



From the Heart ~ Carole Lewis

Staying Strong – Learn To Leave the Past Behind

“Forget the former things; do not dwell on the past”. Isaiah 43:18

In Chapter 2 of my new book *Live Life Right Here, Right Now*, I write about leaving yesterday behind. The apostle Paul wrote about this same subject when he said to the Philippians,

Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. Philippians 3:13-14

All of us have a past. For some, our past was glorious and for others, our past was miserable. Whatever our past looks like, it is just that—our past. Today is a new day, one where we can begin again and do the next right thing. What does that look like for you? It might mean

- putting on your walking shoes (right here, right now) and going for a walk.
- joining a First Place 4 Health class and starting fresh.
- spending time with God praying and studying your Bible.
- making a long overdue visit or phone call.

We will become men and women who “stay strong” when we learn that life is just one series after another of starting over. Hebrews 4:7 says, *Therefore God again set a certain day, calling it Today, when a long time later he spoke through David, as was said before: “Today, if you hear his voice, do not harden your hearts.* Recently, a dear friend of mine heard the Lord’s voice and she responded in the appropriate way. His voice came in the form of an e-mail telling her that First Place 4 Health was getting ready to start the fall session. The Lord used that e-mail to jog my friend’s memory of how the Lord had used this program to save her life at one time and if she came back, the Lord would use it to save her life again. Braving almost insurmountable obstacles, she returned to class last week after an absence of several years. The past included reaching her weight loss goal of 77 pounds, but the future holds even more promise than her past IF she will keep “straining toward what is ahead” and doing the next right thing. Yes, it is going to



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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take a while to lose the weight she has gained, but she has begun and now she has friends to pray for her and encourage her as she does the hard work of change.

God has good plans for each of us, but He will not force us to do anything against our will. Jesus said,

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

I want to close with a few lines from an old hymn *Softly and Tenderly*¹

*“Earnestly, tenderly, Jesus is calling, calling O sinner, come home.
Come home, come home, you who are weary, come home.*

Are you listening to His voice? Will you do it?

Blessings,

Carole Lewis

1. *Hymns For The Family of God* (Nashville TN: Paragon Associates, Inc. 1976) p.432

REGULAR EXERCISE + HEALTHY EATING + WORSHIP TOGETHER = BALANCE

WELLNESS WEEK • October 11-18, 2012

A WEEK OF WELLNESS FOR MEN AND WOMEN.
 Spend a week at Round Top focused on how to get healthy—physically, mentally, emotionally and spiritually!



Fit Tips

Top Ten Hottest Fitness Trends

Vicki Heath

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Every year IDEA (International Dance and Exercise Association) and several other fitness organizations release the newest trends for the past year and what is fast growing on the fitness horizon. I want to share with you in a two-part series the Top Ten Hottest Fitness Trends in the Industry. As FP4H members and leaders, we need to be informed on what is culturally relevant in this fast-paced, ever-changing industry. We do not need to be taken by surprise with new fitness trends.

These are the first five of my top ten on what is really popular right now. Don't be surprised if you see these trends popping up in your community and classes:

1 Exercising for various reasons other than weight loss.

Exercising for brain health seems to be the most popular reason besides weight loss. Part of the reason for this popularity is that our generation is aging well physically and we want to stay mentally healthy as well. Physical exercise is essential for maintaining good blood flow to the brain, while also encouraging the growth of new brain cells. Research shows that daily moderate exercise can have a significant effect on reducing the risk of heart attack, stroke and diabetes, and thereby protect against those risk factors for Alzheimer's and other dementia. Aerobic exercise improves the uptake of oxygen, which has a direct impact on brain function. Cardiovascular fitness has been found to reduce brain cell loss in senior adults. Walking, bicycling, working in the yard and other activities of about 30 minutes daily keeps the heart pumping healthy blood to the brain. Like other parts of your body, if neglected, your brain may lose some agility as you get older. More and more of our aging population are now exercising for more than just weight loss, and maintaining brain health is most popular.

2 Competitions

If you have not noticed how popular weight loss competitions are, then I don't know where you have been! From the popular "Biggest Loser" reality TV show to your local office pool and 5K community race, weight loss competitions are more popular than ever! Many of us could benefit from a dose of healthy competition. There probably isn't a week goes by that I don't get an email from a fitness organization inviting me to participate in an exercise challenge of some kind. Many of you have heard of *100 Days of Exercise* that has been popular on Facebook and other social communities. Pastor Steve Reynolds has launched an entire ministry based on weight loss competition. His Bod 4 God campaign has opened the door for many churches to be involved in weight loss evangelism.

3 Added-Value Wellness Services or Partnerships

You will notice more gyms and fitness clubs begin to hire other allied healthcare professionals to serve the expanding needs of their health-conscious members. Many gyms have partnered with chiropractors, life coaches and massage therapists to add value to gym membership.



