



From the Heart ~ Carole Lewis

*But I trust in You, O Lord, I say, "You are my God."
Psalm 31:14*

I truly believe that "having the right attitude today" is the key to living life passionately and vibrantly. This is the title of chapter 4 in my new book *Live Life Right Here, Right Now*. An excerpt from that chapter says, "Attitude is everything in life... You can make the choice in how you view any situation you find yourself in. If you are to live life right here, right now, it is imperative that you maintain a good attitude in all situations."



Knowing that I can trust God with everything that comes my way keeps me from ever being fearful of the present or the future. Matthew 6 gives us assurance that if God cares about the birds of the air and the flowers of the field, then He certainly cares about what you and I are experiencing right here, right now. I want to share a story with you confirming the truth of "having the right attitude today" as you trust God daily with your circumstances.

In June of this year our beloved dog, Meathead, had a heat stroke. This would be dangerous for a dog of any age, but Meathead was over 15 years old and was already declining before the stroke. Afterwards, he steadily declined to the point that I began praying the Lord would take him in his sleep so that we wouldn't have to make the agonizing decision to put him down.

All summer and into the fall, Johnny and I watched Meathead's steady decline and I resisted even speaking about the decision we might soon have to make. I did talk to our vet and he assured me that we would know when it was time, and that we would make the decision as a kindness when Meathead could no longer function. I prayed a lot about this because I knew it would be painful for all of us, and I absolutely didn't feel I had the strength to make the decision. On Tuesday, October 9, I woke up with the strangest sensation, as if the Holy Spirit was gently telling me "It is time." I thought about it all day and had such a peace that I talked with Johnny about it when I got home. We both decided that this was the kind thing to do for our beloved friend.

That night we were up with Meathead most of the night, at least once every hour, from 9:00 p.m. until 3:00 a.m. Yesterday morning, I was scheduled to board him at our vet clinic until after FP4H Wellness Week. I loaded him into my car and

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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had the strangest sense of peace as I drove him to the vet for the last time. I fell apart as I told the techs that it was time to put Meathead out of his misery. They were so kind and told me that it really was time because Meathead didn't even know where he was when he stayed there. I signed the papers and ordered for him to be cremated so that we could bury him at the bay he loved so much.

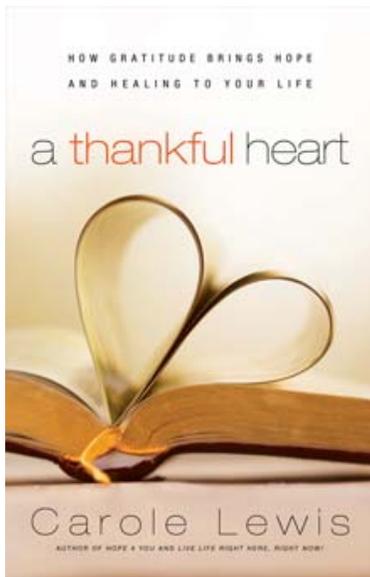
As I drove away from the vet's office, I began quoting 1 Thessalonians 5:23, *May the God of peace sanctify me through and through. May my whole spirit, soul and body be kept blameless at the coming of the Lord Jesus Christ.* I quoted other verses about peace, such as Isaiah 26:3, *You will keep in perfect peace him whose mind is steadfast because he trusts in you.* All day long I prayed and thought about the peace that God brings to His children when we ask for it and claim it.

Amazingly, I was able to go through the entire day with appointments and meetings, and when I got back to the bay last night, I shared with Johnny the decision I made for us that morning. We both cried, but Johnny said that he knew in his heart what I was going to do and he was glad that Meathead would no longer suffer. The point of my telling you about our beloved dog is to assure you that God cares about what you are going through today and the circumstances you will experience in the future. Don't run from Him; cling to Him and ask Him to give you peace. Life is full of hard decisions and we need have no fear of the One who loves us and cares about everything we face in this life. *For I am the Lord, your God, who takes hold of your right hand and says to you, "Do not fear. I will help you."* (Isaiah 41:13)

