



Spring Cleaning For Your Health



Spring Cleaning your Pantry

Here are some tips to get you started.

- 1. Before heading to the store,** “shop” your pantry to find ingredients you already have for easy, tasty recipes. Homemade soup is a great way to use a mixture of pantry ingredients such as pasta, dried beans, canned vegetables, spices and grains. You can find a great recipe later in this newsletter.
- 2. Designate items for donations** that you know you won’t use. It’s easy to find a local food bank with

Feeding America’s food bank locator - <http://feedingamerica.org/foodbank-results.aspx>.

- 3. Place older foods first on each shelf and newer foods behind** them so that the older foods get used up first. Place frequently-used items on shelves that are easy to reach.
- 4. Label each item with the date** it was purchased, especially if you’re using reusable containers for your dried goods. Labeling cans also help you identify which grain is which if you’re storing in bulk containers.
- 5. Use extras of these items in other ways:** Baking soda is great for cleaning your home, olive oil and sugar make a luxurious DIY body scrub, straws can unclog ketchup bottles, an old can becomes a cookie batter cutter and coffee filters can serve small portions of chips and popcorn.
- 6. Check the life span of staple foods** you might think last forever, but actually lose their nutritional value over time: olive oil lasts about 6 months, whole-wheat flour 6 months to 1 year, nuts 3 to 6 months and ground spices 6 months to a year.
- 7. Create a shelf of healthy snacks** for you and your kids (or grandkids), which are easily accessible. It will make kids feel self-sufficient and can make your own healthy choices at snack time easier to make.

Store like items together to prevent over-buying and save time knowing exactly where to look for certain staples.

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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First Place 4 Health

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Spring Cleaning your Fitness Routine

Check out these five habits that can stall your progress, and toss them out to get yourself better and faster results.

Wearing the Wrong Kind of Footwear

We know you have a great pair of shoes, which you love wearing, but did you know that the wrong type of shoe could be increasing your risk of injury? The right type of footwear is critical to ensure the safety and effectiveness of your workout. If you're attending a dance-based class, opt for flexible shoes that allow you to easily pivot and turn. These will help reduce the risk of injury, instead of traditional running shoes that may cause your feet to stick to the floor. The following link is another great article on picking the right shoe - <http://bit.ly/1iBxpNC>.

Zoning Out During Your Workouts

It's one thing to stay inspired with a great workout music mix, but if you are totally distracted during your sweat sessions, you may not be making the most of your workout time. If you are texting or talking on your phone while exercising, you are limiting the effectiveness of your workout. Whether you are distracted by your phone or thoughts of your *to do* list, your risk of injury during your workouts could actually increase by not paying attention.

Holding Your Breath

This is a bad habit you may not even realize you're doing. Exercisers, who are lifting weights or are focusing intently on grasping a new movement, commonly hold their breath. Breathing properly during your workouts not only helps keep your blood pressure under control, it may also make you stronger. Research shows that exhaling when you are tired can help you make it through that final rep. Try exhaling during the most challenging part of your movement -- when you are lifting, not lowering, the weight.

Skipping Out on Cooling Down or Stretching

If you are guilty of wrapping up your gym session and skipping out on a cool-down or stretch, you could be missing out. The cool-down is an especially important part of the workout. Stopping your workout abruptly can sometimes cause dizziness or fainting. In addition to gradually lowering your heart rate, the cool down phase of your workout is the best time to perform static stretches since the muscles are properly warmed and more pliable. Stretching performed after exercise helps to improve flexibility, posture and can also help to reduce stress.



Not Having a 'Plan B'

Sticking with your workout plan is important, but it's also essential to have a backup plan too. Keep a list of options ready for those days when things don't go exactly the way they're supposed to. Left your sneakers at home? Head to a yoga class—no shoes necessary. Miss your favorite Zumba class because of traffic? Head home, and pop in your favorite dance workout DVD. Weight room too busy for your usual strength circuit? Grab a workout band, and head to a less crowded corner instead. There are plenty of options for fitting in a great workout, so don't let anything derail you from your regular routine of physical activity.

