



## *From the Heart ~ Carole Lewis*

I so love the words of Jesus 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.*

Perhaps you desire to live life to the fullest, but you aren't sure exactly what that means or how to achieve it. Maybe you have big dreams, but something is holding you back from pursuing them. Or you possibly find yourself preoccupied with reliving past mistakes—worrying about (or hoping for) what the future holds, rather than being engaged in what is going on in the present. If you have ever found yourself stuck in this pattern, the good news is that it's never too late to change your direction in any area of life. Each day gives you an opportunity to start! Our theme for 2012-2013 is **Live Life** and the theme was introduced at our 10<sup>th</sup> annual First Place 4 Health Summit July 27-28 in Houston. The theme is also the title of my newest book *Live Life Right Here, Right Now* and a companion Bible study *Make Every Day Your Best Day*.



So then, how do we go about living life to the full? I believe there are several things we must learn to incorporate into our thinking every day if we are to live life right here, right now. The one I want to talk about today is learning to live strong in what we think and what we do in stressful situations.

### **LIVE STRONG**

To live strong means that you and I must learn how to live in strength every minute of every day. Most of the ugliness in our life occurs when we are living in our weaknesses, our natural inclination to complain and bemoan our fate right here, right now.

As usual, I just happen to have a current illustration of what I am talking about. This morning I left our home on the bay at 4:50 a.m. to drive into Houston for my workout. I usually leave at 5:00 a.m., but it was threatening rain and I thought I should get a head start on the bad weather. As I neared downtown Houston, I heard a very loud rumble around my car. At first I thought it might be the road I heard, because by this time it was pouring rain. After what seemed like an hour (but was probably less than a minute), I saw a service station right at the end of the next exit ramp, so I pulled off the freeway and into the station. It was raining hard and I was in a very dangerous part of Houston, but I had to get out of my car to check on the problem. Of course, my umbrella that I always keep in my car (unless I don't) was nowhere to be found. I prayed and asked God to protect me as I got out in the pouring rain and walked around to the other side of my car. Sure enough, I had a really flat tire that was smoking in the downpour.

### **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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*Continued from page one*

I began thanking God that He had provided a 24-hour service station that was well-lighted. I also thanked Him that I had AAA and I could sit right there in my dry car, while I waited for someone to come and change the tire. While waiting, the three cups of coffee I had consumed since 4:00 a.m. began to call me to the restroom. I went into the store, entered the restroom and locked the door. At the most embarrassing time, the door opened and a man’s head popped in the door! I shrieked and he quickly exited, but I was more than a little unnerved because the lock was obviously broken. I hastily left the restroom and didn’t look to the right or left, but got back into my car as fast as I could.

As I locked the car doors, I was reminded that God knew exactly where I was and that He was there protecting me; I had nothing to fear; I am His child and He loves me. I began to laugh out loud at what had just happened because it was so bizarre at 5:30 in the morning.

It took about an hour for the man to come and change my tire and by this time, I had missed my workout. I waited a few minutes for the rain to ease up a little before I began the drive to our townhome in Houston, because there were flood warnings all over Harris County. As I drove under our carport, I thanked God that I had arrived safely and could stay dry, while I unloaded my car without getting a drop of rain on me. So why did I tell you this gross story and what does it have to do with living strong? I tell it because my story is probably not much different than something you have already experienced today. The details may vary, but all of us have our plans disrupted most every day. Living strong just means that we understand that this is a part of life and if we are to live life to the full, then we need to savor even those moments that are unpleasant and enjoy what we can about the experience.

*Staying strong is learning to thank God and to trust Him with your life today right here, right now.*

Thanking God for whatever we can in the middle of a bad situation helps us gain a proper perspective about our ordeal. If I am having trouble gaining the proper perspective, I ask myself “What is the worst thing that could have happened?” Well, this morning the worst thing that could have happened was if I had a blowout and my car hit into another car, causing a fatal accident. Since that didn’t happen, everything else that happened was a big plus in my day.

