



From the Heart ~ Carole Lewis

I saw a video the other day of a wedding party that decided to go out on a dock to take pictures. The weight on the dock caused it to collapse and the entire wedding party fell into the water. After they were back safely on dry land, the entire wedding party declared that this was the best wedding ever.

I reflected on this video yesterday as Johnny was having chemo on our 54th wedding anniversary. What might have been a depressing day ended up a wonderful day together. I asked one of the nurses to take our picture as he began the chemo. I took pictures of Johnny during our six hours there and posted them on Facebook. At the end of the day, I read to Johnny many of the kind words that were posted.



I shared these two stories because many of you may be going through something really tough right now, and you might be thinking that this is the worst time of your life. I would like to suggest, from what I have learned through my own true life experiences, that every second counts, both the bad and the good. We made up our mind that yesterday was going to be a good day and it was just that. God gave us the opportunity to witness to our chemo nurse of His goodness to keep Johnny here 14 years longer than his initial diagnosis predicted. When we left, our nurse hugged us and said “God bless you both.”

We also had the opportunity to visit with a lady who was diagnosed with a very serious cancer. She had surgery and was there for her first chemo treatment. What started out as a frightening time ended up with the lady and her husband being greatly encouraged that she is going to make it.

A few days ago I attended the International Christian Retail Show and Max Lucado spoke at the Sunday night worship service. Max has a new book *You'll Get Through This* that will release in the fall.. During his talk, Max repeated this phrase several times:

**You'll get through this.
It won't be painless
It won't be quick
But God will use this mess for good.
Don't be foolish or naïve
But don't despair either.
With God's help you'll get through this.**

This is the message I bring to you today: You'll get through this. Don't waste your pain. Ask God to help you and He will. It doesn't matter what your “mess” is, you'll get through this. Start asking God to make your miserable days into memorable days. I promise you in years to come you won't be sorry.

So do not fear, for I am with you; do not be dismayed for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand. Isaiah 41:10

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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The *First Place 4 Health E-Newsletter* is published monthly by First Place 4 Health. Address all correspondence to First Place 4 Health, 7025 W Tidwell, Suite H-101, Houston, TX 77092



Summer Tips

Freedom to Play

Do you remember as a child going out to play? From the time we awoke in the morning until we went to bed at night, all of our plans for the entire day revolved around having fun at play. We didn't have to think about what time we could play or if we could work it into our schedule. As a child, everything was fun and play. Ask yourself this question: at what point in your life did you graduate from the concept of play and having fun?

I see children every day who do not know how to play. Children know how to watch television, play computer games and some organized sports, but if I put them in a gym and say play, most children do not have the imagination to entertain themselves without some object. Why? The adults in their lives have lost the concept of play and going out for family fun, or a family activity that doesn't cost money.

We need to begin each morning knowing it is going to be a fun day. God wants His children to rejoice and be glad in the days on this earth. Think back to some of the activities that you enjoyed as a child and begin to play with your family this summer.

BICYCLING

Remember as a child riding your bicycle everywhere? Bikes come in all shapes and sizes with large comfortable seats, safe bike routes and trails for families to enjoy—a fun activity for all ages. Get your kids out and go for a family bike ride.

SKATING

Skating is a great exercise for your hips and legs and it is fun to boot. Inline skating or rollerblading can also be fun.

SWINGING

Go to the park, get in a swing and swing high! I was in a swing last week swinging way up high, and was very surprised at how much I used my abdominal muscles. I was actually a bit sore the next day. Playgrounds are not a spectator sport for adults. Go swing and climb with your children.

THROWING AND CATCHING

Go outside and throw a Frisbee with your children. You will be surprised how many muscles in your arms you will use. Get a ball and glove and play a game of catch with your kids.

HIKING

Find a walking trail and go for a hike with your family. Each hiker can take a backpack with a picnic lunch to stop along the way and enjoy.

We need to be free to play. Show your children and grandchildren that you are a fun person who can play and have a good time with them. It has been said, “We do not stop playing because we are old; we grow old because we stop playing.”

Lord, start a play revival in our family and let it begin with me.

Archived article written by Beverly Henson



Carole Lewis wins AWSA Lifetime Achievement Award!



Carole Lewis, national director of First Place 4 Health, accepted the 2013 Golden Scroll Lifetime Achievement Award presented at the Advanced Writers and Speakers Association's 13th annual Golden Scroll Awards Banquet.

Congratulations Carole!

