



From the Heart ~ Carole Lewis

As many of you know, we are going through some rough times right now cancer treatment for my husband, Johnny. I began posting regularly at www.caringbridge.org/visit/johnnylewis1 for those who would like to know how he is doing and how you can pray for us. I share this fact so that you will understand why the story below was not one I needed in my repertoire right now.

When we were helping our daughter, Lisa, move, she found a bottle of Laura Ashley #1 shower gel that was still in the box in the back of one of her bathroom cabinets. I used to love that brand and when they quit making it at least 10 years ago, Kay Smith, Lisa and I bought up all we could find when it went on sale for 75% off. When I saw the unopened box, I was so excited to see it again and Lisa said, "It's yours; Happy Mother's Day." We laughed and I took it home. Well, the next time I showered I used the shower gel, and by that night I was breaking out in a rash on my chest and arm in two places. I was pretty miserable all weekend, but was able to see Lisa's dermatologist on Monday. The rash had spread to both my arms and was itchy and feverish. He called it Contact Dermatitis and questioned me at length about what I might have done differently. Of course, I didn't tell him the story of the 10 year-old shower gel I had used. My treatment was to be on 2-20mg of prednisone twice a day for five days and then 1-20mg for the next five days, along with a cream and liquid Dove shower soap for sensitive skin. It's pretty funny to get so excited about something free and then spend \$125 for a doctor and medicine, since this doctor doesn't take insurance.



I started thinking about this experience and realized that many of us do foolish things like this all the time. We go to a buffet and pay one price and think we should eat all we can hold, since the excess food is free. We receive a box of chocolates as a gift and think we should eat every one because they were free. I have a friend who says, "I'll eat anything if it's free." I take a look at everyone on a Saturday at Sam's or Costco and see what "free" does to people. We will eat things we don't even like because they are free. There are consequences to every choice we make, and it might be wise to adopt the attitude of "flee from free" when it comes to food.

On the other hand, God offers us so many things that are absolutely free—unconditional love, grace, mercy, acceptance, forgiveness, healing and restoration—to name a few. One thing I have learned is that when I walk in obedience to the truths found in God's Word, I am free as a bird to experience life fully in the circle of His will for me.

Do not be deceived; God cannot be mocked. A man reaps what he sows, The one who sows to please his sinful nature, from that nature will reap destruction; The one who sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up (Galatians 6: 7-9).

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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Nutrition Tips

The Definition of Summer is NOT Sabotage

Take a Vacation from the *Right* Things

Aren't vacations wonderful? We get to trade in the rat race for some sweet time with family, friends or simply ourselves! We have the choice of basking in the warm sun poolside, taking a trip to a fun-filled location, or simply catching up on errands and sleeping in a few mornings! However, there is a potential downside to our days totally free from routine – backsliding in our progress.

Do any of these phrases sound familiar:

“I can't help not exercising – I'm on vacation.”

“Haven't you heard? I'm on vacation – bring on the smorgasbord!”

“I'll think about it next week when I'm not on vacation.”

None of what those statements foreshadow about your return to reality seem very pleasant (think a few extra pounds and a lot less confidence). The truth is--your summer vacation doesn't have to put you in a slump! Don't let this summer be another pit you fall into! Rather, make it a season that catapults your weight loss to new heights! All you have to do is plan ahead a little bit and include lots of guilt-free fun! This article includes a few tips for staying on track during these vacation-filled summer months.

