



From the Heart ~ Carole Lewis

The thief comes only to steal and kill and destroy; I have come that you may have life and have it to the full. John 10:10

This week in my First Place 4 Health class one of our members was giving our wellness topic. She wrote the word "limited" on our whiteboard. She shared that she has been in our program for 10 years, but her life has been limited because of her unwillingness to practice continuous obedience in the area of eating. In January of this year, she made a commitment to eat no sugar for 12 weeks and to give \$10 per week to the charity, As Our Own, at the end of the 12-week commitment. At the end of the 12 weeks, she had not eaten one bite of sugar and was jubilant as she wrote her check for \$120. The amazing part is that she has still not eaten a bite of sugar and she has lost 20 pounds in the process. Her skin is radiant, her personality is vibrant, her emotions are stable and she is no longer "limited" in her ability to be the woman God desires for her to be.



This lady began her FP4H journey ten years ago at 240 pounds. She had numerous health problems and limitations of what she could do to exercise. Today she is 10 pounds from her goal and is doing exercises she was told she would never be able to do. She is getting stronger every day and as Malachi says in 2:10, God is truly "throwing open the floodgates of heaven and pouring out so much blessings" into her life that she is overwhelmed with all He is doing. Friends, obedience is the key to success. God has all the answers to every problem we face, but we must ask for His wisdom and direction and then do what He says.

The sky is the limit for each of us if we would only get serious about this area of obedience. Most of us know what to do to lose weight, but are we willing to pray and obey to get there? God's love language is obedience and He says in John 14:21 that if we love Him, we will obey Him.

Would you like to enter 2013 living a life that is not limited because of your unwillingness to become serious about getting healthy? I promise that this year's Summit will give you the tools you need to begin to *Live Life* to the full!

Matthew 6:33:

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

From the Heart ~ Carole Lewis ~ Page 1

Simple Ideas for Leaders ~ Page 3

Cool Fruity Treats for Summer ~ Page 3

Am I Fat Because I'm a Christian? ~ Vicki Heath ~ Page 4

From the Pastor ~ Pastor Steve Reynolds ~ Page 7

A Story of Hope ~ Page 8

Devotional ~ Page 9

Recipes ~ Page 10

First Place 4 Health

(800) 727-5223
(713) 688-6788

To Place an Order:
(800) 727-5223, x1002

www.firstplace4health.com

The *First Place 4 Health E-Newsletter* is published monthly by First Place 4 Health. Address all correspondence to First Place 4 Health, 7025 W Tidwell, Suite H-101, Houston, TX 77092



Continued from page one

I am more than a little excited about this summer's annual First Place 4 Health Summit. Last year was the first year that the Summit was opened up to everyone – FP4H members, leaders and anyone desiring to improve their health or lose weight. The Summit will be at Houston's First Baptist Church, July 27-28, and there are so many new things to share:

- * New theme for 2012: Live Life!
- * Becky Turner is back as MC!
- * New books available: *Live Life Right Here, Right Now* by Carole Lewis; *Don't Quit, Get Fit* by Vicki Heath and a new book by Joyce Ainsworth who has lost 192 pounds and is at her goal!
- * Informative breakouts:
 - ✓ **Getting Prepared...to teach, speak or write** ~ Karen Porter
 - ✓ **Food Plan 101 & Food Plan 102** ~ Charlotte Davis, Registered Dietitian
 - ✓ **Getting It Done Intentionally** ~ Becky Turner
 - ✓ **Who Do You Think You Are?** ~ Vicki Heath
 - ✓ **Top Apps & Internet Tools to Keep You on Track**~ Lisa Lewis
 - ✓ ...and much more! (For a complete list of breakouts with descriptions, see page 10)
- * Early morning fitness classes both days: spinning, boot camp, strength training and a seated workout.
- * Exciting new products in our Summit bookstore
- * Delicious, healthy meals

If you need a jump start or new motivation and inspiration, then Summit 2012 is where you need to be!
Click here to register: [Summit 2012](#)

Carole Lewis

Live Life Right Here Right Now!

