



From the Heart ~ Carole Lewis

A dear friend Lavahn Stillwell joined the First Place 4 Health program when it was still very young. Lavahn reached her goal weight and began leading a group. She soon became one of our original group of networking leaders and has directed the First Place 4 Health ministry at Calvary Baptist Church in Shreveport, LA, for over 20 years. Lavahn recently called me and we had a wonderful visit over the phone, even though I was sad that the Lord has told her to step down from her leadership role.



Lavahn shared that she has battled with this decision for over two years and has been perfectly miserable, because she kept saying “no” to the Holy Spirit’s urging. Our conversation reminded me of all the times that the Holy Spirit has softly and quietly shared the Father’s will for me and I have stood my ground and said, “I don’t think I heard that right.” I could so identify with Lavahn’s words of how God’s peace flooded her soul after she finally agreed with God and went to talk with her pastor, resignation letter in hand. Read Lavahn’s words:

*Oh, the **peace** that has flooded my soul is unbelievable, and now the balance has come back into my life. God has re-ignited my heart to the great things ahead. As God has flooded my soul with memories, He has reminded me how abundantly He has blessed in this 20 plus years—how He helped people through crises and heartaches, and how He changed their lives to give them **balance** and **hope**. As I walk down memory lane, I am reminded of what a privilege it has been to be a part of this life-changing program, which included:*



- *Ministering to people in all walks of life going through various situations.*
- *Learning how to draw close to God with balance in their lives—resulting in salvations.*
- *A burned-out pastor who returned to the pulpit.*
- *Unchurched folks who became church.*
- *Husbands and wives renewing their wedding vows.*
- *A woman recovered from her brother’s murder.*
- *Improvement of bad health conditions (cancer, blood pressure, diabetes, heart issues, etc.).*
- *Friendships and other relationships restored, learning to study the Bible, how to pray, memorize scripture, have a quiet time, how to serve God.*
- *Eating right and exercising routinely, commitment to what the Lord put on their hearts, and many, many more things too numerous to mention.*

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*

Food Tips ~ Page 3

Fit Tips ~ Page 4

From the Pastor ~ Page 6

Upcoming Events ~ Page 7

Hope & Inspiration! ~ Page 8

Live It FAQ’s ~ Page 10

Leadership ~ Page 12

Devotional ~ Page 13

Recipes ~ Page 14

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Continued from page one

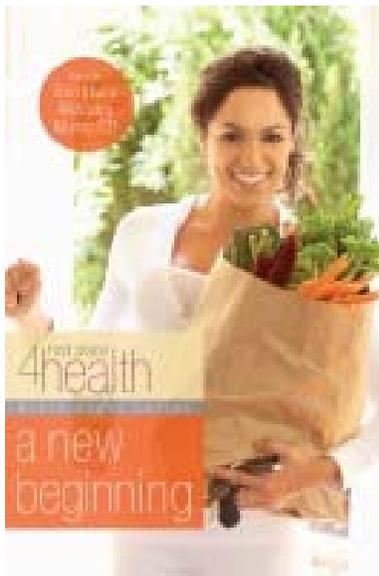
In First Place 4 Health, we usually think of food issues when we think of being obedient. We know that if we obey in the area of our eating, we will reach our weight goal. We also know that being obedient to a lifestyle that includes regular exercise will insure better health and a stronger body. It is much harder to think that God would ask us to stop doing something that brings us joy and pleasure and is changing lives for the better. We question how He could ask us to step down?

After many years of walking with the Lord, I can say with assurance that if God asks you or me to do something, it is for our ultimate good. Obedience on our part is for the express purpose of making us ready to receive all God has for us. God is not through with Lavahn. On the contrary, He has great plans for her future. She will always love First Place 4 Health, but God will give her the desires of her heart because she is willing to obey Him.

All of us at First Place 4 Health want to thank Lavahn for 20 years of faithful service to the ministry. We know you will always be a part of our FP4H family whether or not you are in leadership.

What is it in your own life that God is asking you to do? I promise that you will not find out the wonderful future He has planned for you until you obey Him wholeheartedly. Henry Blackaby says in his book *Experiencing God* that these times are our “crisis of belief”. Only as we walk through the crisis and obey God will He open up His future plans for our life.

No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love Him. (I Corinthians 2:9)



Are you ready for a new beginning?

A New Beginning will offer inspiration and motivation to help you deal with any issues of insecurity or failure—especially as they relate to meeting your weight-loss goals. When times get tough and things are off track, it is easy to allow disappointment to lead you to abandon your aspirations for living a life in balance. However, you can learn to cope with setbacks and regret in a way that pushes you toward success instead of dragging you down! *A New Beginning* will help you explore 10 key scriptural principles to help you stand strong in your commitment to live the life God is calling you to live—a life of obedience, balance and victory!