Chapter 4 of my new book is *Have The Right Attitude Today* and the verse we used for Chapter 4 and for Week 4 of the Bible study is Psalm 31:14, *But I trust in You, O Lord, I say, “You are my God. Staying strong is learning to thank God and to trust Him with your life today right here, right now.*

Next Month I will talk about another facet of living strong.

Blessings,

**Carole Lewis**



## Squeeze in Some Exercise

### Activity

### Calories Burned/15 min.

Stroll through your neighborhood	50
Wash your car	50
Walk briskly on a school track	80
Ride a bike	130
Jump-rope in the grass	165
Toss a Frisbee	50
Swing, slide and climb at a playground	65
Shoot hoops in your driveway	75

## NEW IN THE ONLINE STORE!

Great gifts for yourself--a giveaway--award to your class.



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One-of-a-kind lapel pin to commemorate your participation and support of the First Place 4 Health ministry. \$1.50

## Size it Up

Learning how to eat the right portion sizes can help you achieve successful weight loss more easily. Take a look at these tips on recognizing correct portions.

1 teaspoon of peanut butter.....	one die
Cup of fruit.....	one baseball
Cup of lettuce.....	four leaves
3 oz. of meat.....	cassette tape
3 oz. of grilled fish.....	checkbook
1 oz. of cheese.....	four dice
Average bagel.....	hockey puck
1 oz. of snack foods (pretzels, etc.).....	large handful
Medium potato.....	computer mouse
1 cup of pasta.....	a fist



## Fit Tips

### My Heart’s Not in It



**Vicki Heath**  
vicki.heath@firstplace4health.com

When I begin to design an exercise program for someone, I consider their overall health and I ask, “How’s your heart?” I want to know so much more than their resting heart rate or blood pressure; I want to know about their whole self.

**A lifetime of wellness will require a whole-hearted commitment.** When we half-heartedly commit to something, it is doomed to fail. When our “heart is not in it,” do we truly mean it? Are we really going to follow through? That is a very important question, because the heart contains our deepest, sincerest feelings and beliefs, as well as the seat of our intellect and imagination.

Our hearts need to be kept strong and healthy from the inside out. Just as there are certain exercises you can do to strengthen your physical heart, there are spiritual exercises you can do to guard and strengthen your spiritual heart. You’ll be amazed at how a few small, simple steps can have a huge impact on your emotional, spiritual and physical wellbeing.

One of the greatest missionaries of the first century knew the importance of taking care of the heart. Paul spent a lot of time in jail getting beat up and running from town to town (not for exercise!) in order to tell others about Jesus. How did he keep from getting discouraged? He lets us in on his secret in a letter he wrote to his friends in a city called Philippi:

***Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)***

Spending time in prayer and thanksgiving helps to guard our hearts from the diseases that come from stress and worry. When we pray, we are yielding our hearts to God. When we give thanks for all our circumstances, we are yielding our minds to God. The anxiety or stress that causes our physical hearts to go bad is replaced with peace, when our hearts and minds rest fully and completely in God’s care.

I have a great personal example of this. During the time my oldest son was going through some rough days trying to find his way, I was tempted to let worry and anxiety, instead of God’s truth, rule my heart. I was at risk of an emotional heart attack! I continued to seek God through prayer and by meditating on His word. I continued to give thanks for the day that Michael gave his heart to Jesus. Through these simple exercises, God continually calmed and strengthened my heart with his presence and his peace, and delivered me from my emotional heart attack! Michael came to the place where he is living for Christ and his Kingdom.

As you can see, our hearts keep us going in so many more ways than simply pumping oxygen- rich blood to our organs. Not only do we need to address our “heart condition” spiritually, we need to take care of our physical



heart through exercise, eating and rest. Anatomically speaking, the noun *heart* is the hollow muscle whose contractions propel the blood through the circulatory system. We don't really think of the heart as a muscle because we can't see it. Most of the muscles of our skeleton are quite visible under the skin. As we work on these muscles, we can see visual results, usually within a few weeks. Not so with the heart! We really cannot see our heart, but we can certainly feel it.

