strength to make the changes necessary to turn these dire predictions around. I love the saying, “If it is to be, it is up to me.” Real change begins with you and me. As we give Christ first place in our lives, He will change us from the inside out.

As we reach our weight goal and stay there, people around us will want what we have. I am praying that many of you will attend our Summit 2012, July 27-28, held at Houston’s First Baptist Church. There will be many in attendance that have experienced true lifestyle change and no longer go through the steep climbs and deep dives of fad diets.

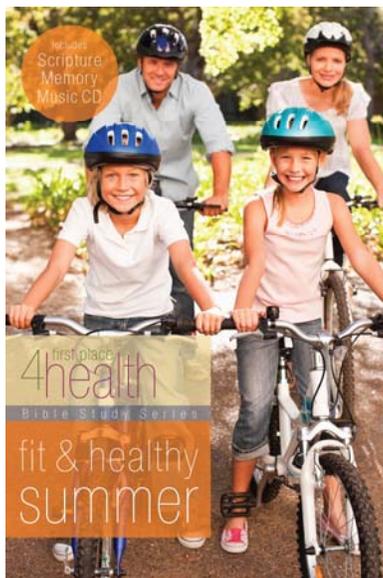
They have learned that there is only one way to change that will last forever: eat healthy and adopt a lifestyle of exercise. You will hear inspiring testimonies and seminars that tell you the truth and give you inspiration and motivation to change forever.

Yes, stunt diving is much like stunt dieting—not something you can do and expect to live a long life.

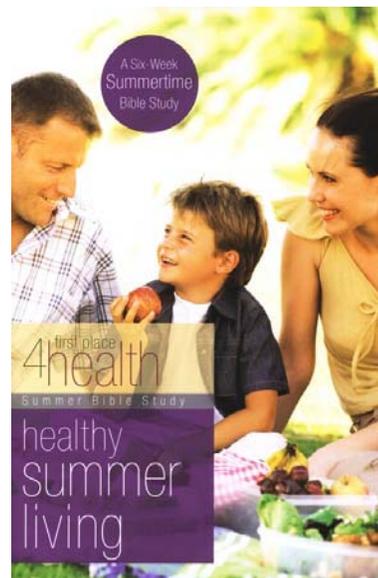
Jesus said in John 10:10, *The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.*

Carole Lewis

Stay on Track this Summer!



ISBN 08307.55160 \$12.00



ISBN 08307.47222 \$12.00

Summertime is filled with sunshine, picnics at the lake, special outings, family vacations and celebrations. But it is also a time when disruptions in the normal routine can make it difficult to stay committed to healthy living. ***Fit and Healthy Summer & Healthy Summer Living*** are designed to help you stay on course through their journey toward a balanced life. Click on either book to go to the online store for more information or to order.



Simple Ideas for Leaders

We are just beginning a new 12 week session. At our first meeting, I brought a bowling ball to pass around person to person. It weighs 15 lbs., which is exactly the amount for me to reach my goal weight. I have lost 80 lbs and have 15 more to go. It is also a good amount of weight for folks to set as a goal to lose in 12-week time period. The idea was to put that bowling ball by your refrigerator. Every time you crave a snack, pick up that ball and carry it around a few minutes. Do we want to continue carrying that excess weight with us? If you don't use a bowling ball, how about a scale in the kitchen area, or a picture of you at a healthier weight, or whatever motivates you personally. Take a stand and do something for yourself that is motivating and keeps you focused.

On another note, I did make the commit to wear the same pair of tight pants for the next 12 weeks for us to see the change over time. I also invited others to join me in that commitment, so thanks for the great idea! *Mary Kloek*

NEW IN THE ONLINE STORE!

Great gift for yourself or as a giveaway or award to your class. Guys love it too as a golf marker.