Exercising Dehydrated

Several studies have shown that even mild dehydration, a water loss of about two percent, can negatively affect exercise performance, which is why it's so crucial to make sure you are properly hydrated before and during your sweat sessions. To make the most of your workout, you should drink at least half a bottle of water (or 8 ounces) about 20-minutes before your workout, and drink a bottle or two (16-32 ounces) in the hours leading up to your workout.

SALE!



SALE!

Spring Book Bundle 6-Pack
One of each, all for \$30

Don't Quit Get Fit, Live Life Right Here, Right Now, Give God a Year, Better Together, Back on Track, A Thankful Heart



MSRP: \$103.35 FOR ALL.
SAVINGS OF OVER \$73!

Spring Cleaning Sale

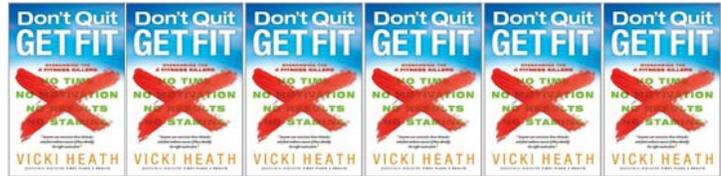
We're spring cleaning our warehouse and found these great bargains! Need summer reading? Gifts for friends or class members?



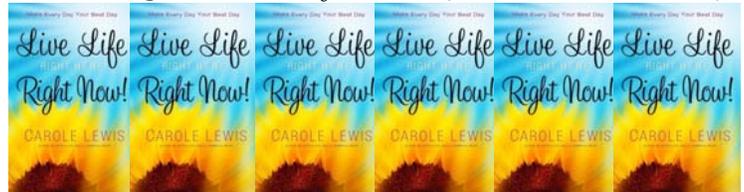
Water Bottle 6-Pack
6 Water Bottles for \$20 (MSRP 9.99 ea.)



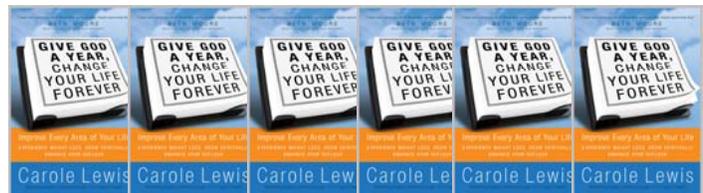
Tote Bag 6-Pack
6 Burgundy/Teal Tote Bags for \$20 (MSRP \$9.99 ea.)



Don't Quit 6-Pack
6 Don't Quit Get Fit for \$30 (MSRP \$17.99 ea.)



Live Life 6-Pack
6 Live Life Right Here, Right Now for \$30 (MSRP \$18.99)



Give God a Year 6-Pack
6 Give God a Year for \$30 (RSVP \$19.99)



Better Together 6-Pack
6 Better Together for \$30 (RSVP \$18.40 ea.)



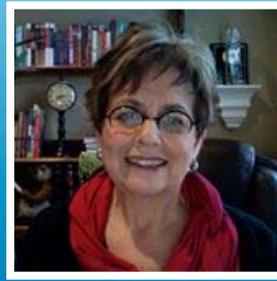
Gari Meacham



Karen Porter



Becky Turner



Wendy Lawton



Carolyn O'Neal

God is Showing Off in First Place 4 Health

I am getting my hopes up, because I think spring is finally here. Think spring—think new. I have new plants growing in the pots on my porch, new baby birds singing and new growth on my crepe myrtles. I have a new pair of workout shoes and a new passion for the coming Easter season.

God shows off in spring. He is showing off in First Place 4 Health too. We have many new things to share with you. We have new groups and new leaders starting all over the country, especially in Louisiana, Mississippi, New England, Ohio and Pennsylvania. This is in direct response to the hard work of our First Place 4 Health Regional Team Leaders: Joyce Ainsworth, Delilah Dirksen and Helen Baratta. Thank you for your unending sacrifice to this ministry.

Another new thing the Lord has accomplished is to give FP4H a new Board of Directors. This board is dedicated to supporting this ministry in prayer, encouragement, growth and development. I am proud to make the introduction:

Gari Meacham - Author, speaker and teacher, Gari is a powerhouse of new ideas, especially in relating to the younger generation. Many of you have heard Gari speak at our Summit and at Wellness Week. Gari lives in Houston and it is an honor and joy to have her on our team. Read more about Gari at: <http://garimeacham.com/about>.