Spiritually, it is vital that we keep our hearts pure and strong. A pure heart is a healthy heart. A strong heart is a healthy heart. Keeping the heart muscle strong and healthy is the main objective of cardiovascular exercise. A healthy heart will be able to pump oxygen-rich blood with one strong pump. If upon exertion your heart pumps really fast, it is taking more pumps to get that blood to the vital organs. When you are jogging, for example, your legs will need blood pumping into them so a healthy heart will pump strong and get the blood flowing without much strain or without having to pump so many times to get the job done.

The most effective way to strengthen your heart is with exercises, which are strenuous enough to temporarily speed up your breathing and heart rate. While performing these activities, you will feel out of breath, but not gasping for air. You should be able to carry on a conversation, but not sing. Many people are fearful of getting their heart rate up, especially if they have not been exercising in a while or they are deconditioned. There may be some of you who are just beginners at exercise and it may surprise you to feel your body working in such a strong way. Don't panic! It's perfectly natural.

You will experience many health benefits as the variety, intensity and duration of activity increases. Cardiovascular endurance is the ability of the body's circulatory and respiratory systems to supply fuel during sustained physical activity. To strengthen your heart and lungs, try activities that keep your heart rate elevated at a safe level for a sustained length of time, such as walking, swimming, or bicycling. To get the maximum benefit from cardio exercise, choose exercises that involve your major muscle groups, such as legs, arms and back. The activity you choose does not have to be strenuous to improve your cardiovascular endurance. Start slowly with an activity you enjoy, and gradually increase the time and intensity.

Cardio Conditioning is one of the components of fitness that will prove to have lifelong benefits. In order to persist in this kind of exercise, you will—you guessed it—have to identify a sustaining motivation. Of the benefits to cardio exercise listed below, on which one would you chose to focus?

- Strengthens heart and lungs: motivation - able to hike and climb with my children, grandchildren or friends.
- Lowers LDL cholesterol: motivation - get off cholesterol medications, or never have to go on them in the first place!
- Burns calories to lower body fat: motivation - fit comfortably in airplane seat for mission trip or fit back into some favorite clothes.
- Increased bone density: motivation - be strong enough to carry in the groceries, bag in each hand.
- Sense of wellbeing: motivation - do what I have to do well!

So how is your heart? Is it strong, healthy, pure? It needs to be, so get moving and put your heart into it!

With all my heart,

**Vicki Heath**



## Upcoming Events

### **Pennsylvania/W. Virginia Area Training Meeting**

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

### **Illinois Area Training Meeting**

August 11, 2012  
First Baptist Church  
103 W. Sangamon Avenue  
Petersburg, IL  
Contact: Becky Bergner  
Phone: 217.341.2527  
Email: [becky\\_bergner@yahoo.com](mailto:becky_bergner@yahoo.com)

### **Ohio Area Training Meeting**

September 15, 2012  
Rolling Plains United Methodist Church  
Zanesville, OH  
Contact: Helen Baratta  
Email: [HelenBaratta@gmail.com](mailto: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](mailto:berletic@charter.net)

### **Michigan Area Training Meeting**

September 29, 2012  
South Lansing Christian Church  
6300 Aurelius Rd  
Lansing, MI  
Contact: Marilyn VanDyk  
Phone: 517.694.3995  
Email: [firstplace@seekstudyserve.org](mailto:firstplace@seekstudyserve.org)

### **Live Life!**

September 29, 2012  
Church @ the Springs  
Ocala, FL  
Contact: Jeanine Deese  
Email: [jeaninedeese84@gmail.com](mailto:jeaninedeese84@gmail.com)  
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](mailto: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](http://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](http://www.sandycove.org)

**For more information about any of these events, please visit [www.fp4h.com](http://www.fp4h.com).**



## From the Pastor

### Are You in the Game?

Steve Reynolds  
sreynolds@capitalbaptist.org



*Even so faith, if it hath not works, is dead, being alone. (James 2:17)*

Have you been benched by health issues? When it comes to your health, no one is making you sit on the bench--but you. You can never win the fitness game sitting there doing nothing. You can never achieve health and wholeness unless you fight inertia and get in the game.