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Food Tips

Safe Preparation, Cooking and Storing of Your Meals

GENERAL PREPARATION RULES:

- Wash your hands with hot, soapy water before handling food.
- Use plastic or other non-porous cutting boards. Wooden cutting boards can absorb juices, making them hard to clean thoroughly.
- Never put cooked food or food to be eaten uncooked (such as salads) on surfaces where uncooked meat has been prepared.
- Wash and sanitize your hands, tools, and preparation surfaces after coming in contact with uncooked meat.
- Use paper towels to clean kitchen preparation surfaces instead of cloth; you can then throw the soiled paper towel away.
- Keep food away from cleaning chemicals, poisons and pesticides. Temperature is very important. Use a meat thermometer to check temperatures of meat to ensure accuracy.

HELPFUL TIPS:

- Covered food takes longer to cook in the oven.
- Allow space between pieces in baking pans.
- More pieces in the pan will take longer to cook.
- Cook chicken until juices run clear and to recommended internal cooking temperature: light meat 170 degrees and dark meat to 180 degrees, beef to desired temperature—135 degrees for rare, 145 degrees for medium rare, 160 degrees well—and pork 150 degrees. You don't need to worry about trichinosis, because it is killed at 137degrees. Always cook ground chicken and beef to 165-170 degrees internal temperatures.
- Large pieces of meat will continue to cook when removed from the oven; take out when the temperature is about 5-10 degrees less than desired result.
- Bring sauces, soups, and gravy to a boil when reheating.
- If you plan to use a marinade to baste while cooking, divide the marinade into two separate containers. Use half to marinate and half to baste. Do not reuse the liquid used for marinating to baste your meats, unless you bring them to a rolling boil for 2 minutes.

HOT FOODS HOT & COLD FOODS COLD:

- If you plan on food remaining out in a serving situation for an extended period, be sure to maintain the temperature appropriate to the dish. Use warming pans or ice dishes to keep food out of the spoilage zone. Check the food's temperature often to make sure it's okay. The temperature range between 40 degrees and 140 degrees is considered to be the zone where food spoilage is most likely to occur. Food should only be kept in this temperature range for two hours or should be refrigerated for later use and reheated if needed.
- Following these rules will insure that your family's food is as wholesome as it can be.



Fit Tips

Give Your Workout and Weight Loss A Boost!



Vicki Heath

vicki.heath@firstplace4health.com

I know you are all familiar with the most common benefits of exercise: helps to maintain a healthy weight, lowers blood pressure, increases bone density, lowers bad cholesterol, helps fight depression, and about 15 other proven benefits. What you may not know is that there is now proven research on the extra benefits that come with High Intensity Interval Training (HIIT). This form of exercise has become an increasingly popular physical activity. Boot camp classes, workout DVD's and interval training classes are the number one most popular works according to a recent article in IDEA Fitness Journal.

Taking part in a class with a name like *Boot Camp* can be intimidating to say the least. I teach a boot-camp style class on Edisto Island where our population is mostly senior, and many will not even come and try it because just the sound of the class seems too hard. I have seriously thought about changing the name to *Baby Girl Boot Camp*, or something just as absurd, just to see if I might get more participation!

High Intensity Interval Training

The name "High Intensity Interval Training" can sound like it might be way too hard, but be assured that regardless of your fitness level, you can safely incorporate this kind of training into your exercise routine with excellent results.

What the research is showing is that out of all of the fitness modalities, HIIT will give you the best calorie burn for the time you invest, and you will continue to burn calories at a higher level after you have exercised. To help understand how this works, if you compare a HIIT workout with a steady, continuous duration cardiovascular activity, such as power walking or jogging, the HIIT workout burns more calories both during your workout and afterwards. The reason is the higher intensity workout really gives your metabolism a boost. Many of you have experienced a weight loss plateau. This is a great way to break that plateau!

Short Bursts of Exercise

What makes interval exercise training so successful is that the specific exercises are not done for very long. Short bursts of exercise with proper recovery will allow you to maintain a high level of intensity.

Instead of me trying to explain in my words how this works, this is from *Cooper Aerobics and Wellness Center, Health Tips*: "A HIIT exercise program often entails a lot of resistance and *compound* exercises. Compound exercises are holistic in nature and utilize more muscle and joint systems in large motion rather than a small, individual motion. An example of a HIIT exercise could be a *deadlift* that transitions into a *hang clean* then into a *shoulder press*. This comprises a compound exercise, as multiple joints and muscles are moving at one time.

In compound exercises there is a competition for blood flow throughout the working muscles. If you were doing a single bicep curl, your blood would actually flow to that muscle. But compound exercises like a reverse lunge with a bicep curl, you have competition for which muscles get blood flow, oxygen delivery and lactate removal."¹

Continued on page 5



Continued from page four

I hope the above explanation is helpful. HIIT is based on doing a particular exercise for an amount of time with a certain amount of rest between the exercises. This is called the recovery from one exercise to the next. Since the work time on the exercise is only for a short time, you should be able to perform the exercise at a higher rate. For example, if you do a 30-second jogging in place, your expectation for that interval is that you should be able to go faster and lift your knees higher than if you were jogging for two minutes. Learning to pace yourself and work at your own level is very important in interval training.