Karen Porter - Author, speaker, and now publisher, Karen Porter is no stranger to FP4H. She has been keynote speaker at our Summit and involved in the training of our networking leaders. To get to know Karen visit: www.KarenPorter.com. Check out her publishing company, *Bold Vision Books* at: <http://www.boldvisionbooks.com/>. Karen is serving us as Chairman of the Board.

Becky Turner - What can I say about Becky—consultant, prophet, teacher, speaker and all-around amazing friend. She is a popular speaker at First Place 4 Health events and will share her excellent business strengths with us as Chairman of our Finance Committee. Read more about Becky at www.BeckyTurner.com.

Wendy Lawton - Wendy is Vice President of Books & Such, a literary management company. Wendy comes to us with a vast knowledge of publishing and with a gentle, serving spirit. Wendy is heading up our publishing committee. To learn more about Wendy visit: <http://www.booksandsuch.com/about-books-and-such/>.

Carolyn O'Neal - Carolyn has been the Director of Women's Ministry at HFBC for 19 years. She led FP4H classes for 20 years and has been involved in leadership training. She is also a popular speaker at conferences, retreats and banquets.

These Regional Team Leaders, as well as our new Board of Directors, have proven to be invaluable to me personally and to the future of FP4H. I consider each of them a friend and a direct gift from the Lord. Please remember to lift them up in prayer.

I want to thank each of you for what you have done to serve the Lord and this ministry. We have a lot of work to do and we cannot do it without you. We are not overwhelmed; God has made us more than conquerors and equal to the task.

Serving with Joy,



Vicki Heath.....vicki.heath@fp4h.com



Carole Lewis Talks Retirement

My First Three Months

I almost laughed as I typed this header for my article, because it seems I have been busier than ever the last three months, which is exactly what people have told me. If you've always been a busy person, you will still stay busy. This month I wanted to share some truths that I thought I knew, but that God has solidified in my heart.

God's Timing Is Perfect

Two years ago on my 70th birthday, I began earnestly praying for God to tell me the perfect time to retire. Jeremiah 33:3 says, *Call to me and I will answer and tell you great and unsearchable things you do not know.* God and I have walked together long enough that I did not doubt for a minute He would let me know when to retire. What a shock the evening of December 2, 2013, when the Holy Spirit spoke these words to my heart, "This would be the perfect time for you to retire." I was in my car after day one of a three-day First Place 4 Health planning meeting. I know the Spirit's voice, so I never doubted that it was not Him speaking to me. You see, the Spirit never shouts; He just speaks in a soft, gentle voice. The next morning when I announced that I would be retiring soon, our staff was more than a little shocked. No one had any advance notice—not even me.



I remember years ago hearing Henry Blackaby, author of *Experiencing God*, say, "God's timing is always perfect; He is never late." Henry said that his wife says, "And never a minute too early either." I have experienced the truth of those words these last three months. As you know, my husband, Johnny, was diagnosed with stage 4 prostate cancer in 1997. The cancer never grew until this last summer when he became hormone-resistant and the cancer started growing in his bones and liver. In December he began, for the first time, having bone pain. We had tried the last drug that our doctor thought might work and after two months, Johnny's counts were still climbing so the drug was stopped. He began with a pain patch in December, but it had to be increased to a stronger and stronger patch almost weekly. By the end of February, both of our Oncologists recommended that we look into Hospice as they have the knowledge and ability to manage bone pain. The first two weeks of Hospice was like a full-time job with meeting all the caregivers available to help us. I am thrilled that Johnny is now pain-free and we are settled in with Hospice.

My Identity Is Not My Job

I thought that I knew this, but I have been amazed that I have not had a second thought about the decision to retire. Nor have I had a moment of sadness feeling like I no longer have a purpose. It is sad that so many people believe the lie that "they are what they do." Men meet each other and say, "And what do you do?" The Lord revealed this to me a number of years ago when He told me that my ministry is with "hurting women" rather than the First Place 4 Health program. I will be there for hurting women as long as I have breath left in me.