Keepsake pocket token reads: *With God all things are Possible.* Pewter. \$2.00



Keepsake pocket token reads *One Day at a Time* on one side and *This is the Day The Lord has Made* on the other. Pewter. \$2.00

More Tips for a Skinny Kitchen

Some things in your kitchen can be triggers that make you eat when you're not really hungry. The typical kitchen is loaded with things that lead to mindless eating. These strategies can help.

1. **Adjust your kitchen lighting.** Bright lights can cause you to race through meals and dim light can mask feelings of fullness. Best: 60-75 watt bulbs and eat slowly so you can recognize feelings of fullness. Turning off the light can also signal that mealtime is over.
2. **TV Trouble.** Distractions like the television and music can lead you to take in 100 additional calories each meal.
3. **Decorate with flowers.** Choose varieties with strong aromas that contrast with foods. Fragrances that are similar to food smells can lead your to eat more.
4. **Keep it covered.** Treats in see-through containers tempt you to indulge. Hide goodies in opaque containers instead of displaying them in clear ones. Also, wrap leftovers in aluminum foil instead of plastic wrap so you can't see inside.
5. **Get good tools.** Treat yourself to a blender wand for quick smoothies, a steamer basket, or a mister for spraying sauté pans with thin layers of oil.
6. **Banish Temptation.** Clear your counters of all those enticing snacks – except the fruit. 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.



Fit Tips

“Ready or not, here I come!”

Vicki Heath

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“Tag, you’re it!” When was the last time you heard that? Or how about “red rover, red rover, send Betty right over,” “London bridge is falling down, falling down ...” On a recent airplane trip, I was once again forced to reach for the most advanced, well-researched, cutting edge piece of journalism out there—the seat pocket sky magazine. An article byline said, “Our bodies know it. Our brains know it. Now science has proven it: adults and kids both need stupid, pointless fun. It’s called play!” I love it when science catches up with what we are teaching in FP4H.

I played “hide and seek” with my grandkids the other day (our new house has a ton of great hiding places!) and I was surprised by three things. First, how fun it was, how exhausting it was, and that I was not too old to play! I know the days are ticking by, but that does not mean I have to age at an accelerated rate. At one time, the people of the United States were known as the “movers and shakers” of the world—not any more. We have become quite a sedentary society, young and old alike. We have stopped playing. Playgrounds in many of our cities are run down and abandoned. For our children, riding bikes and running all over the neighborhood has been replaced with computers, television and video games. For adults, long walks after dinner have been replaced with Jeopardy or our favorite TV program.

The greatest threat to our health is not the aging process itself, rather inactivity. Exercise helps provide a better quality of life in many ways and it can be fun! In addition to warding off numerous chronic diseases, regular exercise slows down the degeneration of the central nervous system, which leads to slower reaction times and poor coordination. I don’t want to become slow in my old age! Staying active can slow down the aging process.

This summer is the perfect opportunity to get in touch with that carefree child you were years ago. That fun-loving little girl or mischievous little boy is still down in there somewhere. You may have aged chronologically, but our personalities really don’t change at all. I want to challenge you to break out of your “old person” mold, go back to the child you used to be and head to the playground! All you need are a few simple rules:

Vicki’s Stay Young Playground Rules:

- ✓ **Play safe.** I finally had to realize that a fifty year-old woman cannot turn upside down very well! I had to give up my trampoline and tumbling career.
- ✓ **Play Hard.** Do you remember what it feels like to run as fast as you can down a hill and let yourself go, and then just start rolling down the grass? There is no reason we cannot continue to exercise like this. I do not recommend this if you are just starting to exercise but if you have hit a plateau, you can try adding some high intensity intervals to your workout. Even while out taking a walk, just for 10 seconds run as fast as you can! Newest studies show that bouts of high intensity exercising can increase your fitness level, strengthen your heart and burn more calories! Yeah!