Love to you,

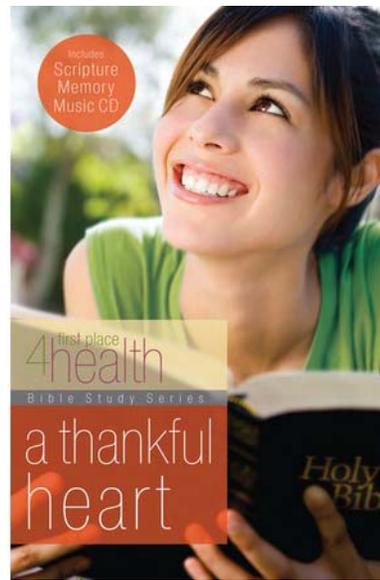
Carole Lewis

A Thankful Heart (Updated) & the Companion Study



\$10.50

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\$16.00

ISBN: 08307.64348



Fit Tips

Be Strong in the Lord and His Mighty Power



Vicki Heath

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A couple of years ago Carole Lewis, our national director of First Place 4 Health, took a nasty fall from her bike and just a week later, she had an encounter with a dog leash attached to a very big dog. Knocked off her feet twice in a row, she was okay (amazingly) and suffered nothing more than a couple of scrapes and bruises. A lesser woman would have broken a hip or shoulder. In fact, according to recent studies from the Center for Disease Control, one out of three adults 65 years and older will experience a fall, which in most cases will lead to head injuries, hip fractures and even in some cases, an early death.¹ What made the difference for Carole? Two powerful words: **strength training**. “In 2007, over 18,000 older adults died from unintentional fall injuries. The death rates from falls among older men and women have risen sharply over the past decade. In 2009, 2.2 million nonfatal fall injuries among older adults were treated in emergency departments and more than 581,000 of these patients were hospitalized.”²

The sad truth is that most of these falls either could have been prevented, or the extent of the injuries could have been dramatically less if strength training was a regular part of daily activity. While there is no question that Carole is an amazing woman, her lifestyle of regularly taking care of her body and building her muscles prepared her to survive and thrive despite the accidents.

Do you want to live a longer and stronger life?

A regular discipline of strength training will help you to not only live longer, but live better.

When my mom passed away, we had a big estate sale. We all gathered there at the old home place and started toting out things into the front yard. There were probably ten of us there: Me, my sister, my 23-year-old son, Mark, and lots of male cousins. Funny thing, when it came to the heavy lifting, Mark and I were the only ones able to do it! I had one male cousin supervising because of his “bad back.” There were two others on strict doctor’s orders for no heavy lifting, due to recent heart attacks, and another with blood pressure problems. So that left me and Mark! We carried out wall units and moved most everything that was heavy. At the time it was really funny—here I am, just a girl, doing all the heavy lifting! Those guys should have been embarrassed. How grateful I am that I am strong! I have worked hard on maintaining my strength over the years by lifting weights.

As I’ve continued to study, work with others and experience weight training in my own life, I’ve discovered eight compelling reasons to pursue strength training on a regular basis. As you consider these reasons, think through which one would motivate you to want to pursue God’s best for your body and life.

- 1) Strength training helps combat osteoporosis. When you “stress” your skeletal muscles, you “stress” your skeleton. Bones become stronger and denser, as do the surrounding muscles.
- 2) Strength training helps combat age-related problems and degenerative diseases that contribute to the “aging” of our bodies. Much of the bone and muscle loss that we attribute to aging is actually caused by lack of use.