Tips for Healthy Summer Snacking for Kids

Tasty Fun From The Freezer

Instead of frozen treats from the store, let the kids make their own treats. Use cookie cutters to cut out fun shapes from a 1-inch-thick slice of seedless watermelon. Insert a Popsicle stick into the bottom; place on foil and put in the freezer. Frozen grapes and berries are also great.

Make Your Own Pasta

The wide variety of whole grain pasta shapes has great kid appeal. Have a batch of cooked pasta in the fridge and let your kids make their own snack with fresh veggies, cheese, fruits and nuts.

Pick Your Own Fresh Fruit

Summer is the most bountiful time of the year when it comes to delicious fruits such as peaches, berries and melons. Looking for something fun to do outdoors? Take your kids berry-picking at a local farm. You can find one at www.pickyourown.org or check your local listings.

Spice Up Your H₂O

Those cute juice boxes may be your kids' favorite drink, but they often contain little "real" juice and are loaded with sugar. The best source of hydration is water. Put it in a fun, reusable bottle that sports a kid-friendly design; add a squeeze of orange or lemon to give the water a little flavor.

★ **New products debuting at Summit 2013 – Healthy eating coloring book and healthy recipe book for kids!**



Fit Tips



Vicki Heath
vicki.heath@firstplace4health.com

Fired Up for Freedom

KABOOM! I remember jumping up and down with my sisters, holding our hands over our ears, as my dad launched bottle rockets from our backyard. Even with our ears covered, we could still hear the yelps coming from my little sister when she stepped on the sparkler I dropped. Growing up in a military family, the 4th of July was a special holiday. My dad served in two wars: Korea and Vietnam. When I see the stars and stripes, I naturally stand a little straighter.

My dad usually had fireworks for us, including firecrackers. I am not sure whose idea that was! The fireworks were a big deal, but so was the cookout. We never had much money, but on the 4th of July my dad went all out at the grill--STEAKS! He would wait until the t-bones were on sale at the commissary and each of us would get to eat a whole one, which was way too much food for a youngster. It was not just my dad who indulged us; my mom contributed her favorites, including homemade ice-cream and an East Tennessee favorite--Bootlegger Beans. You have to use your imagination for that one.

I am sure you have great memories of 4th of July celebrations long past, and can relate to the unhealthy overeating that seems to go along with these events. Let's make this Independence Day a true celebration of freedom, with a great workout and a great meal. Let's not do the common thing--overeate and skip our exercise. The Bible says in Galatians 5:1, *It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.* That means don't go back to your old way of living. Instead, celebrate Independence Day more appropriately in view of the high price paid for freedom.

The Bible also says in Galatians 5:13, *You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love.* Holidays should not give us license to

abandon our disciplines; holidays should give us the opportunity to make strategic and wise decisions. I have two suggestions to help you appropriately celebrate our freedom this Independence Day. In honor of one of my favorite pastimes--NASCAR--I am naming this plan the **Firecracker 400!** The meal suggestion will keep you around 400 calories and the workout is 400 exercises that you can do in just about 30 minutes.

Firecracker 400 Cookout - Keeping the portions to the recommendations (about 400 calories): 3 ounce grilled lean ground beef Hamburger, with pickles and all the fixings, plus coleslaw and 1 cup watermelon. (See our burgers and slaw recipes in this edition.)

Firecracker 400 Workout - This workout is a total of 400 exercises. Try it later in the afternoon with the grandkids and make a game of it. These are exercises almost anyone can do.

- ◆ 25 squats (keep the range of motion comfortable)
- ◆ 20 jumping jacks (full or using just arms, no jumping)
- ◆ 25 reverse flys (arms above head in a V and press back) or bicep curls with weights
- ◆ 20 jumping jacks
- ◆ 25 lunges (left leg back)
- ◆ 20 jumping jacks
- ◆ 25 lunges (right leg back)
- ◆ 20 jumping jacks
- ◆ 25 pushups (against wall, on knees, or full)
- ◆ 20 jumping jacks
- ◆ 25 calf raises or Plyometric jumps (Bend at the knees and jump straight up, both feet off the ground and arms up and reaching.)
- ◆ 20 jumping jacks
- ◆ 25 abdominal curls (crunches)
- ◆ 20 jumping jacks
- ◆ 25 triceps dips (on a chair or step) or 25 triceps presses with weights
- ◆ 20 jumping jacks
- ◆ 20 standing cross crawl (Reach up and bring elbow to opposite knee.)
- ◆ 20 jumping jacks

I am sure we will have a grand day of flag waving on Edisto this 4th of July and I am praying you will too at your favorite place of celebration. Be careful with the fireworks, and don't forget to throw the sparklers in the trash!