Tips for Relaxing Days

A little 'couch time' is okay, but don't let it eat up your entire day. Relaxing is not synonymous with lazy, and watching hours of reruns on TV will leave you no more relaxed than when you first sat down! Here are some other alternatives for those days when you feel like 'doing nothing'. First, keep healthy foods in the house. If you don't have them available to you, don't wonder why you aren't eating them! Use this as an opportunity to try some delicious summer fruits like berries or peaches, as they're on sale and a perfect, juicy treat to cool you down on hot summer days. Despite what you may have experienced over the years, 'vacation' is not code for 'junk food'. Make high calorie foods an 'every now and then' treat, just like you would any other time of the year. Second, try to keep at least some order in your day. Boredom is a dangerous thing for people wanting to lose or maintain their weight. Plan an activity you enjoy that involves getting you out of the house, like flying a kite, driving to the beach for the day, bowling with some friends, or reading a book at the park. We all need days of rest and relaxation, but they don't have to include reversing all your hard work, which will only double your stress in the long run!

Tips for Traveling Days

I absolutely love road-trips. Just give me a radio, a few light-hearted passengers, the windows rolled down and I'm ready for anything! However, I'll admit that *anything* has not always included my meals. Even dietitians struggle with eating well all the time – especially when there is a carload of people screaming for drive-through French fries and ice cream a la road. The best anecdote to this situation is to plan ahead as best you can, and I think that involves packing some nonperishable snacks. Unsalted soynuts, pretzels, fruit, whole grain granola bars, and bottled waters are just a few suggestions. When mealtimes come around, don't succumb to the lure of frontage road junk joints – choose fast-food establishments that have healthy alternatives like Subway, Chick Fil A or Wendy's. Also, dehydration is often confused with hunger, so be sure to drink enough water during long trips. Try a new Crystal Light flavor or simply juice – a few lemons and limes into a large container of ice water – it's so refreshing!

Tips for the Whole Family

If you have children, note that the caliber of the average kid's nutrition tends to take a nosedive during the summer months. This is often partnered with a long season of inactivity resulting in an increase in weight. This doesn't



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have to be the case if you set a good example and keep them moving! Take advantage of the many opportunities for you and your kids to be active and eat right. For example, involve your kids in healthy food preparation, making a homemade healthy pizza complete with low-fat cheese, chopped veggies, fresh tomatoes, and lean Canadian bacon instead of pepperoni or sausage. For activity, swimming is a great choice, as are afternoon bike rides or walks around the neighborhood. Also, be sure to keep your kids hydrated! Juicy foods, like watermelon, provide a good bit of hydration per slice, so serve some up at your next family gathering, along with plenty of water, or sugar-free tea or lemonade throughout the day.

The Bottom Line

Don't turn your vacation into a self-sabotaging series of days you'll soon regret, but an opportunity to truly do what you desire most - to relax, restore, and renew! Save yourself the frustration and extra helping of guilt by steering clear of triggers (i.e. junk food in the house, multiple drive-thru visits), being proactive when it comes to your food choices and daily activities, and most of all, enjoying the company who surrounds you.

This article is from the First Place 4 Health newsletter archives and is authored by Erin DuBroc, MPH, RD, LD

Healthy Picnic Food Ideas

Idea No. 1: Veg Out

Summer picnics occur at the height of the fresh fruit and vegetable season. And the more colorful produce you add to your menu, the healthier the meal. Fill your picnic basket with summer produce like peaches, berries, cherries, watermelon, tomatoes, corn, and zucchini. Preparation doesn't have to be elaborate. Try using broccoli slaw instead of coleslaw, throw in some shredded carrots, and toss with a light, low-fat dressing for a great salad, which will still be crunchy, delicious and lower in calories than the typical coleslaw. Substitute veggies for some or all of the starchy ingredients in your pasta or potato salad.

Idea No. 2: Light and Crunchy Appetizers

Pack your cooler with a variety of crisp, raw veggies, like cucumbers, carrots, celery, asparagus tips, cherry tomatoes, and radishes, which are ideal for picnics. Take along a nutritious dip such as hummus, salsa, fat-free bean dip, or low-fat yogurt with herbs and spices. Stuffed celery with peanut butter, and baked tortilla chips and salsa are favorites for both kids and adults.