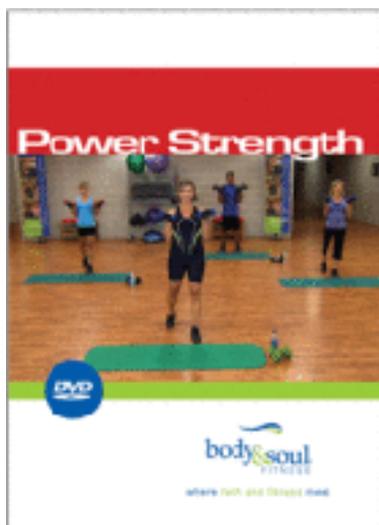
- 3) Strength training helps you tone. Lean muscles take up less space. As you develop strength, take your body measurements and be encouraged! Remember that muscle is the primary calorie burner. Because muscle tissue is active tissue and consumes calories; the more lean body tissue you have, the more calories you burn all day long!
- 4) Strength training helps rehabilitate and strengthen previously injured or weak muscle groups by increasing range of motion and strengthening connective tissue.
- 5) Strength training can help correct muscle imbalances. Two thirds of all our muscles are above our waist and are hardly touched by many popular aerobic activities.
- 6) Strength training provides extra abdominal work, when the abdominals are properly used to stabilize the torso during many weight-bearing exercises.
- 7) Strength training makes many activities in everyday life easier. This is “practical fitness” as you go about your “activities of daily living,” lifting heavy grocery bags, picking up babies, moving furniture, etc. The stronger you are, the easier it is to move, and the more you will accomplish.
- 8) Strength training lifts depression by lifting our spirits and increasing our overall confidence with being and feeling stronger. Imagine Caleb at 85 giving an inspirational talk at your church or company about taking on the giants. As you develop your strength training, you’ll be amazed at how much better you feel about work, talking with others and playing with your children at the park or pool.

Be intentional in becoming strong in the Lord and in our bodies; it does not happen by accident. You will experience the strength of the Lord Jesus Christ and if that is what you desire, you cannot fail ... so get up and lift something!

With all my heart,

Vicki Heath

1. Center for Disease Control and Prevention. “Falls Among Older Adults: An Overview.” <http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html> (accessed April, 2011)
2. Ibid



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Upcoming Events

Alabama Area Training Meeting

November 3, 2012
St. Mark's Lutheran Church
Elberta, AL
Contact: Peggy Ratcliff
Email: peggyratcliff@gmail.com
Phone: 412.400.4644

Mississippi Area Training Meeting

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

Arkansas Area Training Meeting

December 8, 2012
Trinity Baptist Church (Fellowship Hall)
Searcy, AR 72143
Contact: Charlotte Davis
Phone: 501-281-3281
Email: tckjdavis@windstream.net

Life Life! ~ Florida (Pensacola)

January 19, 2013
Olive Baptist Church
Pensacola, FL
Email: gmitten@olivebaptist.org
Phone: 850.475.1165

Live Life! ~ Louisiana

January 26, 2013
First Baptist Church – Jennings
Jennings, LA
Email: vabailey@charter.net

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 For Pastors – South Carolina

February 17-22, 2013
Pawley's Island, SC
More info. coming soon!

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

Summit 2013

July 26-27, 2013
Houston's First Baptist Church
Houston, Texas
Contact phone: 800.727.5223, x1001
Email: lisa.lewis@fp4h.com

For more information about any of these events, please visit www.fp4h.com.



From the Pastor

What's Your Perspective?

Steve Reynolds
sreynolds@capitalbaptist.org



*I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works,
And that my soul knows very well. Psalm 139:14 (NKJV)*

Until we begin to view our bodies from the right perspective, we will not take the necessary steps to correctly care for them. God doesn't create junk. The human body is marvelous and miraculous. God gave our bodies everything they need to sustain life.

Here's an impressive list of human body facts from "Answers In Genesis"¹ that show the wisdom and care of our Creator.

- A special region in the middle of the brain called the "periaqueductal gray" releases endorphins-natural pain killers more powerful than morphine. Endorphins keep the body from going into shock.
- Heat from the movement of our rapidly beating heart would kill us if it were not designed with a special lubricated bag called the pericardial sac, which reduces friction.
- Unlike the wires in a hardwired computer, our brain cells are constantly making new connections. The connections that are repeatedly used become stronger, while those that are unused can be lost in a process called pruning.
- Amazingly, we are born with all the hair follicles we will ever have, and these follicles normally continue to produce hairs throughout our lives. As a person ages, some follicles that produce terminal hairs begin to replace them with almost invisible vellus hairs. So, we actually don't lose hairs as we get older—our hair just gets smaller.
- Our lungs are so efficient that studies have shown that most people must lose nearly three-fourths of their lung tissue before serious respiratory difficulty develops. Our lungs have about 800 million alveolar air sacs.
- The weight of the total blood circulated through your lungs each day is around eight tons.

