



# March News



When the world says “Give up,” hope whispers “Try one more time.”

Today is the one more time. So many have experienced defeat in the area of health and wellness. You may be in that spot right now. On January 1, you declared, along with about half of the American population, that you would do whatever it takes to lose weight this year. Along with seventy-five percent

of those who made this declaration, you have given up by now. I know from experience and from what the Bible tells me that fitness is really not about how determined you are, but about what kind of thinker you are. Wellness starts in the mind. We need some adjusted thinking about what it takes to become fit.

You do have the power to change your thinking. The Bible says that as a Christian, you have the “mind of Christ” (I Corinthians 2:16) and He is able to transform your thinking. Romans 8: 5 (ESV) says “*For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.*” When we set our minds and adjust our thinking on exercising and eating well, it will become a consistent part of our lives. The most common thought that needs adjustment is thinking exercise is punishment for an imperfect body. We have to change that thought to an understanding that exercise is an excellent way to improve one's health and enhance the quality of life. We also need to adjust our thinking about how hard it is. Yes, there may be some pain and discomfort associated with exercise but it is only temporary. It may last an hour, a day or even a week, but eventually it will give way to strength. Consistency will bring results if we do not give up. It will be the hardest work you ever do; that’s why it’s called a workout.

And this whole eating thing! Is it really going to kill you to deny yourself a second helping of ice cream? Jesus has called us to sacrificial living. He said to those following Him, “If anyone comes after me, he must deny himself, take up his cross daily and follow me” (Luke 9:23). Sacrificial living calls for denying myself. Getting to my health goals calls for denying myself. Therefore, I choose to sacrifice what I think I really want for what I know I really need!

A setback is just a setup for a comeback.  
WILLEY JOLLEY

Today is a new day and my new favorite saying is “a setback is just a set up for a comeback.” Welcome back to fitness.

Vicki Heath.....vicki.heath@fp4h.com  
FP4H National Director



## What's New in the 2015 Dietary Guidelines for Americans ~ Charlotte Davis, R.D., L.D.

If you have read the Live It Food Plan details in the First Place 4 Health Member's Guide, you found that our food plan is based upon The United States Department of Agriculture (USDA) and Health and Human Services (HHS) Dietary Guidelines for Americans. Choose MyPlate, a nutrition education program that expands on these guidelines to help provide specific individual nutrition goals, has become a familiar term in our country.

Recently, you may have seen in the media that the Dietary Guidelines for Americans have been updated. Every five (5) years, USDA and HHS publish the Dietary Guidelines to reflect the current body of scientific evidence on nutrition, food and health. The following 2015-2020 Dietary Guidelines will be the current policy until the release of the next edition in 2020:



1. **Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.
2. **Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
3. **Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
4. **Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
5. **Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.\*

Looks pretty familiar, doesn't it? That's because these concepts are already covered in the First Place 4 Health food plan! So, what is different from the 2010 version of the Guidelines?

First of all, when you look closely, these new guidelines expand upon the 2010 edition's primary focus on weight management to address the prevention of a broader range of diet-related chronic diseases, including type 2 diabetes, heart disease, and some cancers. I believe they want people to realize that making **healthy food choices** is KEY in staying healthy and strong, not just focusing on weight loss to look good (which we have preached in FP4H all along!).

Secondly, while previous editions focused primarily on specific, individual dietary components, these new guidelines really emphasize "overall eating patterns", the combinations of all the foods and drinks that people consume every day. Again, this just validates what FP4H is all about—an overall "lifestyle" change. One meal or even one DAY is not as important as what we do on a consistent basis. I have a dietitian colleague who says "It's not what we eat between Thanksgiving and Christmas that is the real problem—it is what we eat between Christmas and Thanksgiving!"