A happy healthy life can be yours right now. Join us for two days of practical tips, inspiration and fun.

Summit 2012

July 27-28, 2012
Houston, Texas

>>>



Simple Ideas for Leaders

Contest Idea

One of the most interesting contests we've done is a "fruit basket winner" each week. Everyone brought a piece of fruit or another type of healthy snack to put in our basket. If they forgot to bring something, they would throw in a quarter.

After everyone weighed in, the person with the greatest weight loss for that week won the basket of snacks to take home. In case of a tie, we divided up the basket. The catch was that in order to win, that person had to be present and also had to weigh-in the prior week, so the week's loss only represented one week of healthy eating. The winner also had to turn in a completed CR for the week. This helped keep everyone completing their CR, and it gave a real boost to the winners, because they were obviously faithful to their commitments and losing weight. Our ladies didn't mind bringing in one piece of fruit, so there really wasn't a big expense to anyone for the prize!

Pat/TX

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

Cool Fruity Treats for Summer

- Fruit Kebab** – thread fruit slices (strawberry, kiwi, pineapple, etc.) on short wooden skewers. Dip idea – light yogurt. This is a kid-friendly recipe! (Can also add a few angel food cake squares for an added treat.)
- Fruit Juice Slushy** – pour lemonade or your favorite fruit juice into ice trays. When frozen, pop in blender until slushy.
- Fresh Fruit Cones** – Got any extra ice cream cones? Load them with fruit for a fun way to serve fruit.
- No Bake Fruit Crisp** – Top blackberries with your favorite granola and microwave until warm.

Do you have any healthy fruit recipes? Send them to recipes@fp4h.com and we'll share them next month.

Am I Fat Because I'm A Christian?

Vicki Heath

vicki.heath@firstplace4health.com



Are Christians more food-focused than other groups of people? That is a really good question we need to ask ourselves. In June I attended the Southern Baptist Convention in New Orleans and carefully watched those around me. Out of approximately 8,000 messengers registered for the event, I would say that only one out of three were not overweight. I am not picking on Baptists. Studies show that obesity is prevalent in Christians, especially evangelicals

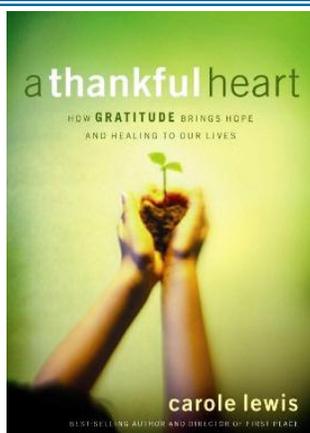
In a study performed at Purdue University by Professor Ken Ferraro and published in the June issue of the Journal for the Scientific Study of Religion, Ferraro wanted to understand if there is anything significant in the relationship between religious practices and an unhealthy body mass index. What he discovered is those states with a larger population of people professing a religious affiliation had a higher than average number of overweight and obese people.

The study showed that 1% or less of those claiming the Jewish, Muslim, Hindu, Buddhist or other non-Christian religions qualify as obese. The obesity statistics increase significantly among Christians. The results show approximately:

- 17 % Catholics
- 18 % Methodists
- 20 % Pentecostal and Assemblies of God parishioners
- 27 % Fundamentalists, including the Southern Baptist, North American Baptist and Fundamentalist sects.

Lord, have mercy and give me some more macaroni! This does not come as a surprise to those of us who have grown up in the *Bible Belt*. For most of us, the Christian social culture involves fellowship gatherings featuring home-baked pies, fried chicken, dinner on the grounds, church picnics, and ice cream socials. For us here in South Carolina, it's creamy grits and sweet tea. These are such an element of our culture that they have become a part of our religious DNA. Not only do we eat this food daily, we are also encouraged to overeat! It's even considered a crazy way to show love. "Let me fix you something to eat" is as common a greeting as "How are

Continued on Page Five



ON SALE FOR A LIMITED TIME!!