Wow! There is a Creator, and He took great care when creating us. You can't tell me that the amazing creation we are just happened by chance any more than you could tell me your cell phone just happened by chance. Someone planned and created the cell phone, and someone planned and created the miracle that is us. And not only did God create us, but we are precious to Him. He loves us and cares about us. Perhaps right now, because of the way you look, you feel a sense of uselessness or unworthiness, but remember that the creation is always precious to the Creator. There is a Creator and He took great care when creating you. Read and reread Psalm 139:13-17.

It's all in your perspective. What's your perspective?

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.

¹ www.answersingenesis.org



Hope & Inspiration

It's a good day.....You Are A Precious G.E.M. (God's Extreme Makeover) Michele Lawrence

I'm not a big fan of using acronyms, but this one, "Precious G.E.M.," just feels good. When I was young, it was instilled in me that what happened in our home stayed there. So I became what I thought was a very private person, when in reality, I was just afraid. God has promised me that if I share the good things, which he has done for me, with anyone who has the ears to hear, that all the bad things could be expressed in a general way. We have all had some loss, pain, fear, disappointment and hurt, which turns into anger, depression, guilt, and the list goes on!!! So I will fast forward in my story.

I was a mess, but realized after much love from my husband, Bret, of over twenty years, my son, Garret, and Ted and Jo Stone, how much GOD loved me; I was God's mess and he would take care of my mess, if I would only let Him. The time I've spent in God's Word in the past few years has caused me to see that I was raised in a religion that was stuck in the Old Testament laws (the past), which kept me in my past (guilt-shame-blame). Not even knowing how to read a Bible, let alone study it, you can imagine my surprise when Ted and Jo started me in the study of the New Testament. I know now I have been through stages, much like a person grieving. I went through the anger of realizing how much I had been lied to and how much I hadn't even been told. So I am now going through the stages of my recovery, which are filled with blessings, both big and small. A big blessing was the day I was baptized; I wanted it to be a private party with just my immediate family and few close friends. Then my husband and Ted and Jo explained to me why it would be pleasing to God to be baptized in public, because it might help others to feel the joy of being baptized. I agreed and was told that there were usually 20-30 people each time they held a baptism, so I was comforted by the thought of being able to hide among the other people. Once again, God had other plans. That morning I was in a huge church full of strangers with my image on the big screen and standing in a bathtub. I focused on my husband, son and my pastor, Ted Stone, who were all by my side. Yes, I was the only one who showed up that morning. Be careful what you pray for. I got my private baptism.



Fast forward to last October at "First Place 4 Health Wellness Week" in Round Top, Texas. I thought I was doing pretty well at this point in my life, until I arrived in the big state of Texas. Another big mess followed me in the form of the thoughts that had been put into my mind by some of my friends and extended family. They feared that I would be brainwashed or worse yet, find a cult to be part of and I would never be seen again. Since I had never been to any type of retreat before, Satan was having a lot of fun with me in the weeks before I arrived. I spent the first night in tears, mostly wondering how I would survive a week with women I didn't know, being out in the middle of nowhere, with no television, lamenting over how bored and lonely I would be.