I know what it's like to sit on the bench. As a pastor, I had no problem preaching to my congregation on every sin known to man; however, the truth was—I was a hypocrite! There I was standing in the pulpit preaching against sin, while I trashed my body with food and diligently avoided exercise. I preached that they should serve and glorify Him with their whole being, while I was living a double life and serving my own god. My belly was my god and the food I put in it my idol. I reflected the Scripture Philippians 3:19, which says *Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.*

I remembered hearing a respected and well-known pastor talking about health and thinking to myself, “Why is this guy wasting his time talking about that?” We have more important things to deal with.” The truth was that I was living for myself and the lusts of my flesh. At 340 pounds, I was battling diabetes, high blood pressure and high cholesterol. You would think all that would be enough of a wake-up call. But I wanted a quick-fix solution to these serious problems I had created. I would walk into my doctor's office and say things like, “I'm busy, so let's make this quick. Just write me a prescription and we'll both be on our way.” I was looking for a pill or a potion that would make it all go away. I wanted something easy that required little to no work on my part.

I had no one to blame for my health situation--but me. I was reaping what I had sown and the thought of heading to an early grave was terrifying. My health had deteriorated to the point that premature death was quite possible. This was not how I imagined my life would be. Fortunately, by applying the First Place 4 Health model, I have been able to lose 120 pounds and also lose diabetes, high blood pressure, and high cholesterol. My life changed when I put my faith into action regarding my health.

Can you relate to my story? Are you benched by health issues, watching life pass you by instead of enjoying a healthy and productive life? Life is far too short and precious, and you are way too valuable and important to be sitting around and wasting away. You are on God's team, and He created you to honor and glorify Him with your life and your body.

Don't choose death—choose life!

#### 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

### Monique Johnson Attleboro, MA



I was a new Christian (two years old) when I received a catalog in the mail with an article about First Place 4 Health. I thought it was simply a weight-loss program, but if it was from God, then it couldn't be bad. This time I had God helping me to lose weight. There were no groups in my area at that time, so I thought that if I wanted First Place 4 Health in my church, I would have to start a group. I looked online to get more information and really liked the program. As more time went by, I felt eager to get started and was looking forward to helping others, plus finally losing weight myself.

I started First Place 4 Health in January 2008. At that time, I weighed in at 183, my highest weight, which consisted of pounds gained after being on so many different diets. I knew how to lose weight—I was really good at it. I lost the weight over and over again, only to gain it back and then some. With First Place 4 Health came the tools I needed to succeed. In Matthew 6:33, Jesus says, "But seek first his kingdom and his righteousness, and all these things will be given to you as well." Food was my idol—it was an addiction! The only person who could help me break the addiction was God. He had to guide me on that journey. I learned in some of our Bible studies to insert my name whenever there was a verse referring to love or caring, anything that referred to my relationship with Jesus. For example: Jesus loves "Monique," or "Never will I leave you, Monique!" It added a personal touch to His promises. They were directed at me. It also helped me form a relationship with God and get closer to Him. In my journey to a balanced, healthy lifestyle, I found the Bible studies to be my hope; the Word of God encouraged me to keep going when the going got tough. I found time in my day to memorize the weekly Scripture verses. It was then easier to eat healthy, because I had a verse in my mind that I could use to overcome the temptations. After losing about 20 pounds, I was at a standstill.

When someone would ask me how much weight I had lost or how long it took me, I would answer, "This is the first time I have been able to keep the weight off and not smoke." Although that was true, it was still an excuse not to go to the next level. Sometimes we're afraid of success because people are going to look at us differently. I was getting compliments and attention that I was not sure how to handle. One thing I had to learn to accept was that every day I have the same choices as that healthy person running/walking down the street. To get to the next level, I chose to be accountable to the women in my class. I started writing my weight on the whiteboard in our room. If I gained, I had to write the weight in red, even if it was two-tenths of a pound. I did not do that to be extra hard on myself. I did it to show how a number so small will make a huge difference over time. There were many times when I knew the number was going to be red, and many times I almost did not go to the meeting. It would have been so easy to call someone to take over the class for me. I figured, *If I don't go this week, I will lose the weight next week, and then I can write it in black.* We all know what happens when we think that way. The longer you stay away, the harder it is to get back on track. My weight loss is 36 pounds—only 14 more and I will be at goal. However, my bigger goal is to be the person God wants me to be on the inside.