To begin HIIT training, a simple workout could be adding a sprint for a very short distance during your walk. Having a stop watch on your watch or smart phone will be very helpful. The way it works is to try sprinting for 30 seconds, followed by three minutes of jogging and one minute of walking for recovery. You can do this workout on a treadmill or outside. You need to determine how long you will perform each workout. A workout like this could expend a ton of calories if done in just fifteen minutes. That would be about three rounds of the above workout.

Great thing about HIIT training, which is not very different from any other exercise, it works if you do it! Why not step out with your stop watch and give it a try!

Vicki Heath

¹ Article provided by Cooper Aerobics Marketing and Communications

Just in Time for Easter !

Click the picture for more information or to purchase.



From the Pastor

Do You Love Your Doctor?

Steve Reynolds
sreynolds@capitalbaptist.org



Luke the beloved physician... (Colossians 4:14a)

I find it interesting that Paul calls Dr. Luke “the beloved physician”. Undoubtedly, a major reason he felt this way was his ongoing need for medical attention. Paul spoke of his “thorn in the flesh” in II Corinthians 12:7, his “infirmities” in II Corinthians 12:9, and much “physical persecution” in II Corinthians 11:23-27.

I have spoken to many overweight and unhealthy people and one common thing about most of them is a dislike for seeing their doctor. After all, who wants to hear time and time again “You need to lose weight.” When I weighed 340 pounds, I hated going to the doctor and the only reason I went was to get meds for high blood pressure, high cholesterol, and diabetes. One of the big things that shifted in my life when I moved from an unhealthy lifestyle to a healthy lifestyle was my relationship with my doctor. I no longer viewed him as a “necessary evil”, but as a vital part of my team.

If you are one of the guilty ones who almost never sees a doctor, here’s a plan for getting started:

- **Recognize that you are endangering your health if you do not see a doctor regularly.** The thinking that illnesses and problems will get better with time or with home remedies may not work if your body is harboring some serious condition.
- **Stop the denial.** Many people have the attitude that “what they don’t know can’t hurt them.” That is rarely true about anything, but it can be especially dangerous when it comes to your health. It is critical to not allow denial to keep you from getting regular checkups.
- **Get a doctor you can trust.** Find out who are the providers on your health plan. Insurance companies provide that information annually in booklet form or online, so find that information and start looking through it. Talk to friends who are satisfied with their physicians and ask them what they like about their doctors.
- **Determine you will get a checkup soon.** Some people find it easier to remember their annual physical exam if it is near another annual event, such as a birthday or an anniversary.
- **Recognize you are worth the time and money it takes to see a doctor.** Your family and friends need you and want you to stick around. So if you won’t do it for yourself, at least do it for them.
- **Pick up the phone and make the appointment.** If you just cannot do it, get a family member to make the appointment for you, and then follow the instructions the doctor gives you!

The bottom line is that regular medical checkups are good for your health. I urge you to start viewing your doctor as an important part of your team for healthy living.

Steve Reynolds

Steve Reynolds is the Senior Pastor of Capital Baptist Church in Annandale, VA. He is also the author of Bod4God and Get Off The Couch 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 seven tons of weight.

**Scriptures from NKJV*



Upcoming Events

Georgia Area Training Meeting

March 9, 2013
Mountain Park Baptist Church
Stone Mountain, GA
Contact: Vicki Heath
Email: vicki.heath@fp4h.com
Phone: 843.224.1960

Alabama Area Training Meeting

March 16, 2013
Taylor Road Baptist Church
Montgomery, AL
Contact: Michele Vermillion
Email: misha95@aol.com
Phone: 334-549-3444

Minnesota Area Training Meeting

March 16, 2013
First Lutheran Church
White Bear Lake, MN
Contact: Andrea Berletic
Email: berletic@charter.net
Phone: 507-251-0286

Live Life! ~ Oklahoma

April 6, 2013
Village Baptist Church
Oklahoma City, OK
Contact: Syd Porter
Email: sydporter@yahoo.com
Phone: 405-787-2667

Live Life! ~ Pennsylvania

April 13, 2013
Crossroads Church
Oakdale, PA
Contact: Cheryl Davis
Email: cheryl.davis@crossroadsumc.org
Phone: 412-818-1962

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: Lisa Lewis
Phone: 800.727.5223, x1001
Email: lisa.lewis@fp4h.com

First Place 4 Health Live!

September 14, 2103
Bookcliff Baptist Church
Grand Junction, CO

Wellness Week @ Round Top

October 10-17, 2013
Round Top Retreat
Round Top, Texas
Contact phone: 800.727.5223, x1001
Email: lisa.lewis@fp4h.com

Mississippi Area Training Meeting

November 2, 2013
Baptist Association Building
Marion, MS
Contact: Joyce Ainsworth
Email: glenna@netdoor.com
Phone: 601-927-8974

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



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Hope & Inspiration



Becky Turner
Spring 2001



Becky Turner
Spring 2012

Becky Turner Lakeland, FL

It was January and the scales read over 200 pounds once again. I looked to the heavens and cried out to God, “Is this the only thing You cannot deliver me from? Is gluttony the ‘thorn in the flesh’ that I will have to deal with all of my life?”