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And finally, there is definitely more emphasis on “nutrient-dense” choices across all food groups. What does that mean? USDA/HHS explains nutrient density as “a characteristic of foods and beverages that provide vitamins, minerals, and other substances that contribute to adequate nutrient intakes or may have positive health effects—with little or no solid fats and added sugars, refined starches, and sodium.” In other words, we all need to try to get “more bang for our buck” when it comes to choosing foods in each group! Especially when you are following the lower calorie food plans (1300-1400, 1500-1600), it is virtually impossible to stay within the calorie guidelines if you daily choose fried vegetables and a sugary dessert as a grain choice! Go with steamed broccoli or roasted asparagus and fresh berries instead; you will have a much lower “calorie price tag” and get MUCH more health benefits from these “nutrient-dense” choices.

**Charlotte Davis, R.D., L.D.....[tckjdavis@windstream.net](mailto:tckjdavis@windstream.net)**

*\*<http://health.gov/dietaryguidelines/2015/guidelines/executive-summary>*



What personal relationship could be more important than your relationship with God? The RESTORE: An Emotional Health and Wellness Weekend provides a retreat away from your normal activities and an opportunity to restore and strengthen your relationship with the Lord.

**Come to RESTORE and experience:**

- Calm from the presence of the Holy Spirit
- A safe haven for spending time with the Lord
- Christ centered teaching
- Freedom as you discover the root of your emotional eating
- Clarity on why you sabotage your efforts towards a healthy weight
- Healing through prayer
- Healthy and satisfying meals

**What are people saying about RESTORE?**

- This time prepared me for the deeper things God still wanted to reveal to me.
- In the Spirit realm, I think it broke off and broke through some of my walls.
- Awesome! I am certain it was the most healing moment for most of us. Having an opportunity to confess our deepest needs and prayed over was the climax.
- Personally, for me it was a significant "life" moment.
- Over the weekend as I became more honest with myself, I saw my true condition.
- Helped prepare heart and mind for next step.

An ancient practice, we invite you to come away with Jesus, by yourselves to a quiet place and get some rest (Mark 6:31). Be restored.

Early Bird pricing available until March 3, 2016. Click here for information: [RESTORE](#)



## JOY! – A Success Story ~ Eleanor Van Gent

Where do we find JOY? I started with food early on. I weighed nearly thirty pounds at one year of age. My loving mother provided healthy foods. I overate! She sewed all of my dresses while in elementary and junior high school as the "huskies" were too small. I slimmed down following an appendectomy in my early teens.

Years later, with three children, there were fifty extra pounds. I joined various weight loss programs repeatedly yo-yoing up and down the scale. Too many times, the JOY of losing was short lived.

In 1995, while living in AR, a First Place (FP4H) group started at our church First Baptist Church of Mountain Home. I didn't need another weight loss program. I knew what to do. I thought the verse that refers to our bodies as God's temple only referred to alcohol, tobacco, and drugs. After the first session at my church, one of the members had lost 23 pounds. I didn't lose anything. In response to the Lord's encouragement, I joined the group. The JOY began--losing 48 pounds in nine months. The Bible studies, memory verses and group support emphasized the need for making Christ No. 1 in my life. I'd given my life to the Lord as a teenager. I never thought to put Him first in all areas, including my weight.



*(Eleanor Van Gent, Jenn Krogh, Carole Lewis, Helen Nemetz)*

FP4H's foundational verse, "But seek first his kingdom and his righteousness, and all these things will be given to you as well" (Matt. 6:33) resonated with me. Other verses that rescued me:

**Matt.16:23**, "...get behind me Satan..."

**I Corinthians 10:12-13**, "No temptation has seized you except what is common to man. And God is faithful, he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so you can stand up under it."

**Isaiah 41:10**, "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." ReJOYice!

When I retired in 1996, I assisted with leading FP4H groups. In July 2000, due to my husband's health, we moved to Waupun, WI. He made his eternal homecoming with the Lord four months later. Through much prayer and the encouragement from friends in AR, the Lord directed me to introduce First Place at First Reformed Church in September 2001. Jenn Krogh, then networking leader for WI, supported me in many ways. JOY!