Food Idea No. 3: A Different Main Dish

Instead of picking up a basket of fried chicken or grilling burgers, why not pick up a roast chicken or try making wraps. They're easy to eat and transport and can be very nutritious if packed with lean meat, veggies and a light dressing. Making lean beef burgers or ground turkey breast burgers will shave more fat and calories than regular ground beef. Brighten up a chicken or turkey entrée salad with green grapes, mangoes, peaches, or toasted slivered almonds.

Food Idea No. 4: Super Summer Salads

Resist the temptation to load your picnic basket with high-calorie salads held together with mayonnaise. Mayonnaise-based salads are not only high in fat, but are also a medium for growth of bacteria, which can cause food-borne illness. Instead, use dressings made with less oil and more vinegar or other added liquids such as fruit juices. Using salad dressings that contain acidic ingredients, such as vinegar or citrus instead of mayonnaise, not only cuts fat, but helps keep foods safer at room temperature

More Healthy Picnic Ideas Next Month!



Fit Tips

Calling All Dads! Healthy Father's Day



Vicki Heath
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Getting my husband to exercise has never been a problem. Rob has always been active and continues to be. He attends my boot camp, rides his bike and takes long walks on the beach with me. With Father's Day coming up, I want to take this opportunity to honor all dads and invest in their health and wellness. They might appreciate a new tie, but do they really need one? I would like to offer a different kind of gift for him this Father's day – an investment in his health and wellbeing.

My father suffered his first heart attack at the age of 55. He immediately had bypass surgery, which lasted about ten years. He had his second heart attack at age 65. Even with a doctor's warning about changing his diet and exercise, he still was not very compliant. He suffered his third heart attack and died at a very young 73 years old.

It does not have to be this way for your dad or for the dad of your children. There are some things we can do that will make a difference. We have the power to influence and encourage the men in our family to get off the couch and get moving! Our approach and attitude will make a big difference. Here are a few principles laid out for us in God's Word:

- ✓ **Pray.** James 5:16 (GNT) says, *So then, confess your sins to one another and pray for one another so that you will be healed. The prayer of a good person has a powerful effect.* This verse tells me that my prayers will make a difference in the lives of those around me, especially my husband. I pray that God will continually remind my husband, Rob, that he needs to exercise and stay healthy for the future influence he will have on our children and grandchildren. It is worth the time it takes to bring his health needs to our heavenly Father.
- ✓ **Give Thanks for His Strengths.** 1Thessolonians5:18 (KJV) *In everything give thanks: for this is the will of God in Christ Jesus concerning you.* Sometimes it is easy to be critical of the things that do not please us about our spouses. God's word challenges us to consider a different approach. We should be looking for His strengths and give thanks to God for those strengths. Instead of complaining about how busy my husband is, I give thanks for his strong work ethic. I give thanks for his kind and generous heart. I give thanks that he is able to take long walks with his daughter, when she needs a shoulder to lean on and a listening ear.
- ✓ **Brag on His Strengths.** Make it known what he can do. I'm not making this up. My husband was an awesome baseball player when he was younger and he still is. He can actually still pitch a mean curve ball. I never let an opportunity pass without telling others how awesome my husband is. He can still use a push mover and handle a big motorcycle. He is strong; he can move mountains and leap tall buildings in a single bound! He is superman to me. The more I speak it, the more he becomes.
- ✓ **Remind him that "real men" stay strong.** I just read an awesome story in the Old Testament about King David. David was known for his strength as a mighty warrior. He was being pursued by his son Absalom. As a dad, he had a fierce reputation. This is what the Bible says in 2 Samuel 17:10 (ESV) *Then even the valiant man, whose heart is like the heart of a lion, will utterly melt with fear, for all Israel knows that your father is a mighty man, and that those who are with him are valiant men.* A mighty man! What dad would not want to be called a mighty hero! Strength is important both inside and out. A kid with a mighty dad is like wearing a shirt that says "Don't mess with me - my dad is watching."