A Thankful Heart by Carole Lewis

\$5

While supplies last.



Continued from page four

you doing.” We have lived with a huge blind side; we preach against over-indulging in alcohol, tobacco, and even the kind of media we watch, but gluttony seems to be one of the few “overindulgences” that we have decided to embrace.

Steve Reynolds, pastor of Capital Baptist Church in Allendale, VA says in his book *Bod 4 God* that he was amazed his church let him stay in the pulpit at over 300 pounds. If he had been preaching heresy, he says they would have fired him. But they allowed him to preach week after week, obviously controlled by the sin of gluttony, and no one said a word!

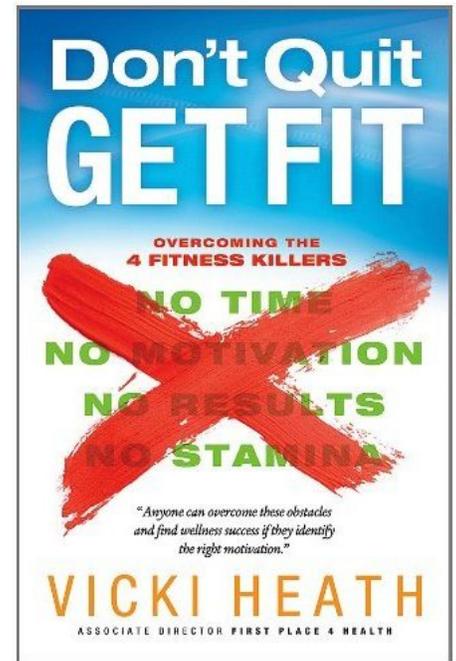
So what is going on here? We Christians, of all people, should have a healthy understanding of the role food plays in our lives. Why is my relationship with food so critical to my health and well-being? The sad truth is that you will not be successful in meeting your wellness goals through exercise alone. Most physicians agree that optimal health is achieved 30% by what you *do* and 70% by what you *eat*. In fact, trying to manage your weight with exercise alone can open the door to the dangerous habit of exercise bulimia—trying to rid the body of calories through over-exercising. We have to incorporate both of these disciplines into our lives, exercising sensibly and eating quality foods in proper quantities.

I cannot speak for the entire church, but for me, my relationship with certain foods is an emotional one. There was a time when I actually found myself having a love affair with food. I would think about it when I woke up, daydream and fantasize about overeating the foods that I loved, which were usually high-fat and high-sugar foods.

I often connect emotions with food memories.

For example, I have a fondness for pizza. I have a favorite memory of when I was about four years old and my father worked as a cook at the Officer’s Club. He was enlisted Navy and we were stationed in Norfolk, VA. He would work very late in the evenings and my mom would sometimes let me and my sister stay up until he came home. Many nights he would bring a homemade pepperoni pizza from the club and we would sit around the coffee table and eat it together. It is such a happy memory for me—my dad, getting to stay up late and eating pizza, warm and cheesy! So you can imagine that when I am feeling a little lonely for my dad, who passed away several years ago, I can be tempted to use a pepperoni pizza to take care of that loneliness. I can tell you right now that it does not take the place of my dad. In fact, when I overeat pizza, it only makes me feel shame and guilt. It is my goal now to daily practice a healthy relationship with food. I do this by remembering:

- Food is for fuel, not for worship.
- Food is not my enemy.
- Food does not make me righteous.
- Food does not make me unrighteous.
- Food is neutral – it has no power over me.



Keeping food in its proper perspective is a daily discipline that Jesus is still teaching me. It is a spiritual exercise. "Rabbi, eat something." But he said to them, "I have food to eat that you know nothing about." Then his disciples said to each other, "Could someone have brought him food?" "My food," said Jesus "is to do the will of him who sent me and to finish his work." John 4:31-34. Jesus loved food, but he understood that ultimate satisfaction comes from living in God’s will and doing his work on the earth. That’s a much better way to grow the church!