God, in His gracious and benevolent way, very quickly corrected me about a few things: 1) There is nothing from which He cannot deliver me. 2) He desired my cooperation in this process by pushing away from the table sooner, making wiser choices in my food and to exercise. 3) Food had become my idol and replaced Him.

I was lonely! A typical evening for me after I moved to a new city was to swing past the Mediterranean buffet restaurant and overeat. I would then go home, call my friends and whine about how miserable I was. I ran to food for comfort, security and entertainment. Lastly, He told me that He desired for me to want to be healthy and skinnier—not because I would be cute—but because my body is the temple of the Holy Spirit. My motivation needed to be an inward change that would please the heavenly Father rather than an outward change that would please “some man”.

So after much confessing and repenting, I started on a 1400 calorie diet, enlisted a personal trainer and began working out seven to eight times a week. Over the next five months I lost 15 pounds, but then just stagnated. I was still tracking at 1400 calories and working out, but I was not losing weight.

At the first of August, the director of the First Place 4 Health ministry at my church asked if I would be a leader the next semester. This was not a total surprise since I had served in this role many years in the past.

As I mentioned, 1400 calories was not a problem for me; the problem was BREADS—my personal drug of choice. Since abstinence is easier than balance, I simply had eaten no carbs or very little carbs for months. As I re-familiarized myself with the Live It plan, I knew I would need to incorporate breads into my life so that I could have a balanced diet. To my surprise and joy, the pounds began to drop. I not only added the bread back into my diet, but started really focusing on Scripture memory. By the middle of October, I had lost another 20 pounds, memorized 80 scriptures and gained lifelong friends!

The weight loss provided me with opportunities to speak on the grace of God. People would ask, “How did it happen?” “How did you do it?” It pleased the Lord for me to say, “God delivered me.” Food was no longer my best friend, my god, or the teddy bear I ran to when I needed comfort. By the power of the Holy Spirit, I was given the ability to say *no* to ungodliness (gluttonous eating rich, unhealthy foods or eating when not hungry) and say *yes* to buffeting my body and making it my slave. I was free—but it’s still a daily process.

Continued on Page 9



Continued from Page 8

The manifestation of the true deliverance comes not when I reach the goal, but when I maintain the goal. For most of us, the problem is not losing the weight; it is maintaining the weight. This is where lifelong friends became critical. I am so grateful that the Bible tells us that “iron sharpens iron” (Pr. 27:17) and that “the blows of friends are better than the kisses of enemies” (Pr. 27:6 paraphrased). To help me live out this lifestyle of deliverance, God provided three friendships that at times caused sparks to fly and felt more like a wound than a kiss, but I knew that they were true friends and they only had my best interests in mind.

First, there was Carole, a wiser, older woman who had lived this lifestyle of health for many years. She was giving her adult children the greatest gift that she could give them, her good health. We would meet as often as possible, usually each weekday, to exercise, quote memory verses and always close out our time together in prayer. We saw many quick answers to these prayers and I believe that our sacrifice of exercise may have moved the hand of God in a faster way.

Another godly friend was Vicki. God used her in my life to help me remember who I was not. I was no longer a fuzzy, ground-crawling caterpillar, but transformed into a beautiful monarch butterfly! She did this in many different ways, but one of the greatest ways was by helping me shop and pick out clothes. That’s what girlfriends do— right?

Another lifelong friend God brought into my life was Karrie. Those that know me knew how strong-willed and stubborn I was and that I needed a full-time Nathan in my life. Nathans are those people in your life who point out sin and weakness, but then walk along beside you to help you make it right. Even though Karrie lives hundreds of miles away from me, she’s the one to whom I fax my CR. She contacts me and asks me if I exercised that day. No one in their right mind would go seeking a Nathan, but when you have one, you realize they really are a blessing.

In my pride, I wish I could do it all on my own, but it really does take a community. I thank God for the First Place 4 Health community. It makes deliverance, freedom and abundant living not just a theological concept, but “a day-in and day-out reality.” I am still a work in progress, but I am not where I used to be. And through God’s grace and the gift of accountability, I will never go back to that place again.

Becky Turner will be the Master of Ceremonies at Summit 2013 this year!

Becky has been our M.C. at numerous events and always keeps us on track and having fun. Becky will also lead a seminar, so you won’t want to miss her wise words that speak truth to our lives. You can read more about Summit 2013 later in this newsletter or on www.firstplace4health.com under Events.



Live It Food FAQ's

Answers to your questions about tracking your food!

Below are a few FAQ's about the First Place 4 Health Live It food plan. The Member's Guide contains the majority of information on the Live It.