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- ✓ **Be an Example.** You will not be able to persuade Dad to do something that Mom is not doing herself. Your consistency with exercise will go a long way to show that it is important for you to exercise as much as it is for him.
- ✓ **Avoid Nagging.** After talking with several of the men in my life, including my sons and son-in-law, nagging will not help. Making them feel guilty will not help. Crying fits will not help. The Bible tells us in I Peter 3:2 (NLT) *Then, even if some refuse to obey the Good News, your godly lives will speak to them without any words. They will be won over.*
- ✓ **Share the Facts.** There are so many benefits for men who exercise. Based on current research studies¹, here are some of the latest findings that you can share with dad.
 - **Add Weights to Prevent diabetes** - A new study of exercise and diabetes risk may convince you to add resistance training to your aerobics regimen. Researchers analyzed data on 32,000 men in the Health Professionals Follow-Up Study; over 18 years, 2,278 developed diabetes. Participants who spent at least 150 minutes weekly doing both aerobic and resistance exercise were 59% less likely to develop type-2 diabetes than their sedentary peers. Both aerobic and resistance exercise were associated with lower diabetes risk, but men who did both had the lowest risk of all.
 - **Moving Wards off Alzheimer's** - Not only formal exercise, but any physical activity such as gardening, housework or walking, may lower your risk of developing Alzheimer's disease. Researchers at Rush University Medical Center measured the ordinary activity levels of 716 people without cognitive impairment, average age 82, using a wrist device called an actigraph. The device recorded movement of all kinds over 10 days at the start of the study. Over the next four years, 71 of the participants developed Alzheimer's. Those in the bottom 10% of total physical activity were twice as likely to develop the disease as the most-active 10%
 - **Moderate Running Benefits Longevity** - When it comes to exercise, research presented at the annual meeting of the American College of Sports Medicine suggest moderation really is a virtue. Scientists at the University of South Carolina and other institutions analyzed data on 52,656 American adults participating in the 31-year Aerobics Center Longitudinal Study. Participants underwent at least one physical and answered questions about their exercise habits; about 27% reported running, though at varying levels. Looking at data on the 2,984 participants who died, the new study found that runners were 19% less likely to die of all causes than non-runners. But running in moderation — 1-20 miles a week at 10-11 minutes per mile — was most strongly associated with reduced mortality risk, more so than not running at all or running longer or faster.
- ✓ **Be available.** All of the above will be for nothing if we do not make ourselves available to Dad to exercise. Setting aside my agenda for the health and wellbeing of my children's father is a wonderful gift I can give to them. All kids need a healthy father and grandfather. We must be diligent in not letting our busyness get in the way of our family's healthiness.

Okay, I think we have our work cut out for us this Father's Day. Celebrate Dad and all he means to the family by investing in his health and wellbeing.

Vicki Heath



From the Pastor

Healthy Habits Lead to Healthy Life

Steve Reynolds
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Each one of you should know how to possess his own vessel in sanctification and honor.

1 Thessalonians 4:4

Spring is here and we are swiftly heading into summer. This is the time of year when we begin to shed all the layers of clothing that we've used to cover what we perceive as flaws. And for some of us, it is the mounds of flab and flesh that have been hidden all winter. The last thing any of us wants to think or hear is "It's time to go on a diet." My belief is that the word *diet* is unappealing because the first three letters spell "die." So many of us feel as though we will die if we have to "give up" those foods that we love, even though we may know that they are killing us.

We all have seen the magazines that are strategically placed at the grocery store check-out counter—"At last, the Diet Pill Miracle that you've been looking for!" How many of us have purchased that magazine to finally discover "the secret" to weight loss? I can save you some money because I have discovered the secret to weight loss and am sharing it with you right here. The secret to weight loss is—there is no secret! You simply must eat less and exercise more. We all need to face this reality and stop looking for a pill or potion to solve our weight-loss needs.