Vicki Heath



Upcoming Events

D.C./Maryland/Virginia Area Training Mtg.

July 21, 2012
Capital Baptist Church
Annandale, VA
Contact: Tamara Johnson
Phone : 301.613.2011
Email: tejpt@hotmail.com

Summit 2012

July 27-28, 2012
Houston's First Baptist Church
Houston, Texas
Contact: Lisa Lewis
Phone : 800.727.5223, x1001
Email: lisa.lewis@fp4h.com

Northeast Area Training Meeting

August 4, 2012
Sandy Cove Ministries – Andrew's Lounge
North East, MD
Contact: Helen Baratta
Phone : 412.400.4644
Email: HelenBaratta@gmail.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

Ohio 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

Michigan Area Training Meeting

September 29, 2012
South Lansing Christian Church
Lansing, MI
Contact: Marilyn VanDyk
Phone : 517.694.3995
Email: firstplace@seekstudyserve.org

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

For more information about any of these events, please visit www.firstplace4health.com.



From the Pastor

Rely on God

Steve Reynolds
sreynolds@capitalbaptist.org



Now unto Him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us. Ephesians 3:20

So often when we find ourselves in need of help, we call our friends and talk to co-workers; we even call on our pastors. Many times the last person we call on is God. It’s as if He’s an afterthought—a last resort.

Get God on your team. I have a sneaking hunch that He has been hanging around waiting for you. He wants your body to be all it can be. He has plans for you and for your life. He wants to help you. Here are some steps and supporting scriptures to help you through.

Put God on Your Team. *Taste and see that the Lord is good; blessed is the man who trusts in Him! (Psalm 34:8) Blessed are those who hunger and thirst for righteousness, for they shall be filled. (Matthew 5:6)*

Live a Full Life in God. *So I became great and excelled more than all who were before me in Jerusalem. Also, my wisdom remained with me. Whatever my eyes desired I did not keep from them. I did not withhold my heart from any pleasure. For my heart rejoiced in all my labor, and this was my reward from all my labor. Then I looked on all the works that my hands had done and on the labor in which I had toiled, and indeed all was vanity and grasping for the wind. (Ecclesiastes 2:9-11)*

Rely on God for the Victory. *If you faint in the day of adversity, your strength is small. (Proverb 24:10) I am the vine; you are the branches. He who abides in Me and I in Him, bears much fruit; for without Me you can do nothing. (John 15:5)*

Pray Regularly. *Call to Me and I will answer you and show you great and mighty things, which you do not know. (Jeremiah 33:3) Men always ought to pray and not lose heart. (Luke 18:1)*

Be Consistent in Daily Bible Reading. *I have not departed from the commandment of His lips; I have treasured the words of His mouth more than my necessary food. (Job 23:12) Man shall not live by bread alone, but by every word that proceeds from the mouth of God. (Matthew 4:4)*

Attend Church Weekly and Participate in Church Activities. *I was glad when they said to me, “Let us go into the house of the Lord.” (Psalm 122:1) Let’s think of doing it alone as a team of one plus One--the second One being God Almighty “who is able to do above all that we ask or think.”(Ephesians 3:20)*

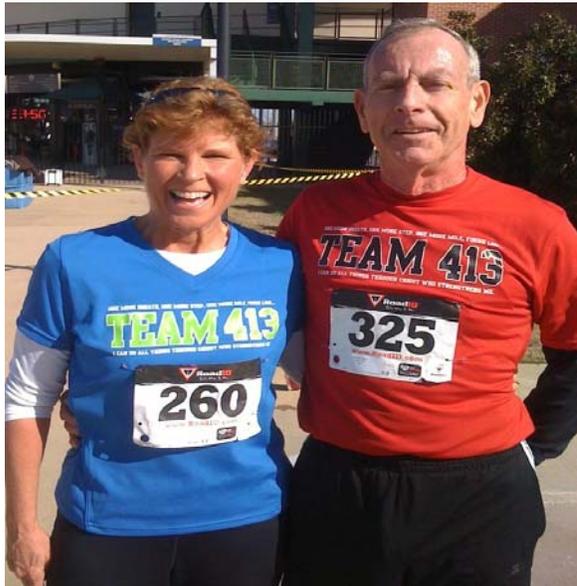
I urge you to make God your number one source for living a healthy lifestyle.