1. Would 1 tablespoon of peanut butter count as 1 ounce of meat and 2 teaspoons of my healthy oils?

Yes, the healthy oils in any nut or nut butter contribute to your healthy oil needs for the day. Turn to page 148 in your Member's Guide to see a list of foods rich in healthy oils such as margarine, avocado, and nuts. The foods listed there are the ones we want you to consume in moderation to obtain your suggested quota of healthy oils for the day. When you eat a variety of foods - including nuts, seeds, salad dressings, etc. – you'll get what you need easily. *For information on how to monitor your consumption of solid fats, take a look at the next question.*

2. I know that regular cheese is not the healthiest choice due to the saturated fat content, but if I eat regular cheese, does it just count toward my Milk needs, but not the oils, since it is not healthy oil? I was looking at some of the information on www.MyPyramid.gov and it seemed to indicate this would be one of those instances where "discretionary calories" are used by choosing the higher-fat version of a food item rather than the low-fat or fat-free variety.

First, let's address discretionary calories. You only need a certain number of cups, ounces and teaspoons of foods and oils to obtain adequate nutrition (vitamins, minerals and carbohydrate, protein and fat). The calories provided from these foods are the "essentials," if you will. These are the minimum calories required to meet your nutrient needs. Then you have some "extra" calories that are important for providing you with enough energy. Think of it like a calorie budget – most of the budget is dedicated to essentials and the rest is for extras. These extras are things like higher-fat choices from the food groups and occasional treats.

Instead of giving a discretionary calorie amount for each calorie range, we decided to add those calories in and distribute them for you across the food groups. For example, instead of recommending someone on a 1500-1600 calorie diet consume 1.5 cups of fruit and 5 ounces of grains, we increased these amounts to 1.5-2 cups and 5-6 ounces, respectively. We did this to encourage balance, and made the assumption that people will make choices from each group that span from the lowest-fat, lowest-calorie items to the higher-fat, higher-calorie items. Cheese is a great example. We want people to eat in moderation and put into the practice the "often, occasionally, seldom" principle. Thus, having full-fat cheese every now and then is not a crime. Also, the fat in full-fat cheese is saturated fat and does not fall into the "healthy oils" category. So, bottom line – if the full-fat cheese is a seldom food for you, that is perfectly appropriate. We've built some "extra" calories in to cover that.

3. Would you be able to be more specific on what "seldom-occasional-often" mean? Our group members seem to have different opinions on this.

On page 122 of the Member's Guide we write:

"Often" foods are the lowest in fat and sugar, and are relatively low in calories. They are also the most nutrient dense. "Occasional" foods are those foods that should be enjoyed every now and then as they do offer nutrition, but at a higher caloric price tag. "Seldom" foods should be enjoyed rarely as they are high-calorie foods with little nutritional value.

Continued on Page 11



We consider “Often” to mean every day to every other day, “Occasionally” to mean every few days to once a week, and “Seldom” to mean every few weeks to every few months. It depends somewhat on the food itself. For example, fried chicken is a lot more of an issue than a tablespoon of butter. Fried chicken is truly a food we enjoy only once or twice a year. However, dark chocolate is something we can enjoy more often since the quantity is limited to only a piece or two. Be honest and truly discretionary with this exercise. We all know in our heart of hearts which foods we need to avoid most of the time and which ones we need to choose most often.

4. I’m confused about how to “count” something like lasagna, granola bars or other combination foods. How do you suggest I record these things on my Live It Tracker?

Mixed dishes, like lasagna, have always required some educated estimation, especially if you are eating away from home and do not have access to the recipe. There are a few ways of doing this. If you do have access to the recipe, you could always divide each of the main ingredients by the number of servings provided to figure out how much of each is provided. For example, in a lasagna recipe you could divide the ounces of pasta, ounces of meat, cups of vegetables, teaspoons of oil, and ounce-equivalents of cheese, cups of tomato sauce, and divide by the number of servings. This would give you a pretty accurate estimate of how many cups, ounces and teaspoons you’re getting for each group.

Alternately, if you go to dinner at a friend’s house, who you know used quality ingredients (like part-skim mozzarella, low-sugar-added tomato sauce, lean meat or better yet – grilled vegetables), you’re halfway there! The question of whether your friend’s lasagna is quality is answered (yes). The last part requires you to think critically about *quantity* and make an educated guess as to what size a square of lasagna is appropriate for you? I would estimate that with quality ingredients, a 3x3 – 4x4 inch square would be an appropriate portion for most people. We are also encouraging you in the Nutrition Top 10 to listen to your hunger cues and really be mindful of your choices and of every bite. When we eat mindfully, we stay aware of whether we’re truly hungry, or just desiring to eat. It’s definitely a journey to discover this, but it’s also a big piece of the puzzle for finally gaining control over your eating habits.