After nine years, this great grandma rejoiced when the Lord led one of our members to start a FP4H group at Immanuel Lutheran Church. JOY! In Sept, 2014, another member began leading a group at First Christian Reformed Church. JOY! JOY! Now there are two groups at each of these churches. In January 2016, the Lord led a third member to start a group at Pella Lutheran Church. JOY! JOY! JOY! That's a total of five groups in our town of 11,000! Praise the Lord!

FAT is an acronym for Faithful, Available, and Teachable. I am thankful for God's faithfulness throughout my journey. Through the teaching of FP4H I have experienced JOY--Jesus first, Others second, and You last. Over these past twenty years, I strived (and struggled) to be faithful, available and teachable. God has given the power for me to maintain my weight and make Him No. 1. JOY!



## “Lord, Help Me Want to Track!” ~ Helen Baratta

Over the past ten years, I learned to admire and respect my Live It Tracker. Now old friends, I realized when I am honest with my tracking, I lose weight more consistently. The road has been rocky. At one point we broke up, when I tired of the constant need to fill in the blanks or update my App. After reaching my healthy goal, I convinced myself I no longer needed the accountability. The weight on the scale told a different story. Without the tracker, I gained weight creeping slowly away from my healthy goal. For long lasting success, I need the honest feedback my tracker reveals.

I ask my group members to fill out a paper Live It Tracker for a minimum of two weeks in their first session. The paper tracker is a great tool for teaching people the Live It plan. I need accountability too as a leader, so I ask a group member to review my tracker.

**Transform MyFitnessPal into a Live It Tracker.** The MyFitnessPal App provides easy access to nutritional information that helps us make the best choices. However, I missed the daily assessment of my food choices in the Live It Food Plan, so I transformed MyFitnessPal into the Live It Tracker. I changed the meal settings to display Fruit, Vegetables, Grains, Lean Protein, Dairy, and Healthy Oils instead of Breakfast, Lunch, Dinner and Snack. To change your food diary settings, log on to MyFitnessPal through a browser (Internet Explorer, Chrome, Firefox, or Safari). The mobile app on a device, such as a phone or tablet, does not have the option to change your diary settings. Here are step-by-step directions:

**Printable Diary for Hbaratta**

From:   Show:  Food Diary  Food Notes

To:    Exercise Diary  Exercise notes

**February 10, 2014**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Fruit (1.5-2 cups) 160 c								
Blueberries - Raw, 0.5 cup	41	11g	0g	1g	0mg	1mg	7g	2g
Fresh - 1 Grapefruit (230g), 1 grapefruit	97	25g	0g	2g	0mg	0mg	16g	4g
Generic - Cantelope 6-1/2" Diameter, 1/8 of cantelope	35	8g	1g	0g	0mg	16mg	8g	1g
Bananas - Raw, 1 medium (7" to 7-7/8" long)	105	27g	0g	1g	0mg	1mg	14g	3g

1. Go to [www.MyfitnessPal.com](http://www.MyfitnessPal.com) and Log In with your password.
2. Click on Settings on the bottom blue row.
3. Click on Diary Settings.
4. Change Meal Names from the default: Breakfast, Lunch, Dinner, and Snack to Fruit, Vegetables, Grains, Lean Protein, Dairy, and Healthy Oils.

I also include the portion and approximate calorie range in my meal names. The following is based on 1300-1400 calories recommended amount for each food group.

- Fruit (1.5-2 cups) 140-160c
- Vegetables (1.5-2 cups) 120c
- Grains (5 oz) 320-400c
- Meat & Beans (4 oz) 240c
- Milk (2-3 cups) 270-300c
- Healthy Oils (4 tsp) 180c

**Print Your MyFitness Pal Food Diary.** Turning in your tracker at your weekly meeting is an important step in accountability. The following are directions for printing your weekly food and exercise diary from MyFitnessPal:

1. Scroll to the bottom of the Diary Screen.
2. Click on View Full Report (Printable).
3. Select the From Date and To Date.
4. Click on Change Report on the right.
5. To print or save as a PDF, click your right mouse button.
6. Click Print (To save as PDF, Click Change Your Printer, select Print as PDF and click Save).