It comes down to managing our habits. The Bible helps us with this. The verse in 1 Thessalonians 4:4 *Each one of you should know how to possess his own vessel in sanctification and honor* has helped me and it will help you. When I first began my weight-loss journey, I didn't know how to possess my own body; I did not know how to manage it. I had to learn—you also have to learn. How do we learn what is best for us? The best place to start learning what is best for us is in the Bible. Read Matthew 16:24-25, *Then Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it."*

We have to "take up our cross" to follow Him. As for me, part of my cross was to give up bad eating habits and begin to exercise. If I wanted to follow Him, then I had to give up an area that was extremely difficult for me. We first need to identify our cross. Only then can we take it up and follow Him. Your cross can be anything that you believe you can't live without. For many of us, our cross is a healthier lifestyle; or a cross might be drugs, alcohol, the Internet, or it may be an emotional dependence upon a person.

It took dedication for Jesus to die on the cross for your sin and mine. He had to deny Himself to achieve God's plan—He did it because there was no other way. Have you identified your cross? Do you know what you must deny in order to follow Him? Take a moment right now to pray and ask God to reveal this to you. Ask God to help you to learn how to possess your own vessel in sanctification and honor. He will do it.

Go to www.firstplace4health.com, click the Get Started button and find a group to help you learn to see yourself the way our Creator sees you.

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.



Upcoming Events

Ohio Area Training Meeting

June 15, 2013
Temple Baptist Church
E. Cleveland, OH
Contact: Helen Baratta
Email: helen.baratta.fp4h@gmail.com
Phone: 412-400-4644

Arkansas Area Training Meeting

June 15, 2013
Trinity Baptist Church
Searcy, AR
Contact: Charlotte Davis
Email: tckjdavis@windstream.net
Phone: 501-281-3281

Florida Area Training Meeting

June 22, 2013
Community Baptist Church
Sebastian, FL
Contact: Sandy Mepham
Email: sandyandtom@bellsouth.net
Phone: 772-664-5601

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

Mississippi Area Training Meeting

August 24, 2013
First Baptist Church of Fannin
Brandon, MS
Contact: Joyce Ainsworth
Email: Glenna@netdoor.com
Phone: 601-927-8974

First Place 4 Health Live!

September 14, 2103
Bookcliff Baptist Church
Grand Junction, CO
Contact: Brenda Bunch
Email: rubylady330@yahoo.com

First Place 4 Health Live!

September 21, 2013
Olive Baptist Church
Pensacola, FL
Contact: Kim Waters
Email: kwaters@olivebaptist.net

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

Louisiana Area Training Meeting

October 19, 2013
Bread of Life Christian Fellowship
St. Rose, LA
Contact: Jackie Lapouble
Email: jackie.lapouble.fp4h@gmail.com
Phone: 504-231-5714

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 our events, go to www.firstplace4health.com.



Leadership Tip from *First Place 4 Health Regional Team Leader Delilah Dirksen*

Leaders Who Pray Together Stay Together

My mother-in-law, Beverly Dirksen, was a teacher who loved words. Bev, who I fondly called Momma D, collected sayings, and she had a decorative display of them strategically placed on the side of an antique gold armoire in the kitchen, just to the left of the entry. These sayings made such an impact on our family that each of her ten grandchildren read one at her funeral. My favorite is, “We may not have it all together, but together we have it all.” People think leaders have it all together. Well, I don’t know about you, but I have not arrived. The power of individual and group prayer helps me to stay together. This inspired me with a saying, “Leaders who pray together, stay together.”

God urges us to pray for leaders because our actions influence others (1 Timothy 2:1-2), and He knows we need prayer. Leaders can face extra challenges—balancing many responsibilities, fighting temptation, fatigue, loneliness, and working out of our comfort zones. If we do not stay close to God, we become more vulnerable and can turn to unhealthy behaviors. When we continually “stop, drop, and pray” with others, this helps us to repel the fiery darts of the evil one. We will have a ministry that brings glory to God and shines His light—one that will not burn out.