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✓ **Find a Playmate:** I have to tell you about my friend, Betty Killen. Betty is one of my all-time favorite playmates here on Edisto Beach. She is in her early seventies, and although she has experienced some age-related health problems, it has not kept her from playing. Most any time of the year, I see her riding her bicycle to and from the grocery store, out walking on the beach or washing and scrubbing the decks on her house. She also is a great participant in our First Place 4 Health Wellness Weeks. This past month she had the courage to participate in the “Big Swing” at our spring Sandy Cove Wellness Week. Her picture has been all over Facebook. She was the oldest one to swing that week! I will never forget that laugh of delight as she let go of the rope and flew through the air! She is a constant reminder to me that we need to stay young at heart, and we can do that if we choose to keep playing.

By giving ourselves permission to play with the wonderful freedom of childhood, we can continue to reap benefits throughout our lifetime and slow down the aging process.

Hey, guess what? Ready or not, here it comes!

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

Pennsylvania/W. Virginia Area Leaders Meeting & Training

August 11, 2012
Westminster Presbyterian Church
Pittsburgh, PA
Contact: Helen Baratta
Email: HelenBaratta@gmail.com
Phone: 412.400.4644

Pennsylvania/W. Virginia Area Leaders Meeting & Training

September 15, 2012
Rolling Plains United Methodist Church
Zanesville, OH
Contact: Helen Baratta
Email: HelenBaratta@gmail.com
Phone: 412.400.4644

Live Life!

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

Live Life!

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

Wellness Week ~ Round Top

October 11-18, 2012
Round Top Retreat Center
Round Top, Texas
Contact: Lisa Lewis
Email: lisa.lewis@fp4h.com

Fun & Fitness for Life Weekend

February 8-10, 2013
Sandy Cove Ministries
North East, MD
Contact Phone: 800.234.COVE (2683)
More info.: www.sandycove.org

Wellness Week ~ Sandy Cove

April 28 – May 3, 2013
Sandy Cove Ministries
North East, MD
Contact Phone: 800.234.COVE (2683)
More info.: www.sandycove.org



From the Pastor

What are the Benefits of Exercise?

Steve Reynolds
sreynolds@capitalbaptist.org



For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come. (I Timothy 4:8 KJV)

The benefits of exercise are numerous. Exercise helps your body in almost every conceivable way. One of the greatest benefits is that it helps you lose weight. Only a small percentage of people can lose weight without exercise, but 100 percent of people have to exercise to be healthy. Remember that in biblical times the people had no cars. They walked with seemingly little regard for distance. While not having transportation may seem like a problem, for these people it was a blessing in disguise. They didn't have to go to the gym every day. They got plenty of exercise. On the other hand, we don't walk everywhere so we have to make sure we get our exercise in other ways. We also have to insure we get enough exercise to gain its benefits.

The most important step in establishing a fitness program is to do something. You can choose whatever type of exercise that works for you. You decide what type of workout to engage in such as cardio/strength or a strength and flexibility program. You decide if you want to work with a group or work alone. Many people exercise alone, but there is nothing like working out with a buddy to keep you on task and accountable.

You need to start your program slowly. If you go all out on your first day and then become so sore you can't exercise again the next day, you defeat the purpose. Remember that this is a lifestyle change and real change comes slowly. Make sure you stretch before exercising to prevent injury and to prevent soreness. Keep track of how often you exercise. You may want to listen to a book on CD or iPod or do your Scripture memory while you are exercising.

How much exercise is enough? Most doctors advocate exercising three to five days a week for at least 30 minutes. One of the good things is that the 30 minutes don't have to be done all at once, but can be performed in intervals. For instance, ten minutes three times or fifteen minutes twice. This is your program, so the choice is yours regarding what you do. Go for a walk, jog or swim. Dancing uses lots of muscles and it's fun. Find something you like to do that involves repetitious movement. It must be doable, so incorporate what you enjoy into your daily activities. And don't forget, it's always advised that you consult your physician before beginning any form of exercise program.