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Number Four: Stress Reduction through Exercise

Let's face it—most of the people we know are stressed beyond their limits with work and family. With the increased knowledge of how stress negatively affects the body, gyms and clubs will start offering wellness classes to help their membership develop effective strategies for managing stress. This is being offered primarily through mind/body exercise programming. The most popular by far is Yoga, a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

I realize that many Christians participate in Yoga classes. In order to understand why I do not teach yoga, it is important to first understand that Yoga comes from Hinduism, which has many complex beliefs that set themselves up against Christian beliefs. For example, reincarnation is a strongly-held Hindu belief. Yoga, when practiced in its truest form, is primarily a spiritual exercise and then physical. That is why it is not entirely accurate to say that these practices are simply a form of exercise. I do believe that people today are suffering more than ever from mental stress, and that is why Yoga classes are so popular right now. People want to gain control of their bodies as well as their emotions. What they may not know is that some of these practices are not consistent with orthodox Christianity. Please know that much of what is taught in a Yoga class depends very much upon the instructor. Stretching, relaxing, core strengthening and meditation are all great practices. It is important for us as Christians to “test the spirits” and make sure that what we are participating in with our minds and our bodies lines up with our theology. We in FP4H offer a true and lasting relief from stress—letting Christ have control of your mind and body.

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Number Five: Technology Becomes a Source of Support and Encouragement

There has been a great deal of technological advances within the fitness industry. There is just about an App for everything. Calorie and nutritional information apps are extremely popular and make it easy and convenient to keep track of your food and exercise right on your phone. What may be a surprise is that studies are showing us that online or “virtual” classes for weight loss are not on the upswing. In fact, we do know that people have a great desire for human contact with fitness professionals. However, social networks like Facebook, Twitter and YouTube are becoming increasingly popular, serving as an online motivational support system to complement personal small group support. The best way to use technological support in our FP4H classes is to introduce MyFitnessPal as an online tracker to those who are computer savvy. We need to contact, encourage and motivate on Facebook, but continue to have a real, live “in person” meeting at least once a week.

These are just five of the new and hottest trends in fitness. There is more to come next month. Be blessed, spiritually sound and culturally relevant today.

With all my heart,

Vicki Heath



Upcoming Events

Ohio Area Training Meeting

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

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

Live Life!

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

Mississippi Area Training Meeting

November 10, 2012
Christ United Methodist Church
Jackson, MS
Contact: Donna Conerly
Email: threedove@gmail.com
Phone: 601.946.6381

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.fp4h.com.



From the Pastor

Don't Be Sad—Get Mad!

Steve Reynolds
sreynolds@capitalbaptist.org



Do you not know that your body is the temple of the Holy Spirit *who is in you, whom you have from God, and you are not your own?* I Corinthians 6:19 (NKJV)

You are miraculous, custom-made and lovingly crafted by God. You may be looking at what you have become and feeling pretty discouraged right about now. Don't get discouraged by what you see in the mirror; get focused. Don't become paralyzed by your current physical condition. There is more to you than what you see on the outside. Don't be sad! It's time to get mad—mad enough to determine you will start making changes right now.

One of the first things we have to do when deciding to live a healthy life is to examine how we're living. We have to realize that some of our decisions have had a negative impact on us and our families. Some bad choices were made and they've had consequences, but the decision to make better choices can start now and those choices will produce good consequences.

One day Jesus went to the Temple to worship. There he saw money changers and merchants trashing God's holy place by selling their goods and wares inside the Temple area. Jesus became consumed with righteous anger over what the Temple had become. It was no longer a place of worship; it was a den of thieves. Enraged at the desecration of His Father's house, he started knocking over the tables:

12 Then Jesus went into the temple of God and drove out all those who bought and sold in the temple, and overturned the tables of the money changers and the seats of those who sold doves. 13 And He said to them, "It is written, My house shall be called a house of prayer, but you have made it a den of thieves."

Matthew 21: 12-13 (NKJV)

That's what happened to me. I got angry at what I had become. I got angry that I, like the moneychangers, had become a "temple trasher." It was time to start turning over the tables in my life where I was buying the lies that Satan was telling me—lies that I didn't have to eat right, that I didn't have to exercise, that I didn't have to take care of my body. I had said for years that I wanted to be like Jesus, and now it was time to start living what I claimed. I had lost sight of the fact that my body is the Temple of God. It is where the Holy Spirit resides. How could I have ignored that fact for so long? Once I realized I was a temple trasher, I got mad. How dare I trash His temple?

Have you ever thought about the fact that the Holy Spirit sits down with you at every meal? He is there every time you put food in your mouth. That fact got my attention. I needed to take care of my body, this miracle of life that God created. I decided not to get sad, but to get mad.