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



Mike Conerly Brandon, Mississippi

The truth is-- we all know how to lose weight and I was no different. I just never had found the real motivation to get it off and keep it off until my experience with FP4H! I have had a strong family history of heart disease, which really concerned me, but not enough to make any real and lasting changes in the past. My father had a massive heart attack at the age of 58, which was a frightening experience and a slight wake-up call for me. The heart attack robbed my dad of any quality of life for the rest of his years; it did not kill his body, but it for sure killed his spirit for living.

In June 2008, I was 56 years old, 5'6" and weighed 218 pounds. I had been following in my dad's footsteps, the pattern that had been set before me of an unhealthy lifestyle. Wake-up call: medical problems, a doctor visit and a diagnosis of high blood pressure and high cholesterol encouraged me to get the weight off. My physician

advised me to go on a "diet" and placed me on medicines for my high cholesterol and high blood pressure. This wake-up call relating to my health really began the first steps toward change. I changed the way I cooked and started making wiser food choices, and yes I got the weight off, but it was not until I started attending First Place 4 Health that I found out about proper nutrition, fitness and healthy living for a lifetime. Up until FP4H, I was just getting the weight off to keep from having any other medical problems.

My journey in First Place 4 Health began in the spring session of 2009. I had developed a friendship with a sweet lady who was participating in a First Place 4 Health class. We started dating and she invited me to join the men's group, which was taking place at Crossgates at that time, so I joined thinking we could spend more time together. After that first meeting, I knew that's where I really belonged. Not realizing at the time that God was about to radically change my life, I had simply found a connection in that group of men that night that gave me a newfound hope and desire to become all the Lord was calling me to be.

During those FP4H meetings, I began to learn more about God's plan for my life and how he wanted me to take care of my body. I also learned how important we are as men and the leaders of our homes to support and encourage our families and friends by setting the example to take care of our "temple." I began to develop a new lifestyle: mentally, emotionally, spiritually and physically.

The Lord has used FP4H to bring about real life-change for me in so many ways. In August 2009, I married that sweet lady that had introduced me to FP4H and together we have participated in many 5K's, 3 half-marathons and a full marathon. That is a pretty awesome thing for a man who has an artificial knee. I also have learned to love to cook and help create new recipes that are healthy and good for some of the FP4H classes that I help teach. I love seeing others get hooked on being healthy and fit!

I lost one of my sons in a terrible accident in October 2009, and I can tell you the love that was rallied around me from my FP4H family was unbelievable. At one of the lowest times of my life, the Lord used my FP4H group to minister to me like never before. I have learned so much from FP4H: balanced living, a love for the word of God, Scripture memory, strong friendships and unconditional love. I love Philippians 4:13 that says, *I can do all things through Christ who strengthens me.* I really can do all things when it is Christ and not me! God is so good. Today at 157 pounds, I am fit and healthier than ever! I do not take any medicines for my cholesterol or blood



Continued from page eight

pressure. I respect my body as the temple in which the Holy Spirit dwells, and I strive to keep it strong and healthy. I look back now and I am so thankful that Donna, who is my best friend and wife now, invited me to FP4H. Donna and I are a strong team! We exercise, eat right, and we also help lead and teach FP4H classes at several different churches in our area. We have decided that we are “lifetime members” of FP4H! We don’t ever want to go back to unhealthy lifestyles. I thank God every day for my wife, also for FP4H and the knowledge I have gained as I work toward being the man Christ has called me to be.