**Your Challenge:** Embrace a healthier relationship with your tracker. Cease the squabbling and consider your tracker a companion, helping you fight your battles. Seek the Lord for a change of heart. My daily prayer, “Lord, help me want to want to track.”

**Helen Baratta.....**[helen.baratta@fp4h.com](mailto:helen.baratta@fp4h.com)



## Devotional

# food for thought

*My command is this: Love each other as I have loved you.*

J O H N 1 5 : 1 2

Seeing others fully committed to wholeheartedly obeying the Lord Jesus in every area of their lives always challenges me and inspires me. As I examine my own heart and mind, I find myself asking: Am I willing to say yes to God—whatever He asks of me? Am I willing to say no to the things that displease or dishonor Him? In John 4, Jesus has just told the woman at the well that only He can quench her spiritual thirst: “Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life” (verses 13-14).

She responds to His invitation and receives this life-giving water, calling everyone in her village to come and do the same. But as this miraculous spiritual transformation is taking place, Jesus’ disciples have their mind on—what else—food! They fuss at Him because He hasn’t eaten anything in hours. Jesus tells them, “My food . . . is to do the will of him who sent me and to finish his work” (John 4:34). After studying this verse for awhile, I wrote my own paraphrase: “What nourishes me and fulfills me and strengthens me is to do God’s will—to walk in obedience to His Word and His calling on my life, and to accomplish the work of His kingdom. Obedience. This is what truly satisfies my soul hunger.”

Now when I am tempted to disobey God by turning to food to meet my spiritual and emotional needs, I often remember this verse. I remember how good obedience feels—how beautiful it looks in my life and the lives of those around me. And I’m inspired to choose what is better (see Luke 10:42).

**Action Item:** Where do you find nourishment and strength? Memorize John 4:34 for those times when you feel tempted to take what will be an ultimately unsatisfying and unfulfilling choice. Choose what is better!

**Prayer:** *Lord, may my body—this temple—become a living testimony, a visible reflection of the reality that Jesus is all I need.*

Christin Ditchfield  
Osprey, Florida  
Christian author and speaker  
and author of two First Place 4 Health Bible studies



## Upcoming Events

### **Minnesota: Learn how to start a FP4H Wellness Ministry**

March 19, 2016

Five Oaks Community Church  
Woodbury, MN 55129

Contact: Arla Frigstad

Phone: 612-594-6951

### **Restore ~ An Emotional Health & Wellness Weekend**

April 1-3, 2016

Kearns Spirituality Center  
Pittsburgh, PA 15101

Contact: [helen.baratta@fp4h.com](mailto:helen.baratta@fp4h.com)

### **Nacogdoches Texas Area Training Meeting**

April 23, 2016

Calvary Baptist Church  
Nacogdoches, TX

Contact: [mandn4him@wildblue.net](mailto:mandn4him@wildblue.net)

### **Summit 2016 - San Antonio**

July 14-16, 2016

Wayside Chapel  
San Antonio, TX

Contact: [helen.baratta@fp4h.com](mailto:helen.baratta@fp4h.com)

### **Wellness Week @ Round Top**

October 6-13, 2016

Round Top Retreat  
Round Top, Texas

Contact: [lisa.lewis@fp4h.com](mailto:lisa.lewis@fp4h.com)

For more information about any of these events, please visit

[www.FirstPlace4Health.com](http://www.FirstPlace4Health.com)