The next morning, as I walked downstairs to the "unknown," I heard a voice, "Hey, Michele! Come on now; let's you and I go for a walk." I immediately looked down at the new bright, white tennis shoes I had bought for just such an occasion and accepted the invitation. So with Carole Lewis by my side, we walked and talked and kept walking. She kept saying how grateful she was for the nice weather, but all this girl from California could think about was how humid it was and just how much further we were going to walk. I knew how far we had already come, which meant we were going to have to walk that far back. At this point, even walking didn't interest

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me. Then we came upon a large building—a concert hall. Carole started to tell me about it and how she wished she could show me the inside, but the doors were always locked. Guess what? Not that day—and they even had the air conditioning on. It felt so good to be in the cool air and also in such a beautiful grand hall. Since I was a little girl, I had always dreamed of singing in a grand hall like this one. Singing in front of large crowds was one thing that didn't scare me, and ever since God gave me His songs to sing, the joy has become even more amazing. So there we were, just Carole and me. Then I heard a still, small voice say "Go up on stage," and with a little nudge from Carole, since nobody had yet asked us to leave, I climbed the stairs to the stage and Carole took a seat in the middle of the hall. As I stood there on the stage dreaming, Carole asked if I would sing one of my songs. So with God as my accompanist, I opened my mouth and filled the beautiful room with His beautiful song.

While at Round Top, I was blessed with so much love and a feeling of security that I finally understood what the song "Amazing Grace" is all about. One afternoon, God put me with Euphanel Goad, Carole Lewis and Jo Stone. It was one of the most blessed times in my life. That afternoon I was called "precious" so many times that before that day was over, I really started to believe it. The word "precious" was a feeling I didn't associate with myself, so when I got home and was sitting at my piano, God reminded me of how "precious" we ALL are to Him. That's where the next stage of my healing began. I was ready to hear the message "First Place 4 Health" was trying to instill in me. I picked up Carole Lewis' book "Give God A Year" and read it again for the third time, which truly was a charm. I was already spending daily time in the Word, but now, for some reason, His Word, His love and His sacrifice for me took on a whole new meaning. I've learned to wait on God and when there is absolutely no question or confusion, I know it is Him. So with that, I would like to share one of the gifts God has given me—a beautiful song, His simple prayer that we would all accept the gift of His Precious Love, because we are all truly Precious In His Sight.

PRECIOUS

Perfect in every way, that's all I'm gonna' say,
 I feel I belong here, How 'bout you?
 So if you would stay for a while, 'cause you know I sure do love that smile,
 and it feels like sunshine, keepin' the clouds away,
 And it's gonna' be a good day; yeah, it's a good day, precious,
 Simple as holdin' you here in my arms,
 It's a good day! Oh well, you have faith, precious
 You found the place in my heart that needed some extra attention
 my precious one,
 Well, I knew it wouldn't take me long, to write you this simple love song,
 All I know is, it's the truth,
 So if I could stay for a while, 'cause you know I sure so do love that smile.
 So would you be my sunshine, forever and always?
 And it's gonna' be a good day; yeah, it's a good day, precious.
 Simple love is gonna' carry us through to the next day.
 Oh, you just wait and see, precious,
 'cause the love I feel in my heart when I look in your eyes
 is worth so much more than any amount of money could ever buy.
 And it's gonna' be a good day.....my precious one



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I would like to thank my “precious” lifelong friend, John J.T. Thomas, for sharing his gift of music. With his help and support, the songs God is giving me come to life. To everyone who has “ears to hear,” God’s love can do amazing things, if you will let Him love you!

Gained Weight-----lost God
 Lost weight-----gained God
 Wait on God.....Love, Michele Lawrence

Update: Michele joined us at Wellness Week this year 60 pounds lighter! Michele led us in worship all week and did an awesome job.

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Wellness Week
April 28-May 3, 2013



Don't Lose Your Mind Part I

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



You remember in September, we talked about seven steps to a healthy hundred birthdays. We identified such factors as optimism, engagement in something you care about, staying active, and others. The seventh and final step in reaching a hundred healthy birthdays is to keep your mind sharp.

About 4 ½ million Americans currently have Alzheimer's. By the year 2050, experts expect the number to be somewhere between 12 and 16 million. If you think it's bad now, wait till the problem is four times as bad as it is now. Our current medications aren't doing very much and who knows what, if anything is going to be developed in the future. Your best hope is to prevent Alzheimer's and dementia in the first place. And the time to do that is now.