For something like a granola bar or other prepackaged products, we are really encouraging you to ask yourself two simple questions, make a decision based on the answers, and then move on with your life. The first question you need to answer is whether or not the product is a quality one. Some granola bars contain soy protein which is a very lean, cholesterol-free, quality source of protein. Some include nuts which would provide healthy oils, and some include granola and oatmeal which provides servings of whole grain. Read the label. If sugar is one of the first two or three ingredients listed, I would find another one lower in sugar. Secondly, ask yourself whether or not the total calories are appropriate for you given your calorie range for the day. If the item, say a microwave entree, is intended to be a meal and is only 150 calories – that’s not enough. However, 800 calories would be too much for most people. When you spread your calories around for the day, you have a pretty good idea as to how many calories are appropriate for meals and snacks.

Simply, it’s a two-step process of assessing the quality and quantity of the food. You can always jot the calories down on your tracker to help you stay on track with where you are for the day, and guesstimate how many ounces of grain you think you obtained from the granola bar, per se, and the same goes for how many teaspoons of nuts you think were included.

Analysis paralysis is not what we’re after. Choose quality foods in appropriate quantities most of the time and you’ll be fine.



Leadership Tips *from Regional Team Leader Helen Baratta*

"I need help with my group, but there isn't anyone who will do it."

Don't do it alone—recruit and train leaders!

New leaders don't just appear. Rather than *find* leaders; we *make* them. Create new leaders as opposed to waiting for new leaders to volunteer. We cannot manufacture leaders like widgets, but we can develop people so that they become leaders. Every leader started somewhere—why not in your group?

Look at each member as a future leader, and then ask the Lord to show you who is the next person to develop. As you pray, focus on the following persons:

- **Says "yes" to Jesus.** They may not have the most biblical knowledge in the group, but they strive for obedience and grow.
- **Faithful to the group.** They attend regularly, complete the assignments and have perseverance and success.
- **Committed to the vision and values of First Place 4 Health.** Someone who does not agree with the values will not succeed as a leader.
- **Loves well.** Love covers a multitude of leadership inadequacies.



The Lord uses unlikely people. Ask Him to reveal who your next leader will be. Remember that people will not volunteer to lead, yet they are often receptive to an invitation. Don't be discouraged if someone says *no* the first time they are asked. Keep them in prayer and continue to encourage them.

When a person says *yes*, follow these five steps of leadership development from Dave & Jon Ferguson's book, *Exponential*.

- **I do. You watch. We talk.** As an experienced leader leads a team, an apprentice takes time to observe him or her. Meet with them to discuss what the apprentice has observed. Ask three simple questions: (1) What worked? (2) What didn't work? (3) How can we improve? This is an opportunity to get feedback and ideas. Agreeing with their new ideas assures them that you have confidence in their ideas and abilities.
- **I do. You help. We talk.** In this phase of development, the leader gives the apprentice an opportunity to help lead in a particular area (prayer time, wellness topic, or a breakout group for the Bible study discussion). The experienced leader leads the remainder of the time together. Again, follow up with a one-on-one talk. Start with the parts of the meeting in which they feel most comfortable. One danger is that the experienced leader may hold on to a part of the meeting, which is their favorite part.
- **You do. I help. We talk.** Now the apprentice transitions from supporting or helping the leader to taking on most of the leadership responsibilities of the group. As the person gains more experience, begin to turn all the meeting over to them, including finding other people to take the parts of the meeting in which they are currently leading. Release responsibilities to the developing leader. Be sure to meet regularly to debrief. It is important for the experienced leader to provide feedback after the meeting rather than interrupting the new leader during the meeting. The best coaches help their new leader discover the solution to the problems.
- **You do. I watch. We talk.** The apprentice process is almost complete as the new leader grows increasingly more confident in his or her role. Give your apprentice the opportunity to fulfill all the functions of leadership, with the more experienced leader now looking on and watching the new leader in action. The new leader takes over and the experienced leader watches and encourages.
- **You do. Someone else watches.** This is where the process of reproducing comes full circle. The former apprentice is now leading and begins developing a new apprentice. Ideally, the leader who has developed and released several apprentices will continue to work with those leaders in a coaching capacity. The best thing you can do for your new leader is to help them multiply themselves. Help them also find volunteers.

How exciting to multiply your leadership. Celebrate!

Read more about Helen in the Success Stories on www.FirstPlace4Health.com under Resources.



Devotional

our daily bread

*Have nothing to do with godless myths and old wives' tales;
rather, train yourself to be godly.*

1 TIMOTHY 4:7

“You must eat a grapefruit with every meal,” a well-meaning friend instructed, as she nodded knowingly. “This is supposed to really work. I read about it in a magazine.” *Another magazine article spouting advice*, I thought, *from yet another so-called expert wanting to sell books providing a quick fix to rapid weight loss.*

I'd seen it all and, unfortunately, tried it all before. Grapefruits all day. Ice cream only. Liquids for breakfast, lunch and dinner. Every time I turned on the TV or stood in line at the checkout stand, I would find myself bombarded with the next great diet and health program. Some had tidbits of truth; others, well—let's just say I found myself wanting for a new program or plan. This constant seeking and searching for the ultimate weight-loss program had me flipping from one fad to another. I was caught up in the madness of myths and old wives' tales, things God's Word instructs us to avoid if we are seeking godliness.