Upcoming Events

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

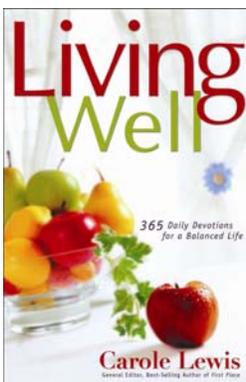
Contact: Joyce Ainsworth

Email: glenna@netdoor.com

Phone: 601-927-8974

For more information about these events, please visit www.firstplace4health.com.

Clearance Table, New Accessories, New T-shirts and More at Summit 2013!



To kick off our Summit bargain buys, *Living Well* is on sale this month for just \$5. Find more great deals on July 26-27th at Summit 2013!



Leadership Tip from *First Place 4 Health Regional Team Leader Helen Baratta*

Encouraging the Discouraged

I thank the Lord for the many friends encouraging me to stay the course. During one dark time, a dear friend pointed out that I must be on the right track if the enemy was going to spend so much time trying to discourage me. That one comment continues to help me with spiritual battles.

I am sure I am not the only one who has negative thoughts discouraging me. Along the way, I have heard the whispers in my mind: “You can’t lead tomorrow’s lesson because you have not lost enough weight.” “You are not worthy to lose weight.” “You have too many problems to have time to focus on your health.” “Success with weight loss is for disciplined people and you are not one of them.” On and on, Satan is throwing darts of discouragement at each of us as we strive to place Christ first. When he discourages the leader, he potentially discourages the entire group.

Even Jesus experienced discouragement. The Gospels record that Jesus expressed frustration over:

- ◆ Lack of life change in his disciples (Matthew 17:17)
- ◆ Lack of response from the community (Luke 19:40-42)
- ◆ Feeling abandoned by God (Matt. 27:46).

It is so easy for us as leaders to become discouraged. We are trying to be successful at life change and help others in the process. In 2 Timothy, Paul reminds Timothy to rekindle the gift of God that was in him. Although Timothy was loyal and dependable, he apparently struggled with times of discouragement and frustration. How many of us can relate to Timothy? Paul urged him to remember that God’s power was at work in him.

The greatest gift of encouragement we can give to others is to remind them that the powerful Spirit of God is at work in them. Here are a few things you can do to encourage the discouraged:

- ◆ Raise your prayer support. Pray for them. Pray with them. Enlist a prayer team for yourself.
- ◆ Reach out. Send a card, text, e-card, email, Facebook message, or twitter.
- ◆ Enlist the help of others to encourage.
- ◆ Think of ways to recognize them (e.g., for past accomplishments)
- ◆ Check out the Intentional Acts of Encouragement on page 76 of the Member’s Guide

A leader should be the head cheerleader for his or her group members. There is always something to encourage. Where are they improving? Celebrate any progress, even if it seems small. Praise and reward as each person does the next right thing.

A great verse to memorize and review whenever we are tired and discouraged is John 16:33, In this world you will have trouble. But take heart! I have overcome the world. How comforting to know that God’s powerful Spirit is in us and encouraging us. He has overcome the world.

What are you doing to encourage your members? Do you need help encouraging your group members? Do you need encouragement yourself? Join Helen Baratta at Summit 2013 where she will lead a breakout session on how to live and lead in the land of encouragement. You will be amazed at how these practical steps can turn discouragement into encouragement.



Devotional

Pulling the Weeds

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 CORINTHIANS 10:5

Long before the days of weed whackers and chemical sprays, there was only one way to get rid of the pesky weeds that threatened the survival of the fruit-bearing plants: with a hoe and lots of hard work. During the summers I spent at my grandparent's farm in Arkansas, my grandmother, who was very protective of her vegetable garden, made sure daily weed pulling was a priority.

Just cutting the tops off at the ground wasn't enough to please Grandma. She insisted that we pulled the obnoxious plants out by the roots, which meant backbreaking work! Grandma knew that cultivation was more than sticking seeds in the ground and hoping they would thrive. Feeding what was good and destroying what was not was the only way to ensure an abundant crop!

As unpleasant as the task was at the time, today I can see this was part of the preparation process that God was using to teach me how to live a life pleasing to Him. Much like the unwanted plants in Grandma's garden, the negative thoughts in my mind threaten my ability to produce a crop pleasing to the Master Gardener, who calls me to bear fruit—fruit that will last. Yes, it is often a hard row to hoe, but half-measures will not work. God calls me to demolish those pesky weeds that keep me from being about my Master's work.

PRAYER

Gracious Lord, thank You for lessons that prepared me to live a life pleasing to You and for a grandmother who taught me that hard work is part of producing an abundant crop.