Before we start, I've got to tell you this. Don't smoke cigarettes. One study showed that smokers were three times more likely to develop Alzheimer's. You've heard it all before, but quitting tobacco is the single best thing you can do for your health...and your brain. Since most of you don't smoke, let's look at ten steps you can take to help protect your brain, your memory, and your mental abilities.

Control Your Blood Pressure

Two out of three Americans over age 60 have high blood pressure. Your doctor refers to it as "hypertension", but it has very little to do with being tense. You can't really tell if you have high blood pressure just by how you feel. Officially, if your blood pressure is 140/90 or higher, you have high blood pressure. But today we're really trying to help people prevent it, so that even if your blood pressure is just a little over 120/80 we aggressively try to bring that number down as well. Your target is to get your top number below 120 and your bottom number below 80. We no longer tolerate "just a little" high blood pressure. Even people in their 50's are at higher risk of dementia later in life with just slightly elevated blood pressure.

Get Off The Sofa

There's now lots of research that shows that a lifetime of regular exercise can help your mind stay healthy as you get older. We know that even simple daily walking can keep the brain sharp and improve memory. Fortunately, you still get benefit from physical activity even if you start when you're older. A study done at the University of Illinois looked at two groups of older adults for six months. One group did stretching and toning exercises, the other group walked briskly three times a week. At the end of the six-month trial only the walker's cognitive abilities increased. Of course, staying physically active helps you age better. We've known that for a long time. You maintain a stronger heart and stronger muscles. You're more flexible, and you're less likely to fall. But we now know that staying physically active can help your mind stay healthy too.

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Lose Weight

Being obese in your middle-age years increases your risk of developing dementia as you get older. A study done in Finland that looked at 2000 subjects found that middle-aged people having a body mass index of more than 30, and that's a lot of American's right there, had a 3 1/2 times greater chance of developing Alzheimer's and dementia than those who were normal weight in middle-age. A 3 1/2 times greater rate!

And you don't have to be officially obese either. The brain appears to shrink and age faster in people who are just "overweight" too. In one study it was found that those people who were not obese, but simply overweight, that is; they had a body mass index of 25 to 30, had 4% less brain tissue compared to those at normal weight. The overweight people also had brains that looked eight years older than the brains of normal weight people. Beyond that, in those who were obese, with a BMI of over 30, their brains looked 16 years older and had 8% less tissue compared to those who were normal weight. That loss of brain tissue puts you at a higher risk for Alzheimer's and dementia.

Work

It's important that retirement for you does not mean watching M*A*S*H reruns followed by the latest episode of Wheel of Fortune. While you may not have to work, it's important for your mental health that you still stay engaged with life. You should have enough involvement in life that you still need a calendar to keep yourself organized. Remember this important fact: To be able to get up every morning, it appears that you need a reason to get up every morning. You need something to get up for. Find something in life that you're passionate about. Your brain needs challenges and problems to solve, regardless of your age.

Play Some Games

A study published in the New England Journal of Medicine found that people over 75 years old who participated in doing crossword puzzles, reading, playing board games or a musical instrument, or who took part in group discussions had better cognitive and mental outcomes and they were less likely to develop Alzheimer's.

Now when it comes to games that improve your mind, it's important that they challenge you and don't simply let you easily play at your own pace. You don't want something that stresses you out but it needs to be a good mental workout. Visit www.brainskills.com for some good challenging choices.

Here's a word to the wise. Please don't think that doing Sudoku or playing solitaire is going to make up for a lifestyle that includes a diet of junk food, inactivity, and not taking your blood pressure medicine. Yes, these mind-stimulating games can be fun and probably do help. But that's not enough. I often see older people trying out the latest memory games sitting in front of their computer. Like many other Americans, they're often overweight and I wonder if they could even tell me the last time they took their blood pressure. It would probably be better for them to turn the computer off and go out and take a brisk walk.

In a future article, we'll look at five more things you can do to keep your mind sharp. You may be surprised! In the meantime, work a little, play a little, take your blood pressure medicine and go for a walk.