I Have A New Resolve

Last July at our 2013 FP4H Summit, the Lord and I had a "come to Jesus meeting" about achieving my weight-loss goal. I began the very next day, which was Sunday, July 28, to fill out my tracker. I have not missed one day and I am resolved to continue until I reach my goal, whatever that number might be. I know God will show me the perfect weight for my age and fitness level when I get there. My job is to stay faithful for however long it takes. My goal is to be as healthy and fit at 85 years old as I am today. The Lord may deem otherwise, but I don't want poor health to be the consequence of my disobedience. These are just three of the things I have already learned:

- Is there something God is asking you to do because this is the perfect time?
 - Do you need to ask God to show you that your identity is in Him and not in your job?
 - What do you need to do to become healthy and fit in all areas?
 - I'll keep you posted as I learn more. My prayer for each of you is that God will speak to your heart as He has spoken to mine.
-



Gala Honoring Carole Lewis

July 25, 2014

Houston, Texas

Carole has blessed us by leading First Place 4 Health for over thirty years and we are going to bless her back.

Come join us for a gala dinner honoring her legacy.

Time & Date: Friday, July 25th, 2014 at 7:00 pm

Location: Junior League, 1811 Briar Oaks Lane, Houston 77027

Gala event cost: \$50.00 per person

Dress: Sunday Best or After Five Attire

Save your seat now as there is limited availability!

Click here to register

<http://www.firstplace4health.com/events/2014/07-25/gala-honoring-carole-lewis>

If you have any questions, contact Becky Turner at becky.turner@firstplace4health.com.



Baby Steps to Change ~ A Leader's View

The majority of people join First Place 4 Health (FP4H) to lose weight. Initially, we are overwhelmed as we learn to track everything we eat, read our FP4H Member's Guide, memorize Scripture verses, pray, read Scripture, contact our prayer partner, exercise, and do daily Bible study. We look at our leader with "a deer in the headlights" reaction and our heads bob up and down when asked, "Does everyone understand?"

"What have I gotten myself into? All I wanted was to lose weight!" When I first started leading my FP4H group, I had never picked up a Bible study. Ironically, Seek God First was my first study. I had no idea how profound that title would be. My husband and I agreed to study together, since he suffers with dyslexia and was not much of a reader. As I was helping him, God used my husband's disability to help me!

I read the studies aloud and my husband and I answered the questions one by one. I began to understand God's love, how he has a plan for me, what my actions should be toward others, and the forgiveness I need to show to others. Jeremiah 29:11 says, *For I know the plans I have for you, declares the Lord. Plans to prosper you and not to harm you, plans to give you hope and a future.*

I spent so many years trying to do things myself. I never realized that God had my life already planned. All I had to do was ask Him for the next step. This was not just with food, but also with finances and relationships. I have learned to wait and make decisions after I ask the Lord. Life is much easier with the Lord in first place.

Together, my husband and I each discovered deep bitterness and resentment from our childhood and the need to shed the hurt and pain. I got help and he got help. Now my marriage is stronger, my relationship with my children is mended and my relationship with my mother was mended before she passed away. The greatest celebration is my husband coming to know the Lord through our Bible study together.

Before FP4H, I lived a very secret life and was convinced if people knew me, they wouldn't like me. God surrounded me with like-minded people, people that loved me and accepted me. Hebrews 12:1 says, *Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.* I now see myself running this race of life surrounded by wonderful people and Jesus running with us.

Members showed up every week and as the leader, we went through the motions: weigh-in, recite verses, wellness spotlight, and Bible study discussion. As time went by, baby steps turned to trust; healthy food choices began to make sense and suddenly, exercise didn't feel like torture. The meetings were a good reason to see friends. Over time the scale did not define me; I had a new skip in my walk and life seemed doable. The commitments of First Place 4 Health that seemed to have nothing to do with weight loss had everything to do with transforming my life. Three classes have started because of one choice I made and at least 100 people have been touched. I have been able to keep off over 80 pounds of a lifetime of hurt and shame. Step by step, I realized it's not about me; it's all about putting Christ first!

Are you still taking those baby steps to change? Have you allowed the Lord to guide you in this? Leaders lead others to be leaders. Pray about who the Lord may want you to encourage to be a leader in your current group, or it may be time to baby step someone else out of the nest to start a new group. As a leader, pray about your next baby step! It will be life-changing! Thank you, Lord, for the baby steps you help each of us as leaders make in our own journey, and as we help others in their journey as well.