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

Patrick Thayer Hamilton, OH

My main stumbling block in life has always been my excess weight. I had started a diet many times in the past, and I did lose weight. But within a short time, I would gain all of the weight back, plus more.

All of that yo-yo dieting took a toll on my health. I had high blood pressure, a hiatal hernia, sleep apnea and high cholesterol. I was taking five prescription medications a day. So, at the age of 50, in January 2006, I decided to go to a Bible study weight loss class at my church. This was my introduction to First Place 4 Health.

I soon found that it was not just a diet plan, but also a live-it plan. We put Christ first in our lives, including what we ate. We also trusted in Him to help us with our physical activity. That year, with God's help, I was able to lose more than 100 pounds.



When I began walking for exercise, I had a hard time just walking up stairs without losing my breath. Then I started going to the YMCA to walk on a treadmill. My goal was one mile, but that was a 20-minute struggle for me. My knees would hurt, mostly because of being overweight and having past knee surgeries in which all of the cartilage had been removed from my left knee and half removed from the right knee.

Within the first year of beginning my exercise routine, I slowly increased to four miles in less than an hour on the treadmill. I also began working out with the exercise machines four to five days a week. Losing the weight and exercising helped me feel great. By depending on Christ's strength daily, my days began at the YMCA at 5:00 AM. Getting up this early to exercise was a struggle that I battled with prayer. To this day I pray for Christ's strength to get me out of bed and to the YMCA each morning.

I also pray every day that God will help me in my food choices. I am a foodaholic. I need God's help every day to make the best food choices for meals and snacks. It's not possible to just avoid food; we need it daily to survive. So the temptation to overeat and choose the right foods is a constant battle.

In December 2006, a friend challenged me to complete a marathon. *That's impossible*, I thought to myself. But I bought and read a book titled *Marathoning for Mortals*. With God's help and the book's training plan, I began my plans to run in the Flying Pig Marathon in May 2007. With prayer and God's help in training, I completed that first marathon. Since then, I have completed a total of eight marathons. I thank God, my friends and family, the First Place 4 Health program and the YMCA for helping me change my life.

Thanks be to my Lord and Savior Jesus Christ. He continues to be my daily help.

Story taken from Live Life, Right Here Right Now! To order, visit www.firstplace4health.com or call 800.727.5223, x1002.





How to Have a Hundred Healthy Birthdays

David L. Meinz, MS, RD, FADA, CSP



About two weeks ago I had my biggest audience yet. 7500 people. That's not a typo. Seven thousand five hundred people. 15,000 eyeballs all looking at me! What were they all interested in? How to have a long and healthy life. I presented my keynote entitled "How To Have A Hundred Healthy Birthdays." Of course, the key word there is healthy. No one wants a lot of years if you can't enjoy them. Fortunately, more and more people are reaching the century mark and are maintaining good health along the way, too. Researchers that have been studying these folks have found that they share seven surprising characteristics. Traits you might not necessarily guess. By the way, genetics is about 25% of the formula. It's the biggest single factor, but all the other factors can add up to have an even greater effect. That's very good news for those of us that don't have good genetics. Remember, genetics is your tendency; it's not your destiny. If you want a lot of healthy birthdays yourself, try to integrate these seven longevity secrets into your life:

- #1. Optimism.** Your outlook on the world is not so much dependent on what happens to you as your response to what happens to you. Remember, a bad day in America is better than a good day in many other places around the world. We take so many things for granted; clean water, medicines, no war on our borders, a roof over our head, and plenty of food. These are luxuries in many countries. We have EVERY reason to be optimistic.
- #2. Engagement.** Find something you're passionate about. You need to be excited about getting up in the morning. Especially when you don't have to get up. Since men in our society get much of their identity from their jobs, this is especially important for them. A dangerous time for a man's health is right after retirement. Hobbies would be a total waste of time if it wasn't for the fact that they're probably so good for you.
- #3. Activity/Mobility.** You need to stay active your entire life. The current guidelines are 150 minutes of moderate exercise—like a brisk walk—or 75 minutes of more intense exercise like jogging, a treadmill, or a stationary bike, per week. That's per week, not per day! You have 75 minutes per week, don't you?
- #4. Adaptation to Loss.** If you live to be 100 you lose people you care about. But the folks who make it to a healthy 100 have the ability to mourn appropriately, but then they get back to life. It doesn't do your loved one any good to mourn for them for twenty years after they're gone.
- #5. Social Connectedness.** It turns out that people really do need people. We were designed for relationships. Even the Lone Ranger had Tonto. One recent study found that not having a close personal friend or confidant gives the same risk to your long-term health as if you were a smoker. So, if you must smoke, do it with a friend!
- #6. Healthy Habits.** This is the factor that you probably thought of first. Make no mistake, you won't find many overweight, smoking one-hundred year olds. The same advice you've been hearing for years to maintain good health, will also help you live a hundred healthy years. Maintain a healthy weight, don't smoke or abuse alcohol, eat less animal based foods and eat more plant based foods, learn how to relax a little, and make physical activity a part of your lifestyle.
- #7.** This one may be the most important one of all. Especially for Americans. But, we'll have to look at that one, next time. (Don't you hate it, when they do that?)