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

Wear Your Joy

The LORD has done great things for us, and we are filled with joy.

PSALM 126:3

“You say you’re a Christian? Please let your face know!” I laughed when I read this on a church sign while driving home from the grocery store. Although meant to be humorous, the saying packs a powerful message for us. Does our joy in the Lord show on our faces? When unbelievers are around us, do they want what we have? Can they see our joy? Do we have thankful and grateful attitudes, or do we whine and complain about everything?

I used to be a chronic complainer. I often found myself joining in when my friends and family complained about everything from the weather to the high cost of prices at the grocery store. I realized through studying God’s Word that ungratefulness has no part in a Christian’s life. It’s hard to be joyful while complaining about things. Likewise, I am learning that it’s hard to complain while praising the Lord and being joyful!

We have so much to be thankful and joyful about! Regardless of our circumstances, the fact that we are saved by grace alone should be enough to fill us with joy. Add to that all of God’s great promises and His blessings and provision for us. He has done great things for us and we should be filled with joy, simply because we belong to Him!

PRAYER

Father, You have blessed me with so many wonderful things. Help me speak words of praise and thanksgiving and not complaint. Give me a grateful attitude and a joyful spirit in all circumstances. In Jesus’ name, amen.

Journal: Write a prayer, praising God for the blessings He has given you.

■Joni Shaffer

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



Recipes!

Steak Tips with Mushroom Gravy

Serves 4

2 cups uncooked egg noodles
Cooking spray
1 pound top sirloin steak, cut into 3/4-inch pieces
1 tablespoon butter
2 tablespoons finely chopped shallots
1 (8-ounce) package sliced mushrooms
1 teaspoon minced garlic
1 tablespoon lower-sodium soy sauce
3 tablespoons all-purpose flour
1 1/2 cups fat-free, lower-sodium beef broth
1/2 teaspoon black pepper
1/4 teaspoon salt

Cook noodles according to package directions, omitting salt and fat; drain. While noodles cook, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add steak; sauté 5 minutes, browning on all sides. Remove from pan; cover. Melt butter in pan over medium-high heat. Add shallots and mushrooms; sauté 4 minutes. Add garlic; sauté 30 seconds. Stir in soy sauce. Sprinkle flour over mushroom mixture; cook 1 minute, stirring constantly. Gradually add broth, stirring constantly. Add pepper and salt. Bring to a boil; cook 2 minutes or until thickened. Return beef to pan; cook 1 minute or until thoroughly heated.

Nutritional Information: 344 Calories, 12g Fat, 27g Protein, 28g Carbohydrates, 2g Fiber, 95mg Cholesterol, 4mg Iron, 538mg Sodium, 28mg Calcium

Tracker: 4 oz.-eq. protein, 1 oz.-eq. grain, 1/2 cup vegetables

Vegetarian!

Black Bean Cakes, Salad & Eggs Serves 4

3 tablespoons canola oil, divided
5 large eggs, divided
1 (15-ounce) can black beans, rinsed and drained
1/2 cup panko, divided
1/4 cup finely chopped green onions
2 tablespoons chopped fresh cilantro
3/4 teaspoon ground cumin
1/4 teaspoon kosher salt
1/4 teaspoon ground red pepper
1 garlic clove, minced

Salad:

1 1/2 tablespoons olive oil
1 1/2 teaspoons fresh lime juice
1/2 teaspoon Dijon mustard
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
6 cups mixed baby lettuce

Mix 1 tbsp. canola oil, 1 egg, and beans until mixture becomes a coarsely chopped paste. Combine bean mixture, 5 tablespoons panko, onions, and next 5 ingredients in a bowl. Place 3 tbsp. panko in a dish. Divide bean mixture into 4 equal portions. Shape each into a 3/4-inch-thick patty; dredge in panko. Heat a nonstick skillet over medium-high heat. Add 4 teaspoons canola oil. Add patties; cook 3 minutes on each side. Remove from pan. Wipe pan clean. Add remaining 2 teaspoons canola oil. Crack 4 eggs into skillet. Cover and cook 4 minutes. Remove from heat.