One of the greatest blessings in my life is the loving encouragement, friendship, and accountability provided through my leader prayer group. We lead different ministries, but have similar challenges. We pray together in person, on the phone or Skype; we listen for Him, and share insights. Each of us has unique strengths and spiritual gifts (1 Corinthians 12) and through them, the Spirit works in powerful ways. We receive wise counsel, miraculous answers to prayer, His vision, peace, and provision for all areas of our lives, including personal – health, family, and ministries. We live the truth of Matthew 18:19-20, *Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven.*²⁰ *For where two or three come together in my name, there am I with them.*



Various ways to engage in group prayer include:

- Pray with and for First Place 4 Health leaders, co-leaders and/or members.
- Pray with people on the spot where the opportunity arises.
- Exercise your spiritual and physical muscles by scheduling a prayer walk.
- Join or start a prayer group.
- Enlist a dedicated prayer volunteer, prayer team, and/or submit requests to your church prayer team.

If you don’t have prayer support, pray for that resource. You may want to talk to your pastor for guidance on how to get involved.

I believe that Bev, whose sayings continue to inspire us on earth, is now together with God in Heaven—the King of Sayings. And He says that “A rope made of three cords is hard to break” (Eccl. 4:12 GNT). She was so right in that “We may not have it all together, but together we have it all.” Let’s pray together to stay together because *together in God* we do have it all!

Delilah Dirksen joined a FP4H class at her church thinking it was a great way to multitask a Bible study and weight loss. Delilah not only lost weight, but found her purpose in a calling to be “fit 4 a king” and leading others to do the same. Delilah is the NE Regional Team Leader for FP4H, a dedicated wife and mother who loves people and the adventure that accompanies listening to God...





Devotional

Jesus, Our Light

No one will be able to stand up against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you.

JOSHUA 1:5

We spent many years living on the shores of Lake Erie in Ohio. The children grew up swimming and boating as a summer ritual. And we would go to the islands and take a picnic, spending the after-work hours relaxing on the other side of the lake.

I recall one night as we were coming back from the island, a fog had settled in before we knew it and visibility was very poor. My husband had a compass on the boat, so I was confident that we were going in the right direction. But we still listened for any other boats that might be dangerously near. Our boat edged in the direction the compass showed us, and it seemed like an eternity as we strained to see in the fog. A shout of joy and relief went up as one of the children spotted the lighthouse.

Many times, Jesus is compared to a lighthouse because He is a beacon of hope and points the way to shore. Just as when we saw the beacon of light, we knew we were safe, so too when we glimpse Jesus, we know we are in safe waters.

God promises us that He will never leave us nor forsake us. If we use the compass of His Word, He will direct us in the right direction.

PRAYER

Lord, I thank You that Your light can guide me and You will never leave me nor forsake me. You are my Light, my Shepherd, my Teacher and my faithful Friend and Father. Help me to walk in Your light.

Journal: Write a description of a friend. What is important to you in friendship? Why is Jesus called “my faithful Friend”?

—Bev Schwind

Devotional taken from the devotional, Living Well. To order, visit our website, www.firstplace4health.com, or call 800.727.5223, x1002.

Creamy Broccoli Salad

2 strips low-sodium bacon
1/2 cup ice cubes
1/2 medium red onion, thinly sliced
1/2 cup buttermilk
1/3 cup reduced-fat sour cream
1/4 teaspoon finely grated lemon zest
1 tablespoon fresh lemon juice
Kosher salt and freshly ground black pepper
6 1/2 cups broccoli florets (about 1 pound), cut into bite-sized pieces
1/3 cup golden raisins
2 tablespoons salted, roasted sunflower seeds

Cook the bacon in a nonstick skillet over medium-low heat until crispy. Transfer to a paper towel-lined plate to drain, and reserve 1 teaspoon drippings for the dressing. Finely chop the bacon strips and reserve. Whisk the buttermilk, sour cream, lemon zest and juice, reserved bacon drippings, 3/4 teaspoon kosher salt and pepper to taste in a large bowl. Add the broccoli, onions and golden raisins to the dressing. Toss well, cover and chill for at least 1 hour or up to 4 hours. Before serving, toss well and season with additional salt and pepper. Transfer to a serving dish and top with the chopped bacon and sunflower seeds.