But wait a minute . . . don't those scriptural instructions apply solely to the spiritual realm? That was a question I often pondered. I found myself compartmentalizing my life. Body, mind, emotions and spirit were different; therefore, I should treat each accordingly. Shouldn't I? Hopefully, you already know the answer to that question. Fortunately, I do too, thanks to First Place 4 Health. Rather than treating just “one piece” of ourselves, we are to focus on becoming godlier in all areas. Godliness embraces complete health, including a healthier body. God's Word gives us all the information we could possibly need to attain maximum health in every area of our lives. We no longer need to depend on whatever myth or fad the world is currently serving up. Instead, let us fill up on the right feast: God's truth, found in His amazing Word, and the complementary godly principles implemented in our First Place 4 Health program.

Action Item: Before you spend money on the fastest-growing weight-loss fad, take time to search God's Word and your First Place 4 Health materials for answers. Remember: There is no quick fix that offers lasting, godly results.

Carol VanAtta
Troutdale, Oregon

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

Recipes ~ Sandwich Night!

Turkey & Tomato Panini

3 tablespoons light mayonnaise
2 tablespoons nonfat plain yogurt
2 tablespoons shredded Parmesan cheese
2 tablespoons chopped fresh basil
1 teaspoon lemon juice
Freshly ground pepper, to taste
8 slices whole-wheat bread
8 ounces thinly sliced reduced-sodium deli turkey
8 tomato slices
2 teaspoons canola oil

Have a cast iron skillet (or four 15-ounce cans and a medium skillet (not nonstick) ready by the stove). Combine mayonnaise, yogurt, Parmesan, basil, lemon juice and pepper in a small bowl. Spread about 2 teaspoons of the mixture on each slice of bread. Divide turkey and tomato slices among 4 slices of bread; top with the remaining bread. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Place 2 panini in the pan. Place the cast iron skillet (or cans and skillet) on top of the Panini. Cook the panini until golden on one side, about 2 minutes. Reduce the heat to medium-low, flip the panini, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more. Repeat with another 1 teaspoon oil and the remaining panini. Serves 4.

Nutritional Information: 286 calories; 6 g fat (1 g sat , 3 g mono); 27 mg cholesterol; 36 g carbohydrates; 10 g protein; 5 g fiber; 681 mg sodium; 136 mg potassium.

Live It Tracker: 2-oz.-eq carbohydrates, 1 oz.-eq. meat

Chicken Parmesan Hoagie

1/2 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
1 pound boneless, skinless chicken breasts (cut into 4 portions)
4 teaspoons extra-virgin olive oil, divided
2 6-ounce bags baby spinach
1 cup marinara sauce
1/4 cup grated Parmesan cheese
1/2 cup shredded part-skim mozzarella
4 soft whole-wheat sandwich rolls, toasted

Position oven rack in top position; preheat broiler. Combine flour, salt and pepper in a shallow dish. Place chicken between 2 large pieces of plastic wrap. Pound with the smooth side of a meat mallet or a heavy saucepan until the chicken is an even 1/4-inch thickness. Dip the chicken in the flour mixture and turn to coat. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add spinach and cook, stirring often, until wilted, 2 to 3 minutes. Transfer to a small bowl. Add 1 teaspoon oil to the pan. Add half the chicken and cook until golden, 1 to 2 minutes per side. Transfer to a large baking sheet. Repeat with the remaining 1 teaspoon oil and chicken; transfer to the baking sheet. Top each piece of chicken with the wilted spinach, marinara sauce and Parmesan. Sprinkle with mozzarella. Broil until the cheese is melted and the chicken is cooked through, about 3 minutes. Serve on rolls. Serves 4.

Nutritional Information: 472 calories; 15 g fat; 85 mg cholesterol; 48 g carbohydrates; 40 g protein; 5 g fiber; 837 mg sodium; 923 mg potassium.

Live It Tracker: 3-oz.-eq carbohydrates, 1 cup vegetables, 4 oz.-eq. meat

Grilled Portobello, Bell Pepper, and Goat Cheese Sandwiches – Vegetarian!

| | |
|--|--|
| 1/4 cup balsamic vinegar | Cooking spray |
| 1 tablespoon olive oil | 1/3 cup chopped fresh basil |
| 1 garlic clove, minced | 1/4 teaspoon salt |
| 1 red bell pepper, cut in half and seeded | 1/4 teaspoon freshly ground black pepper |
| 1 yellow bell pepper, cut in half and seeded | 4 (2-ounce) Kaiser rolls |
| 4 (4-inch) Portobello mushroom caps | 1/2 cup (4 ounces) soft goat cheese |