To prepare salad, combine olive oil and next 4 ingredients in a bowl, stirring with a whisk. Add lettuce; toss gently to coat. Arrange 1 1/2 cups salad, 1 black bean patty, and 1 egg on each of 4 plates. Serve immediately.

Nutritional Information: 322 Calories, 22g Fat, 3g Saturated fat, 13g Protein, 18g Carbohydrate, 5g Fiber. 264mg Cholesterol, 3 mg Iron, 602mg Sodium

Tracker: 1 oz.-eq meat, 1/2 oz.-eq. grain, 1 1/2 cup vegetables
OR 2 oz.-eq meat, 1/2 oz. grain, 1 cup vegetables

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www.FirstPlace4Health.com and click on
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Healthy Thanksgiving Meal

Apple Jello Salad Serves 4

- 1/2 c. apple juice
- 1/2 c. cold water
- 1 .3 oz. box sugar-free cherry-flavored Jello
- 1 c. boiling water
- 2 small apples, peeled and chopped
- 1/2 c. celery

Combine apple juice with cold water; set aside. Dissolve gelatin in boiling water; stir in juice mixture. Refrigerate 1½ hours or until slightly thickened. Stir in apples and celery; mix well and return to refrigerator 4 hours or until set.

Tip: Although this recipe calls for cherry-flavored gelatin, you can also experiment by substituting other gelatin flavors to suit your taste!

Nutritional Information: 46 Calories; trace Fat; 2g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 117mg Sodium.

Tracker: ½ cup fruit

Cornbread Dressing Serves 16

- 1 8-oz. pkg. herb-seasoned cornbread stuffing mix
- 2 6-oz. pkg. cornbread mix
- 2 whole eggs
- 1 1/3 cups skim milk
- 1 1/2 cups onion, chopped
- 1 1/2 cups celery, chopped
- 10 chicken bouillon cubes
- 10 cups water
- 1 tbs. poultry seasoning
- 4 egg whites

Make cornbread according to package directions, using the 2 whole eggs and skim milk. Boil celery and onion in the water with the bouillon cubes over low heat for 3-5 minutes. Crumble cooked cornbread and combine with stuffing mix. Pour boiled mixture over bread mixture. After mixture has cooled, stir in beaten egg whites. Bake at 375 degrees for 1 1/2 hours in two pans.

Nutritional Information: 124 Calories; 3g Fat; 5g Protein; 19g Carbohydrate; 2g Dietary Fiber; 27mg Cholesterol; 766mg Sodium.

Tracker: 1 ½ oz.-eq. grain

Gravy for Cornbread Dressing Serves 16

- 3 3/4 c. water
- 4 chicken bouillon cubes
- 2 tbs. flour
- Salt and pepper to taste

Add bouillon to water boiling in large saucepan. In a pint jar with lid, combine 3/4 cup of the bouillon water with flour; shake well. Slowly pour into remaining water, stirring constantly to prevent lumps. Simmer over low heat, stirring frequently until gravy consistency is reached. Add flour or water if needed to reach desired consistency.

Nutritional Information: 6 Calories; trace Fat; trace Protein; 1g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 188mg Sodium.

Tracker: None

Creamy Pumpkin Soufflé Pie Serves 8

- 1 Graham Cracker Crust
- 1 1.5 oz. box sugar-free vanilla-flavored nonfat instant pudding
- 1 c. nonfat milk
- 1 16-oz. can pumpkin
- 1/2 tsp. nutmeg
- 1/2 tsp. ginger
- 1/2 tsp. cinnamon
- 1 c. Cool Whip Lite

Combine pudding mix and milk in medium bowl; stir well (will be very thick). Add pumpkin, nutmeg, ginger and cinnamon; mix well. Gently fold in whipped topping; pour into pie shell. Chill for one hour or until set. Top with additional topping. Serves 8.

Nutritional Information: 156 Calories; 6g Fat; 1g Protein; 14g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 115mg Sodium.

Tracker: None

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