Beverly Cody serves as an Area Networking Leader for the state of Texas. She and her husband, Charles, live in Bastrop, TX, near Austin and have three grown children. She started leading First Place 4 Health in 2009. Beverly and her husband own an irrigation and landscape company. She enjoys gardening, reading, and hairdressing. Beverly passionately encourages people to live out Romans 12:2, "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind..." I am striving for transformation to be the person God intended..





Jesus is All For Food ~ A Pastor's View

See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. Genesis 1:29

When I really started examining what I was eating, I went back to the Bible—my Playbook—for some guidance as to what I should or should not be eating. I mean, Jesus had to be pro food, right? He was human as well as divine, so He had to eat while He was here on earth. But *what* did He eat? I know He created the Milky Way, but I'm pretty sure He wasn't munching on Milky Way candy bars.

What I discovered is that even though the Bible does not tell us everything Jesus ate, food was on His mind and was a topic of concern during His ministry. He used food in His illustrations as evidenced by parables such as the Sower and the Seed (see Matthew 13:3-9), Faith and the Mustard Seed (see Matthew 13:31-32), and the Great Banquet (see Matthew 22:2-14). He used wheat fields to depict a spiritual harvest, which was ready to be reaped (see John 4:35). He performed miracles with food, such as the feeding of the 5,000 with five loaves of bread and two fish (see Mark 6:30-44). Another time, when the disciples were on the boat fishing, He told them to cast their nets into the water. They had caught nothing that day, but after following His command, they reaped an extraordinary take of fish (see Luke 5:1-7). Even Jesus' first miracle involved food, when He turned water into wine at a wedding feast in Cana (see John 2:1-11).

Perhaps Jesus' most important illustration with food is the one He used with His disciples during their last Passover meal together to explain what would happen when He died on the cross. This is a practice that continues today in the taking of Communion, or the Lord's Supper (see Matthew 26:17-30; Mark 14:12-26; Luke 22:7-39; John 13:1-17:26). And just think about that great feast God has promised up in heaven at the time of the Marriage Supper of the Lamb (see Revelation 19:6-9). Jesus was all about food, and His desire is for us to be fit and healthy—not take our food away.

He just wants us to make healthy choices when it comes to eating. Not only did Jesus talk about food, but as a member of the Trinity He also created food for us to enjoy. In Genesis 1:11, God the Father said, *Let the earth bring forth grass, the herb that yields seed, and the fruit tree that yields fruit according to its kind, whose seed is in itself, on the earth.* In Genesis 1:29, He told Adam, *See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seeds; to you it shall be for food.* These verses show that God wants us to enjoy the food we eat. He created us with an average of 10,000 taste buds and placed them along the path our food travels when we are eating it.

Think about this for a moment. God chose to put those taste receptors called *papillae* in that location so we could enjoy the tastes of the wonderful foods He created for us to enjoy. God's plan has always been for the bulk of our diet to come from "living food, such as fruits and vegetables that are uncooked, unrefined and unprocessed. Chips, soda, cookies, and candy do not fit into this category. Many of these "dead foods" can last several years without going bad. If you don't believe me, just check out the "use by" date on a box of macaroni and cheese and see how long it can last.

It's time to clean house. Start by taking stock of the food you currently have. Survey how much of it is living food and how much of it is dead food. Get a garbage can, open the doors of your cupboards and pantry, and start tossing out the junk food. Get it out of your kitchen. *Start eating living food to live!*

Steve Reynolds is the Lead Pastor of Capital Baptist Church in Annandale, VA. He is the author of the books: Bod4God and Get Off the Couch. And he is also the creator of the Losing to Live Weight Loss Competition. Steve has lost over 120 pounds and has led his church to lose over 8 tons of weight.