Exercise must become a habit—a sacred appointment—you keep with yourself. God designed us to handle physical work. We were not fashioned to live sedentary lives filled with stress. So choose an active lifestyle.

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



**Jackie Lapouble
Kenner, LA**

I heard about First Place 4 Health by accident, but not in God's mind. After walking with the Lord for 30 years, I had never been in the state of mind I was in that day – I was depressed! I'm usually very joyful, full of faith and expectancy, but not now! I was taking antibiotics and all sorts of Rx's, but my body was not responding.

The Dr. ordered a blood test, which came back with news of diabetes. I needed to be on a strict diet and medicine for diabetes. My weight was at an all time high – 258 lbs. and I'm only 5' 2-1/2" tall. Between my

weight, this ongoing sickness, and now diabetes, my prayers seemed to be hitting a brick wall.

While sitting at my computer, a friend sent an email saying I was on her mind and in her prayers. I wrote her back and admitted that for the first time in my entire life, I felt hopeless. "I need a divine intervention and soon", I wrote. I hit "send" and the phone rang. It was my daughter, Tara, calling to see if I would babysit for her on Friday mornings for 12 weeks while she went to a class. I asked what kind of class she was taking. She said FP4H, a Christian weight loss program. I started to tear up thinking, divine intervention has come. I paid for babysitting and joined the class with her.

The day we walked through the doors for the meeting, the leader handed me the book, "Renewing Hope." I broke into tears. God knew—He was very aware of my hopelessness and was waiting for the day I would begin to walk in the purpose He had for me. I attended a few sessions of FP4H and was one of the biggest losers. I decided, after coaxing from my leader, to start a class in my area. The first class met in my home, then the doors opened to meet at a church, where we had several sessions, and now my home church has taken our group as one of its ministries.

I've always been overweight, tried every diet and "quick-fix" imaginable, only to ride the roller-coaster of lose and gain over and over again. Now, through FP4H, I am coming into a balanced lifestyle, emotionally, mentally, spiritually and physically. God is setting me free!

We sing a song at our church, "I am royalty, I have destiny, I have been set free, I'm gonna change history!" While singing it one Sunday, God began to show me my life, "You are the King's kid - Royalty, You have destiny - a purpose I created you for. I am setting you free—to set others free, and your history has been changed! My history was written in my family bloodline. My dad had high blood pressure, diabetes, and after years of poor health, he died from arterial sclerosis, clogged arteries associated with a life of excessive food choices.



God has used FP4H to free me from my obsession with food. He has healed me and I'm now off high blood pressure medicine after 25 years! I've been undiagnosed as a diabetic, and gone from a size 24-26 to a 12-14, and have lost 82 lbs. My history has been re-written!

I read this statement from my Bible study, *Giving Christ Control* "God uses the weakest areas of our life as a platform to exhibit His power." I never thought I would praise God for a testimony of obesity, but I rejoice in His wonder-working, recreating story of my life! I am humbled and grateful for the divine intervention of FP4H! It has changed my life and afforded me the joy of seeing Him re-write the history of the lives of many others.

Jackie is our newest networking leader for Louisiana. If you are a leader in Louisiana, she would love to hear from you. You may write to her at nonie4joy@yahoo.com



Devotional

united we stand

I appeal to you, brothers, in the name of our Lord Jesus Christ, that all of you agree with one another so that there may be no divisions among you and that you may be perfectly united in mind and thought.

1 CORINTHIANS 1:10

Each summer, First Place 4 Health has their annual Summit event in Houston, Texas. People from all over the country and Canada make the trek to Houston for two days of motivation, information and fun! It's a wonderful time of fellowship, training, inspiration and fun. Attendance has ranged from 42 in 2003 to 309 in 2008. It's a huge undertaking that involves many details.

This event is one-of-a-kind and empowers leaders to go out and "lead loud" for Christ and First Place 4 Health. Because of that, we've learned to expect attacks from Satan every year. When crazy things start to go wrong, we just look at each other and laugh, because we should have known it was coming. But through it all, Christ's love shines through everyone.