Prepare grill to medium-high heat. Combine balsamic vinegar, olive oil, and garlic in a large bowl. Add bell peppers and Portobello mushrooms; toss gently to coat. Remove vegetables from vinegar mixture, and discard vinegar mixture. Place bell peppers and mushrooms on a grill rack coated with cooking spray; grill 4 minutes on each side. Remove vegetables from grill; cool slightly. Cut bell peppers into thin strips. Combine bell peppers, basil, salt, and black pepper in a small bowl. Cut rolls in half horizontally; spread cheese evenly over cut sides of rolls. Arrange 1 mushroom cap on bottom half of each roll; top each serving with about 1/3 cup bell pepper mixture and top half of roll. Place sandwiches on grill rack coated with cooking spray. Place a cast-iron or other heavy skillet on top of sandwiches; press gently to flatten. Grill 3 minutes on each side or until bread is toasted (leave cast-iron skillet on sandwiches while they cook). Serves 4.

Nutritional Information: 317 Calories, 10.5g Fat, 14g Protein, 41.7g Carbohydrate, 4g Fiber, 13mg Cholesterol, 3.2mg Iron

Live It Tracker: 3-oz.-eq carbohydrates, 1 cup vegetable

Harvest Pear Crisp

| | |
|---|---|
| 6 cups Anjou or Bartlett pears, cored and cut lengthwise into 1/2-inch-thick slices | 1/3 cup all-purpose flour |
| 1 tablespoon fresh lemon juice | 1/2 cup packed brown sugar |
| 1/3 cup granulated sugar | 1/2 teaspoon salt |
| 1 tablespoon cornstarch | 3 tablespoons chilled butter, cut into small pieces |
| 1 1/2 teaspoons ground cinnamon, divided | 1/3 cup regular oats |
| | 1/4 cup coarsely chopped walnuts |

Preheat oven to 375°. Combine pears and lemon juice in a 2-quart baking dish; toss gently to coat. Combine granulated sugar, cornstarch, and 1 teaspoon cinnamon; stir with a whisk. Add cornstarch mixture to pear mixture; toss well to coat. Lightly spoon flour into a dry measuring cup; level with a knife. Place flour, 1/2 teaspoon cinnamon, brown sugar, and salt in a food processor; pulse 2 times or until combined. Add chilled butter; pulse 6 times or until mixture resembles coarse meal. Add oats and walnuts; pulse 2 times. Sprinkle flour mixture evenly over pear mixture. Bake at 375° for 40 minutes or until pears are tender and topping is golden brown. Cool 20 minutes on a wire rack; serve warm or at room temperature. Serves 8

Nutritional Information: 285 Calories; 7.7g Fat; 2.4g Protein; 55.5g Carbohydrate; 5.1g Fiber; 12mg Cholesterol; 1.2mg Iron; 197mg Sodium

Live It Tracker: 1/2 cup fruit

SUMMIT 2013

July 26-27, 2013

Whether you are a First Place 4 Health member, leader, potential leader or just someone that wants to live a healthier, more balanced life, Summit 2013 is for you.

What to Expect

- ✓ Practical tips to healthy living
- ✓ Sample exercises anyone can do
- ✓ Spiritual inspiration to feed your soul
- ✓ Training for leaders
- ✓ Informative seminars
- ✓ Fun and fellowship

Breakouts

- ✓ FP4H Food Plan 101
- ✓ FP4H Food Plan 102
- ✓ Reach & Motivate Based on Personalities
- ✓ How to Lead a FP4H Meeting
- ✓ Growing Healthy, Happy Families
- ✓ Strength Training - It's All About the Goal!
- ✓ Planning a Healthy Meal
- ✓ FP4H on the Go! - Using Technology on Your Journey to Healthy Living
- ✓ Leadership

Schedule

Friday, July 26th, 9:00 AM - 8:00 PM & Saturday, July 27th, 9:00 AM – 3:00 PM
Lunch and dinner on Friday and lunch on Saturday are included in your registration.

Optional Free Fitness Classes

Each morning from 6:30 to 7:00 in Houston's First Baptist's Fitness and Recreation Center.

Cost

\$89* (*Cost goes up to \$99 after 7/5/13.)

Speakers

- ✓ **Gari Meacham**, Popular Speaker and Author of *Spirit Hunger* and *Truly Fed*
- ✓ **Carole Lewis**, FP4H National Director and author of 15 books including the recently released *Live Life Right Here, Right Now*.
- ✓ **Vicki Heath**, FP4H Associate Director & A.C.E.-certified Fitness Professional and author of *Don't Quit Get Fit*
- ✓ **Becky Turner**, Popular FP4H speaker and non-profit consultant
- ✓ **Pastor Steve Reynolds**, "Anti-fat Pastor" and author of two books including the recently released *Get Off the Couch - A Man's Action Plan*
- ✓ **Charlotte Davis, R.D., L.D.**, Popular FP4H speaker and Registered Dietitian
- ✓ **and More!**

Where

Houston's First Baptist Church, 7401 Katy Freeway, Houston, Texas 77024

For more information, visit www.firstplace4health.com and click on Events.