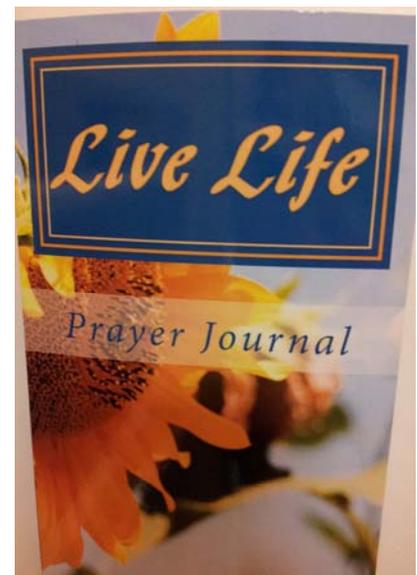
My expectation when I started First Place 4 Health was to lose weight, and getting closer to God was the bonus. As it turned out, getting closer to God was the prize, and the weight loss was the bonus. God has taken me so far from where I began. The unpleasant places where I have been have become a small part of my life. God has used those instances to shape me into what I am and what I have yet to become. I used to be unable to enjoy the present because I did not have peace in my heart. With God’s help, I am able to trust Him to take care of the things I have no control over. I still have a long way to go, and I have to work on balance every day. Because this is a journey, it’s not something to do “just for now.”

There are some areas in my life that I am still working on. I ask God to help me overcome them. God knew we would get confused in the process, so He gave us a book full of instructions, the Bible, and He gave us the grace to start over every day. In my life of changes there is one constant, and that is God. God will always be there; He promises to never leave us nor forsake us. God knows everything we have ever done. He sent His Son to the cross so we could have freedom. Our salvation is a gift; we cannot earn it, because our debt has already been paid. Paul tells us in Ephesians 2:8, “For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God.” Every day I pray to keep my focus on God. I pray for Him to reveal to me what I need to do for Him, and I ask Him to help me be responsible for my own actions.

## More New Live Life-Themed Products



Live Life Journal  
**\$10.00**



Insulated Shopping Tote  
**\$8.00**



## Devotional

# a friend stands with you

*Encourage one another and build each other up, just as in fact you are doing.*

1 THESSALONIANS 5:11

The First Place 4 Health Wellness Retreat in Round Top, Texas, begins with a health assessment that includes a blood pressure check and blood draw. In previous years, I have approached this portion of the retreat with apprehension. My blood pressure always rises temporarily at the prospect of dealing with a needle. This year was no exception. Two friends attended the week with me and were aware of my nervousness. We three waited together, and when my turn came, Annie and Debbie prayed that I would be calm and trust God.

Even though my blood pressure reading was elevated, I felt calm . . . until I went to the station to have blood drawn. Annie mentioned to the nurse that I usually requested a smaller (butterfly) needle, so the nurse prepared one. Suddenly, I became aware that Debbie was lightly massaging my neck and shoulders, and I immediately began to relax. My mind wandered from the job at hand, and because of these two precious friends, I began focusing on God. I knew I was surrounded with love as I heard Annie praying quietly, while Debbie's touch on my shoulders spoke of her compassion. Before I knew it, the procedure was over! It was so much better with friends supporting and encouraging me through a challenging time.

**Action Item:** Are you facing a difficult challenge? Perhaps you can confide in one or two praying friends. It is better when you come together with those who care and love you through difficult times. God gave us friends to encourage and build us up and to point our thoughts to Him. When you allow friends to share your burden, the task is less painful.