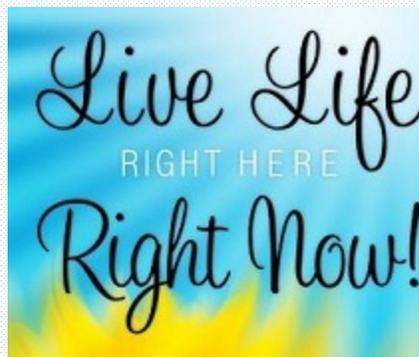
Just when I feel like so many things are going wrong and it cannot possibly be a good event, someone will come up and tell me a heartbreaking story about all that has happened to them that year, but that this event has renewed their strength. Someone else will come up and say, "Lisa, what can I do?" Or someone else will say, "You guys are doing a great job. This is awesome!" A staff member might say, "No big deal, why don't we just do it this way?"

And after it's all over, and I look back, I'm amazed at how much First Place 4 Health people care about each other. We are part of this big family that truly is united in mind and thought. We lift each other up; we listen, we care, we encourage and we love one another, as Christ loves us—and we are made better, together.

Action Item: Is there someone who needs a call or an email of encouragement from you today? Stand with that person in her weakness. You will be amazed at what two or more can do together.

Lisa Lewis
First Place 4 Health Director of Events

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



Summit 2012
Houston, Texas
July 27-28, 2012

A happy, healthy life can be yours right now. Join us for two days of learning how small steps can lead to BIG changes and a healthier you!



Recipes!

Honey Pecan Crusted Chicken

Serves 4

4-4 ounce skinless chicken breast halves
1/4 cup honey
2 tablespoons Dijon mustard
3/4 teaspoon paprika
1/4 teaspoon garlic powder
1 cup finely crushed cornflakes (about 3 3/4 cup uncrushed cereal)
1/3 cup finely chopped pecans
1/4 teaspoon salt
1/4 teaspoon pepper

Preheat oven to 400 degrees F. Sprinkle salt and pepper evenly over the chicken; set aside. Mix the honey, mustard, paprika, and garlic powder in a small bowl until thoroughly combined. In a shallow dish, combine cornflakes and pecans. Brush both sides of chicken with the honey mixture, and then dredge in the cornflakes. Put the chicken in a large baking dish coated with cooking spray. Lightly coat chicken with cooking spray and bake for 40 minutes, or until done.

Nutrition Information

Calories: 270; Fat: 8.9g; Protein: 25g; Carbohydrate: 21.4g; Fiber: .5g; Cholesterol: 71mg; Iron: 2mg; Sodium: 416mg

Spinach & Strawberry Salad with Honey Mustard Vinaigrette

Serves 4

Salad

6 cups spinach, washed and thoroughly dried
1 1/2 cups sliced strawberries
1 tablespoon sunflower seeds
1 small red onion, thinly sliced
1 head radicchio lettuce, washed and leaves separated
1/3 cup mushrooms (about 2 ounces)

Dressing

1 tablespoon rice wine vinegar
2 tablespoons honey
2 teaspoons Dijon mustard
Sea salt and freshly ground pepper to taste

For the salad: Tear the spinach into bite-size pieces and place in a large bowl. Add the strawberries, sunflower seeds, and onion.

For the dressing: In a small bowl, whisk together the vinegar, honey, mustard, salt, and pepper. To serve: Pour the dressing over the salad and toss to combine. Place one radicchio leaf on each plate. Place one cup of spinach salad in each radicchio cup and garnish with mushrooms.

Nutritional Information: 81.3 calories; 1.5g fat; 2.4g protein; 16.8g carbohydrate; 2.6g dietary fiber; 0mg cholesterol; 65.1mg sodium.