Journal: Write about a childhood experience that God used to prepare you for the work He has called you to do in His kingdom.

Elizabeth Crews
Chula Vista, CA

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

Burger Time!

Everyone loves a party! Be creative when deciding what kinds of food to serve for your guests. Food preparation should be fun. Get them involved with the menu! Consider serving a potluck spaghetti bar by offering a variety of sauces. Try a simple soup dinner, make-your own sandwiches, salad bar, taco bar, baked potato bar, fruit ices or smoothies. A BBQ could feature beef or chicken kabobs, salmon, fish steaks, or pork roast. And nothing beats a great burger!

Red, White and Blue Jubilation Burger

Top each grilled patty with a thick slice of tomato (red), sliced onion (white), and a little crumbled blue cheese (blue). To serve, stick a small American flag into the top of each bun.

Tex-Mex Burgers

Heat a can of chili with beans. Add 1 tablespoon taco seasoning to 1 pound of lean ground beef; mix and form into patties then grill as usual. Top each with a little chili, chopped red onion, and a sprinkle of 2% cheddar cheese.

Ciao! Burgers

Sprinkle a couple of teaspoons Italian seasoning into a pound of lean ground beef, mix and form into patties and grill as usual. Top each with a sprinkle of part-skim mozzarella cheese and let melt. Top each with 1 tablespoon prepared pizza sauce. Sprinkle with chopped fresh basil (optional).

Asian--Inspired Burgers

Add 1/4 cup teriyaki sauce, 1/4 cup diced water chestnuts and 2 tablespoons minced green onion into a pound of lean ground beef; Form into patties and grill as usual. Just before serving, baste again with a little teriyaki sauce.

Super Duper Cheese Burgers

Serves 10

1-1/2 pounds extra lean ground beef
1 cup frozen diced onions
granulated garlic, salt and pepper, to taste
1 cup reduced fat Velveeta
10 hamburger buns
pickle slices

Preheat large sauté pan on high 1–2 minutes. Add ground beef, onions, garlic, salt and pepper. Cook ground beef 5–7 minutes until meat is brown and no pink remains. Stir frequently and break up meat as it cooks. Drain ground beef, if needed, and return to heat. Stir in cheese sauce. Simmer 2 minutes, stirring occasionally. Place 1/2 cup of mixture on toasted hamburger buns. Serve with pickle slices or with a salad and assorted raw vegetable tray.

More Recipes!

Texas Style Coleslaw

Serves 16

- 1 bag (16 oz) coleslaw mix (shredded cabbage and carrots)
- ½ cup chopped fresh cilantro
- 2 cans (11 oz each) Mexican corn with red & green peppers, drained
- 3 Tablespoons oil
- 3 Tablespoons lime juice
- ½ tsp salt
- ¾ tsp ground cumin

In a large (4 quart) bowl, toss coleslaw mix, cilantro and corn. In container with tight fitting lid, shake oil, lime juice, salt and cumin until well mixed. Pour over coleslaw mixture; toss. Cover; refrigerate 1 to 2 hours to blend flavors before serving.

Nutritional Information: 70 Calories; 3g Fat; 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 210mg Sodium.

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Grilled Peaches

6 Servings

- 6 ripe peaches
- 2 teaspoons sugar
- 1 teaspoon ground ginger
- 1 lime
- 1/4 cup honey
- Fat-free Sugar-Free Vanilla Ice Cream

Cut the peaches in half and remove the pits. Dust the cut side of each half with some of the sugar and ginger. Light a charcoal grill and allow the coals to burn until well covered with gray ash or heat a gas grill to low. Place the peaches sugar side down on the center of the cooking grate. Grill 6 to 7 minutes or until golden brown. Remove from grill. Grate the zest from the lime, then squeeze the juice. In a small bowl, combine the juice, zest, and honey. Serve the peaches with 1 cup of ice cream, drizzled with some of the sauce.

Nutritional Information: 125 Calories; trace Fat; 2g Protein; 32g Carbohydrate; 2g Fiber; 23mg Sodium.

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Very Berry Lemonade

2 Quarts

- 3 cups fresh blackberries
- 7 cups water
- 1/4 cup sugar
- 1/4 (1.9-ounce) package sugar-free pink lemonade drink mix

Process blackberries in a blender until smooth, stopping to scrape down sides. Pour through a fine wire-mesh strainer into a 2-quart pitcher, discarding solids; stir in 7 cups water, sugar, and drink mix. Serve over ice; garnish, if desired.

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 & 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