Nutritional Information: 107 Calories, 4.5g Fat, 5g Protein, 14g Carbohydrates, 3g Fiber, 9mg Cholesterol, 198mg Sodium.

Corn and Pasta Salad

4 ounces bowtie pasta
1 small garlic clove
Kosher salt
ground black pepper
1/3 cup reduced-fat sour cream
1/3 cup buttermilk
2 teaspoons cider vinegar
1 can kernel corn
8 ounces grape tomatoes
1/4 small red onion, thinly sliced lengthwise
4 cups baby arugula
2 slices bacon, cooked until crisp in the microwave, and crumbled

Cook the pasta in boiling, salted water according to package directions; drain and run under cold water to cool. Meanwhile, finely chop the garlic clove. Add the garlic to a large bowl with the sour cream, buttermilk, and cider vinegar; season with salt and pepper. Whisk the dressing until smooth and reserve. Add the corn, tomatoes, onion and arugula to bowl with dressing; gently toss to coat. Sprinkle with the bacon.

Nutritional Information: 148 Calories, 3g Fat, 6g Protein, 25g Carbohydrates, 3g Fiber, 9.5mg Cholesterol, 159mg Sodium

More Recipes!

Summer Peach and Tomato Salad

1/4 cup thinly vertically sliced red onion
1/2 pound ripe peaches, pitted and cut into wedges
1/4 pound tomatoes, cut into thick wedges
1/4 pound cherry tomatoes, halved
1 tablespoon sherry vinegar
1 1/2 teaspoons extra-virgin olive oil
1 teaspoon honey
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper
1/4 cup (1 ounce) crumbled feta cheese
2 tablespoons small basil leaves or torn basil

Combine first 4 ingredients in a large bowl. Combine vinegar, olive oil, honey, salt, and pepper in a small bowl, stirring with a whisk. Drizzle vinegar mixture over peach mixture; toss well to coat. Sprinkle with cheese and basil.

Individual Peach Cobblers

Nonstick cooking spray
2 1/2 pounds ripe peaches, pitted and cut into large chunks
1 tablespoon cornstarch
1/2 cup plus 2 tablespoons sugar
3/4 cup all-purpose flour
2 tablespoons ground flax seed
1/4 teaspoon kosher salt
3 tablespoons cold unsalted butter, cut into small pieces
2 tablespoons reduced-fat buttermilk
Non-fat vanilla yogurt or frozen yogurt, for serving, optional

Preheat the oven to 375 degrees F. Lightly coat eight 6-ounce ramekins with nonstick cooking spray and place on a rimmed baking sheet. Toss the peaches with the cornstarch and 2 tablespoons sugar in a large bowl. Let stand until juicy, about 10 minutes. Divide the peaches and juices among the ramekins. While the peaches sit, combine the flour, remaining 1/2 cup sugar, flax seed and salt. Cut in the butter, using a fork or pastry cutter, until the mixture forms medium-size crumbs. Stir in the buttermilk until well moistened and large clumps hold together. Sprinkle the topping evenly over the peaches. Bake until the fruit is bubbling and the topping is golden brown and crisp, 40 to 45 minutes. Serve warm or at room temperature with vanilla yogurt or frozen yogurt if desired.

Nutritional Information: 203 Calories, 6g Fat, 3g Protein, 38g Carbohydrates, 3g Fiber, 12mg Cholesterol, 64mg Sodium

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.