Roasted Peaches

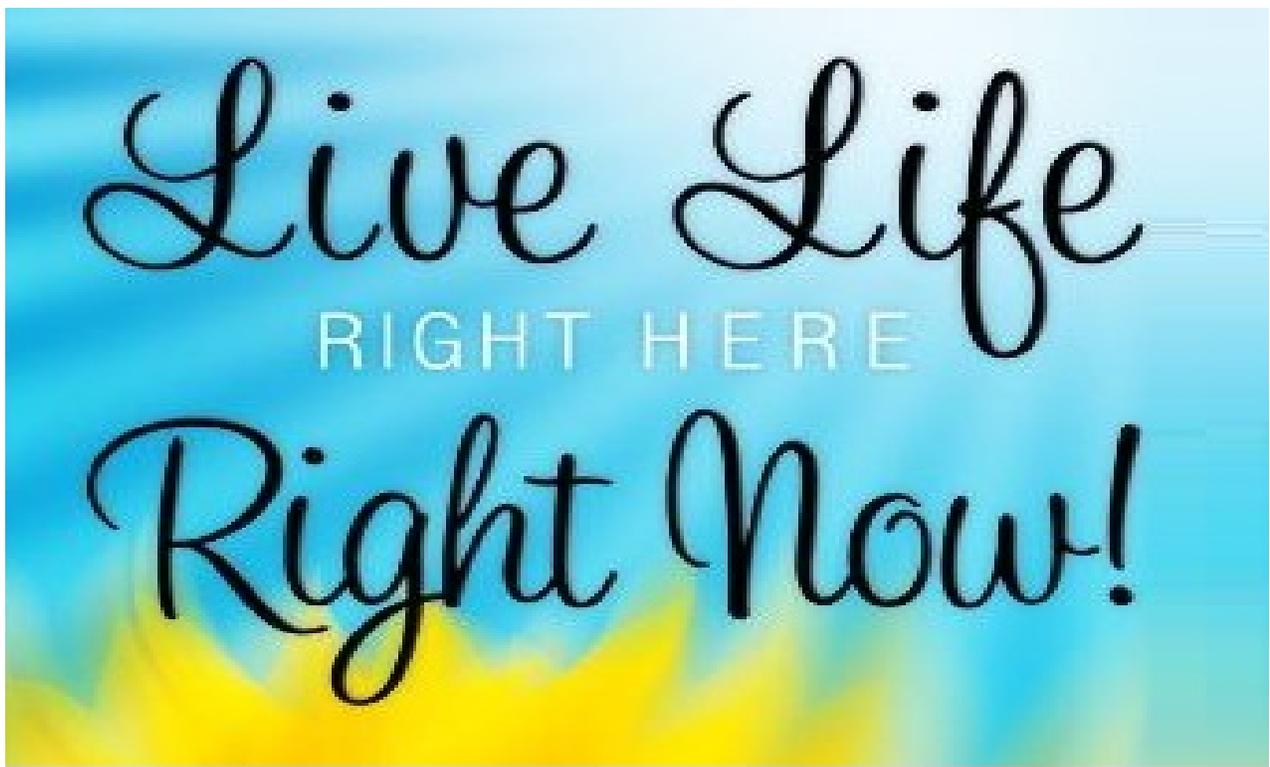
Serves 4

4 cups fresh sliced peaches
2 tablespoons melted butter
1 tablespoon brown sugar

Toss sliced peeled peaches with butter and brown sugar. Place in a 13x9" baking dish; bake at 475° for 10 minutes or until soft. Serve over fat-free vanilla frozen yogurt.

Serving size: 2/3 cup peaches and 1/2 cup yogurt)

Nutrition Information: Calories: 51; Fat: 0g; Protein: 1g; Carbohydrate: 20g; Fiber: 2g; Cholesterol: 0mg; Sodium: 0mg



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 looking for motivation and information on nutrition and fitness, or a leader or prospective leader that wants tips and training, 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 for more information Summit 2012 and the *Live Life!* events scheduled for 2012.