Come meet Mike at Summit 2012 in Houston, Texas in July.

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 : 2 3

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

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



Grill it Up!

Grilled Pork Tenderloin with Corn on the Cob

Serves 4

1 tablespoon paprika
 1 teaspoon packed light brown sugar
 1 teaspoon ground cumin
 1 teaspoon mustard powder
 ½ teaspoon onion powder
 ½ teaspoon garlic powder
 2 teaspoons extra-virgin olive oil, plus more for brushing
 2 small pork tenderloins (about 1 ½ pounds)

FOR THE SAUCE:

¾ cup apple cider vinegar

3 tablespoons
 packed light brown
 sugar
 2 tablespoons
 ketchup
 ½ teaspoon red
 pepper flakes
 Kosher salt

4 ears of corn on
the cob



Combine paprika, 2 teaspoons salt, ½ teaspoon pepper, brown sugar, cumin, mustard powder, onion powder and garlic powder in a bowl. Rub olive oil all over pork, then coat with spice rub. Wrap each tenderloin tightly in plastic wrap and refrigerate 3-4 hours.

Make the sauce: Combine vinegar, ½ cup water, brown sugar, ketchup, red pepper flakes and 1 teaspoon salt in a small saucepan over medium heat. Bring to a simmer, stirring until sugar dissolves; remove from heat.

Remove pork from the refrigerator about 30 minutes before grilling. Preheat a grill to medium high. Cook pork, turning occasionally, until a thermometer inserted into the thickest part registers 140-145 degrees, about 20 minutes. Transfer to a cutting board and let rest 15 minutes.

Meanwhile, brush corn with olive oil; grill, turning, about 5 minutes. Slice pork and drizzle with the sauce. Serve with corn.

Nutritional Information: 442 Calories; 11g Fat; 111mg Cholesterol; 1143mg Sodium, 44g Carbohydrate; 7g Fiber; 41g Protein



Grilled Fish with Mango Salsa

Serves 4

2 tomatoes, chopped
 1/2 cup diced fresh mango
 1 cup your favorite salsa
 1 tablespoon lime juice
 4 salmon steaks (about 1 1/4 pounds)
 2 teaspoons olive oil
 1/2 teaspoon salt
 Dash white pepper

In a small glass bowl, combine tomatoes, mango, salsa, and lime juice. Chill in refrigerator until steaks are done. Prepare and preheat grill to

medium high heat. Oil grill rack when ready to cook. Sprinkle steaks with salt and pepper and place fish on grill. Brush lightly with oil. Cover grill and cook for 5-7 minutes on each side or until fish is opaque and flakes easily with fork, turning only once. To serve, top steaks with salsa, draining salsa if necessary. Great with other fish or grilled chicken. Makes 4 servings.

Live Life Right Here Right Now!

A happy healthy life can be yours right now. Join us for two days of practical tips, inspiration and fun.

Summit 2012

July 27-28, 2012
Houston, Texas



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 you are a leader or prospective leader that wants tips and training, this event is for you. Here are the seminars from which you may choose:

Give God a Year...And Change Your Life Forever ~ Carole Lewis

Where do you want to be one year from today? Who do you want to be? In what ways do you want to change? Twelve months might seem like forever away, but it will pass in the blink of an eye. God is ready and waiting to give you new life. Are you ready to receive it?

What's Hot in Fitness ~ Vicki Heath

No one wants to do the same workout over and over, so it's exciting to see what's new in the fitness world. Join Vicki as she helps you sort out the latest trends and find the fitness regimen that's right for you.

Who Do You Think You Are? ~ Vicki Heath

Most of the emotional issues we have with food are due to an identity crisis. As we begin to learn the truth about our identity in Christ, we will be free from the bondage of Satan's lies and free to enjoy the good news of Christ in ourselves and us in Christ.