**Prayer:** *Father, thank You for friends who are willing to stand with me, encouraging me to trust You, building me up through their love and friendship. Help me to be that kind of friend to others.*

June Chapko  
First Place 4 Health Networking Leader  
San Antonio, Texas

*Devotional taken from Live Life Right Here, Right Now! To order, visit our website,  
[www.firstplace4health.com](http://www.firstplace4health.com) or call 800.727.5223, x1002.*



## Recipes!

### Johnny's Cajun Meatloaf

*Serves: 10*

- 2 pounds ground round
- 3/4 cup onions, finely chopped
- 1/2 cup celery, finely chopped
- 1/2 cup green bell pepper, finely chopped
- 1/4 cup green onion tops, finely chopped
- 2 teaspoons garlic, minced
- 3 tablespoons pickapeppa sauce
- 1 tablespoon worcestershire sauce
- 1/2 cup catsup
- 1/2 cup skim milk
- 3 egg whites
- 1 cup bread crumbs
- 1 tablespoon salt
- 1/2 teaspoon cayenne pepper
- 1 teaspoon black pepper

Mix all ingredients together, shape into loaf and place in ungreased pan. Bake uncovered 25 minutes at 350 degrees. Make a sauce of 3 ounces catsup and 1 tablespoon Pickapeppa sauce. Remove meatloaf from oven and spread sauce on top. Heat to 400 degrees and cook 30 minutes more.

Note: If Pickapeppa sauce is not available in your area, use your favorite steak sauce as a substitution.

**Tracker: 3 oz. eq. meat, 1/2 oz. eq. grain**

### Raspberry Vinaigrette

*Serves: 8*

- 1/2 cup rice vinegar
- 1/3 cup seedless raspberry all-fruit jelly
- 2 tablespoons applesauce
- 2 tablespoons chopped pecans

Combine all ingredients. Blend well. Refrigerate until ready to serve.

**Tracker: None**

### Banana Split Dessert

*Serves: 18*

- 24 low-fat graham crackers
- 2 .9 oz. boxes sugar-free banana-flavored nonfat instant pudding
- 4 1/2 c. nonfat milk
- 1 16-oz. can crushed pineapple, drained
- 3 3/4 cups fat-free whipped topping, thawed
- 2 bananas
- 2 c. sliced strawberries
- 1 1.4 oz. box sugar-free chocolate-flavored nonfat instant pudding
- 2 tbsp. chopped pecans

Line bottom of 13x9-inch baking dish with 8 graham crackers; set aside. In large bowl, combine banana pudding and 3 cups milk; mix well and let sit 2 minutes. Stir in pineapple chunks; then gently fold in whipped topping. Pour half the mixture into baking dish; reserve remainder. Arrange banana slices over pudding mixture; add layer of 8 graham crackers. Pour in remaining pudding mixture; add layer of sliced strawberries and top with remaining graham crackers. Set aside. In separate bowl, combine chocolate pudding with 1 1/2 cups milk; mix well and let sit 2 minutes. Spread as topping over graham crackers. Refrigerate at least 6 hours to soften graham crackers; garnish with chopped pecans prior to serving.

**Tracker: 1 oz. eq. grain, 1/4 cup milk, 1/2 cup fruit**

Recipes taken from past Wellness Weeks in Round Top, Texas. Wellness Week is an annual FP4H event held in the beautiful hill country of Texas. For information about how you can join us at Wellness Week this year, visit [www.fp4h.com](http://www.fp4h.com). Registration is limited, so don't delay. Hope to see you there!

**Deadline to register for Wellness Week:  
September 5, 2012**

# Live Life!



A happy, healthy life can be yours right now. join us for a day learning how small steps can lead to big changes and a healthier you.

## WHAT TO EXPECT ~

- Practical tips to healthy living
- Sample exercise classes anyone can do
- Spiritual inspiration to feed your soul
- Delicious healthy food
- Fun and fellowship

## SPECIAL GUEST SPEAKERS ~

**Carole Lewis**, FP4H National Director and author of 14 books including the recently released Hope 4 You.

**Vicki Heath**, FP4H Associate Director & A.C.E.-certified Fitness Professional and author of Don't Quit Get Fit

## LOCATIONS ~

- **Crosswinds Church – Oronoco, MN – September 22, 2012**
- **Church @ The Springs – Ocala, FL – September 29, 2012**

More locations to come! Visit [www.firstplace4health](http://www.firstplace4health) for more information