To see a sample of David's church program visit <http://www.christianhealth.com/video.html> and to find out how you can have David's program at your church for FREE visit www.FreeChurchProgram.com.



Devotional

a simple invitation

*But encourage one another daily, as long as it is called Today,
so that none of you may be hardened by sin's deceitfulness.*

H E B R E W S 3 : 1 3

Lillian has been my hairdresser for 15 years, so you can imagine the conversations that have transpired while I have sat in her chair. We've discussed family, world events, books and our own struggles with weight issues.

Many years ago, I invited all of her salon staff to an evangelistic Luis Palau ladies luncheon; during that event, Lillian made a personal commitment to Christ. Since then, we've talked frequently of faith and church, seeking to mutually encourage one another.

This fall, Lillian and her husband, Tom, joined my First Place 4 Health class, even though it meets an hour from their home. The second week, she announced, "At home, I always said these stairs are going to be the *death* of me! But now that I'm moving more, I realize these stairs are going to be the *life* of me!"

Today, when I opened my email, I realized that God *always* uses our efforts to encourage one another:

Dear Cindy, we pray for you each day and thank the Lord for your encouraging words that got us to First Place 4 Health and this wonderful Bible study. We are learning so much and enjoying the prayer together each day as a couple. It has brought us even closer to each other by the miracle of His Holy Word!! Thank you so much for your personal encouragement about my weight. I have never lost so much weight with as little ease, knowing that I am restoring the "temple" that God the Father prepared for me to house the Holy Spirit. Looking at it in this different way and putting God first has made all the difference! Blessings, Lillian

Action Item: Take a bold step this week to encourage someone with a word of hope, comfort, an offer to help or an invitation to your First Place 4 Health group. Write in your journal the person's name and the action you will take, and then pray for God's guidance and timing.

Lucinda Secrest McDowell
Christian author and speaker
Wethersfield, Connecticut

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



Recipes!

Power Breakfast Smoothie

Serves 4.

- 3/4 c. nonfat plain yogurt
- 1 c. orange juice
- 3/4 c. peeled, diced apple
- 1 medium banana, frozen
- 1 tsp. vanilla extract
- 3 tbsp. smooth peanut butter
- 2 tbsp. wheat germ

Combine all ingredients in a blender and purée until smooth.

Tracker: 1/2 oz. eq meat, 1/2 oz grain, 1 cup fruit

Yogurt Smoothie

Serves 4

- 1 1/2 c. artificially sweetened vanilla-flavored nonfat yogurt
- 1 medium banana, peeled and sliced
- 3/4 c. frozen peaches
- 1 10-oz. container whole frozen strawberries (no sugar added)
- 1 tbsp. orange juice concentrate

Combine all ingredients in a blender. Add enough ice to fill container; then purée until smooth.

Tracker: 1 1/2 cups of fruit, 1/2 cup milk

Healthy Ways to Start Your Family's Day!

Brunch Casserole

Serves 4

- 4 slices wheat bread, crusts removed
- 2 oz. low-fat turkey sausage
- 1/4 c. chopped mushrooms
- 1 tsp. chopped onion
- 3 eggs, beaten
- 1 c. nonfat milk
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 1/8 tsp. granulated garlic
- 2 oz. low-fat cheddar cheese, shredded

Line bottom of 9x9-inch casserole dish with bread. Sauté sausage in nonstick skillet until done. Remove sausage and sauté mushrooms and onions until tender. Crumble sausage and combine with mushrooms and onion; sprinkle mixture on top of bread. Combine eggs, milk, salt, pepper and garlic; mix well and pour over sausage. Sprinkle with cheese; cover and refrigerate overnight. Set out for 15 minutes prior to baking. Bake at 350° F for 40 to 45 minutes.

Great make-ahead meal!

Tracker: 1 1/2 oz-eq meat, 1 oz. bread

Breakfast Delight

Serves 1

- 1 square (1 1/2-in.) graham cracker, crumbled
- 8 oz. artificially sweetened vanilla-flavored nonfat yogurt,
- 2 tsp. chopped walnuts
- 1/2 c. sliced strawberries (or 1/2 c. blueberries)
- 3 tbsp. wheat germ (or 2 tbsp. bran cereal)

Alternate ingredients in order by layering in parfait dish.

Tracker: 2 oz grain, 1 cup fruit, 1 cup milk

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 for more information