Steve Reynolds.....sreynolds@capitalbaptist.org





Upcoming Events

Texas Area Training Meeting

April 5, 2014
Calvary Baptist Church
Nacogdoches, TX
Contact: Nancy Smith
Email: mandn4him@wildblue.net
Phone: 936-288-1718

Western Pennsylvania Area Training Meeting

April 12, 2014
Crossroads Church
Oakdale, PA
Contact: Helen Baratta
Email: helen.baratta@fp4h.com

Wellness Week @ Sandy Cove

April 13-April 18, 2014
Sandy Cove Retreat
North East, MD
Contact: Helen Baratta
Email: helen.baratta@fp4h.com

Colorado Area Training Meeting

May 10, 2014
Pagosa Bible Church
Pagosa Springs, CO
Contact: Marie Rascoe
Email: tmrascoe@centurylink.net

Alabama Area Training Meeting

May 17, 2014
Windward Lakes Clubhouse
Orange Beach, AL
Contact: Joyce Ainsworth
Email: glenna@netdoor.com

Texas Area Training Meeting

June 7, 2014
Georgetown Church of Christ
Georgetown, TX
Contact: Beverly Cody
Email: beverlycody@att.net

Gala Honoring Carole Lewis

July 25, 2014
Junior League of Houston
Houston, Texas
Contact: Becky Turner
Email: becky.turner@fp4h.com

Summit 2014

July 25-26, 2014
Houston's First Baptist Church
Houston, Texas
Contact: Helen Baratta
Email: helen.baratta@fp4h.com

Texas Area Training Meeting

September 27, 2014
University United Methodist Church
San Antonio, TX
Contact: June Chapko
Email: chapkoj@aol.com

Wellness Week at Round Top

October 9-16, 2014
Round Top Retreat
Round Top, Texas
Contact: Helen Baratta
Email: helen.baratta@fp4h.com

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



Devotional

Guard Your Heart

Delight yourself in the LORD and he will give you the desires of your heart. Psalm 37:4

The word “delight” in this verse comes from a Hebrew word meaning “to be delicate.” What does it mean to make ourselves delicate in the Lord? When I think of the word delicate, I think of something that requires special care and protection.

I am not a woman who collects china or fine crystal. In fact, most of the items in our home are not very delicate—if they were, they simply would not survive. However, when I think of delicate items in my life that require special care and protection, I think of my children’s hearts. Their precious hearts need my special care and protection.

We are responsible for giving our relationship with God special care and protection by not allowing things to come between us and our love for God. We protect our hearts and minds from the ungodly trappings of the world that come into our homes through television, books, music, the Internet, sinful conversations and unconfessed sin. We place high priority on the reading of God’s Word and on prayer.

What are we promised when we give such loving care to our relationship with our God? The Lord begins to put His desires in our heart. What is important to God becomes important to us. What is closest and most tender to His heart becomes what is closest and most tender to us.

Prayer: *Lord, teach me to take special care and protect my relationship with You.*

Journal: How can you begin today to give more special care to your relationship with God?

—Susan Sowell

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



Includes Scripture Memory Music CD

first place 4health
ROBIN JENNY SAFARI

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ON SALE THIS MONTH
\$12.99



Recipes

What's in Your Pantry Soup *Serves 4*

Substitute whatever canned beans or frozen vegetables you have in your pantry.

- 1 large can of pumpkin
- 1 can of black beans (drained, rinsed)
- 1 large can of pinto beans (drained, rinsed)
- 2 cans of diced tomatoes with garlic & onion or 1 small jar of salsa
- 1/2 bag of frozen corn or 1 can (drained, rinsed)
- 2 cups of water
- 2 Tbsp. chili powder
- 2 Tbsp. cumin
- 2 Tbsp. garlic powder



Mix all ingredients together into a large pot, bring to a simmer. Serve!

Nutrition Information: 153 Calories, .6g Fat, 0mg Cholesterol, 785mg Sodium, 28g Carbohydrates, 8.8g Fiber, 10.3 Protein

Blueberry Oatmeal Breakfast Cake *Serves 6*

Make a batch on the weekend and keep them in your freezer. For a grab-and-go breakfast, reheat the oatmeal cakes in the microwave for about 40 seconds.

- 2 1/2 cups old-fashioned rolled oats
- 1 1/2 cups low-fat milk
- 1 large egg, lightly beaten
- 1/3 cup pure maple syrup
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 3/4 cup blueberries, fresh or frozen



Combine oats and milk in a large bowl. Cover and let soak in the refrigerator until much of the liquid is absorbed at least 8 hours and up to 12 hours. Preheat oven to 375°F. Coat a 12-cup nonstick muffin tin with cooking spray. Stir egg, maple syrup, oil, vanilla, cinnamon, baking powder and salt into the soaked oats until well combined. Divide the mixture among the muffin cups (about 1/4 cup each). Top each with 1 tablespoon blueberries. Bake the oatmeal cakes until they spring back when touched, 25 to 30 minutes. Let cool in the pan for 10 minutes. Loosen and remove with a paring knife. Serve warm.