Getting Prepared...to teach, speak or write ~ Karen Porter

If you are a FP4H leader, speaker, or writer (or want to be!), you need to grow strong at the feet of Jesus as you prepare for ministry. Karen Porter will teach you how to store the daily lessons you learn and help you retrieve each one when you need it for a teaching, speaking, or writing project. Karen will share ideas for reading, writing, journaling, praying, and meditating.

Food Plan 101 ~ Charlotte Davis, RD, LD, SNS

If you are fairly "new" to FP4H and want to learn (or just review) the basics of the Live it food plan, this is the course for you! Charlotte will review the "Nutrition Top 10", the FP4H food groups and other "must know" tips to help get you on the road to making healthy food choices for a lifetime. Bring your FP4H Member's Guide for quick reference!

Food Plan 102 ~ Charlotte Davis, RD, LD, SNS

If you have been involved in FP4H as a leader or member for more than one or two sessions and need guidance for better calorie control and/or a have a desire for a deeper understanding of the Live it food plan, this is the session for you! Charlotte will provide “Tips for Success” for each food group including calorie control/nutrition notes as well as some cooking/restaurant tips. Don’t forget to bring your Member’s Guide and food plan questions for a Q & A time at the end of the session!

Getting it Done Intentionally ~ Becky Turner

Are your “to-do’s” getting out of control? Do you feel like you are always rushing to get everything done? Join Becky as she shows you how to live intentionally based on your values and goals and get it done! You’ll be amazed at how these practical steps can guide you through the choices you make throughout the day.

Meal Preparation & Planning ~ Lisa Cramer

Are you out of ideas and out of motivation when dinner time comes around? Let Lisa give you some new ideas, show you time-saving tips you can use in your own kitchen, lots of great ways to trim the fat and calories from your favorite foods and how cooking ahead can make mealtimes so much easier.

Importance of Strength Training & Stretching...It’s All About the Goal! ~ Debbie Brown & Donna Roberts

You know exercise is good for you, but if your aerobic workouts aren't balanced by a proper dose of strength training and stretching you're missing out on key components of overall health and fitness. With a regular strength training program, you can reduce your body fat, increase your lean muscle mass and burn calories more efficiently. Setting goals is key to determining your daily exercise program. And what about those foam rollers? Where do they fit in and how do you incorporate them? Come hear Debbie & Donna tell you some easy ways to incorporate strength & stretching in your routine. Stay around after the seminar for a Q&A with Debbie and Donna

Choosing to Change ~ Joyce Ainsworth

From the moment we get up in the morning until we go to bed at night we are making choices. What to wear, where to go, what to eat, everything is a choice! How do we break out of our old habits and make new and better choices? How do we get off the merry-go-round and live in real freedom for a lifetime? Come join me as we search the scripture and seek out God’s plan for you and me! Let’s choose to leave different today than when we came! Change is going to happen anyway, it might as well be “Life Changing”!

Getting Started with FP4H ~ Joyce Ainsworth

Although weight management is most often our motivation for joining a First Place 4 Health group, the focus is not just on the body or on the number on the scale. By applying disciplines that affect the whole person—the body, the mind, the heart and the spirit—you will not only experience physical health but will also experience total health—health for life! Joyce will share the history, mission and approach to FP4H along with instruction on all the materials you need to get on your way to a healthy lifestyle and closer walk with the Lord.

Top Apps and Internet Tools to Keep you Fit ~ Lisa Lewis

With 100’s of thousands of apps out there, the app market offers something for just about everything including health and fitness. From designing your workout to tracking your food to mapping your run and so much more, it’s difficult to know what’s worth the time (and space on your phone!) and what’s not. With that in mind, join Lisa as she shares some of the best of the best in phone apps and on the internet.

Our schedule: Begin Friday, July 27th at 9:00 AM until 8:00 PM. Begin on Saturday at 9:00 AM 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 about Summit 2012 and the *Live Life!* events scheduled for 2012.

Make it a vacation! Stay over and visit NASA’s Space Center Houston, Galveston Island and more.