Make Ahead Tip: Wrap airtight and refrigerate for up to 2 days or freeze for up to 3 months.

Nutritional Information: 264 Calories, 9g Fat, 34mg Cholesterol, 41g Carbohydrates, 7g Protein, 4g Fiber, 219mg Sodium

Light & Healthy Easter Recipes

Broccoli Mushroom Quiche

Serves 6

1 prepared piecrust, unbaked
1 box frozen chopped broccoli (or spinach)
2 cups sliced mushroom (or other vegetables)
1/2 cup chopped onion
1/2 cup chopped celery
1 tablespoons butter
3 eggs, slightly beaten
2 cups grated part skim mozzarella cheese
1 98% Fat Free Cream of Mushroom soup

Cook broccoli as directed on package and drain well. Sauté mushrooms, onion and celery in butter until tender. Drain off excess liquid. Combine all ingredients and pour into pie shell. Bake at 350 degrees for about 1 hour or until light brown on top. Let sit 15 minutes before cutting or serving.

Nutritional Information: 351 Calories; 20g Fat ; 18g Protein; 22g Carbohydrate; 3g Dietary Fiber; 132mg Cholesterol; 602mg Sodium.

Fresh Fruit Cup with Yogurt Dressing

Use your favorite fresh fruit in individual servings. A clear plastic cup makes a pretty serving. Top with Yogurt Dressing below or serve dressing as dip with your fruit tray.

1 8 oz. container sugar-free fat-free yogurt (any Berry Flavor)
1 16 oz. container Cool Whip Lite

Mix and drizzle over fruit or use as a dip. Serves 16 (2-tablespoon serving).

Note: Can also use your favorite berry Greek yogurt for an added protein boost. (Adjust calories)

Nutritional Information: 43 Calories; 2g Fat (43.2% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 19mg Sodium.

Carrot Cake Sandwich Cookies

Serves 14

2 cups shredded carrot
2/3 cup packed brown sugar, divided
1/4 cup unsalted butter, divided
2 tablespoons canola oil
1 teaspoon grated orange rind
3/4 teaspoon vanilla extract, divided
1 large egg
4.5 ounces unbleached all-purpose flour (about 1 cup)
1 teaspoon ground cinnamon
3/8 teaspoon salt, divided
1/4 teaspoon baking soda
4 ounces 1/3-less-fat cream cheese, softened
1 cup powdered sugar

Preheat oven to 350°. Cover 2 baking sheets with parchment paper; set aside. Combine carrot and 3 tablespoons brown sugar in a bowl; toss to coat. Place carrot mixture in a fine mesh strainer; let stand to drain for 10 minutes. Discard liquid. Place 2 tbs. butter in a medium microwave-safe bowl. Microwave at high 45 seconds or until melted. Add oil, rind, 1/2 teaspoon vanilla extract, and egg; stir with a whisk until well combined. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, remaining brown sugar, cinnamon, 1/4 tsp. salt, and baking soda in a large bowl; stir well with a whisk. Add carrot mixture and butter mixture; stir until just combined. Drop dough by tablespoonfuls 2 inches apart onto prepared baking sheets for a total of 28 cookies (14 per baking sheet); gently pat dough down to form 2-inch circles. Bake at 350° for 11 minutes or until set. Remove pans from oven; let stand 3 minutes. Remove cookies from pans; cool completely on a wire rack. Combine cream cheese, remaining 2 tbs. butter, remaining 1/4 teaspoon vanilla extract, and remaining 1/8 teaspoon salt in a medium bowl; beat with a mixer at medium speed 3 minutes or until fluffy. Add powdered sugar; beat at low speed 1 minute or until well combined. Spread about 1 tbs. icing on flat side of 1 cookie; top with another cookie, flat side down. Repeat the procedure with remaining cookies and filling.

Nutritional Information: 186 Calories, 7.5g Fat, 2g Protein, 28g Carbohydrates, 1g Fiber, 8mg Cholesterol, 137mg Iron, 137mg Sodium

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