## Smoked Mozzarella, Spinach and Pepper Omelet Sandwiches

- 2 tablespoons fat-free milk
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 6 large egg whites
- 3 large eggs
- Dash of hot pepper sauce
- Cooking spray
- 1 cup finely diced red bell pepper
- 3/4 cup pre-chopped onion
- 4 sourdough English muffins, split
- 1/2 cup (2 ounces) shredded smoked mozzarella cheese
- 1 1/2 cups bagged baby spinach leaves

Preheat broiler. Combine first 6 ingredients in a large bowl, stirring with a whisk until combined; set aside. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add bell pepper and onion; sauté 4 minutes or until tender. Reduce heat to medium. Pour egg mixture into pan; let egg mixture set slightly. Tilt pan; carefully lift edges of omelet with a spatula to allow uncooked portion to flow underneath cooked portion. Cook 3 minutes. Wrap handle of pan with foil; place pan under broiler. Broil 1 minute or until set and lightly browned. Arrange muffin halves in a single layer on a baking sheet. Sprinkle muffin halves evenly with cheese, and broil 1 minute or until cheese begins to brown. Divide omelet into 4 portions; place 1 portion on bottom half of each muffin. Top evenly with spinach leaves; top with remaining muffin halves. Serves 4.

**Nutritional Information:** 295 Calories, 9g Fat, 19g Protein, 168mg Cholesterol, 173 mg, 686mg Sodium, 2.4g Fiber, 2.7mg Iron, 33.8g Carbohydrate

## Basil & Lime Fruit Salad

- 1/2 cup sugar
- 1/2 cup water
- 1/2 cup packed basil leaves
- 1 tablespoon grated lime rind
- 4 cups cubed pineapple
- 3 cups quartered strawberries
- 2 cups cubed peeled mango
- 4 kiwi fruit peeled, halved lengthwise, and sliced

Combine sugar and 1/2 cup water in a saucepan; bring to a boil. Cook 1 minute or until sugar dissolves. Remove from heat; stir in basil and rind. Cool. Strain sugar mixture into a bowl; discard solids. Combine pineapple and remaining ingredients in a large bowl. Drizzle with sugar mixture; toss gently. Serves 12.

**Nutritional Information:** 92 Calories, .3g Fat, .8g Protein, 23.8g Carbohydrate, 2.2g Fiber, .4mg Iron, 2mg Sodium, 20mg Calcium

## Easy Veggie Pasta

- 1 (16 ounce) package uncooked whole wheat spaghetti
- 3 tablespoons olive oil
- 2 tablespoons garlic, minced
- 3 large tomatoes, diced
- 1 red onion, chopped
- 1 yellow bell pepper, chopped
- 1 red bell pepper, chopped
- 1 cup chopped zucchini
- 1/2 cup sliced fresh mushrooms
- 2 tablespoons balsamic vinegar
- 2 tablespoons crumbled feta cheese

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Heat the oil in a skillet over medium heat, and sauté the garlic until lightly browned. Mix in the tomatoes, onion, yellow bell pepper, red bell pepper, zucchini, and mushrooms. Cook and stir until tender. Mix the balsamic vinegar into the skillet. Toss with the cooked spaghetti, and sprinkle with feta cheese to serve.

**Nutritional Information:** 281 Calories; 7g Fat; 10g Protein; 50g Carbohydrate; 6g Dietary Fiber; 2mg Cholesterol; 37mg Sodium.

## Death by Chocolate

- 1 box reduced fat brownie mix
- 2 lg. boxes instant sugar-free chocolate pudding
- 4 cups skim milk
- 1 cup fat free Half & Half
- 12 oz. Cool Whip Light
- 1 Tbsp. miniature semi-sweet chocolate chips

Make and bake brownies according to package. Cool. If desired drizzle 2-3 Tbsp. strong coffee over top. Break or cut into bite-sized pieces. Mix puddings with skim milk and half & half. Layer three times in order in a trifle dish: brownies, pudding, Cool Whip, ending with 1 Tbsp. chocolate chips on top.

**\*Note:** This makes a huge dessert for company. You can halve the brownies (freeze the remaining to use later) and use 1 large box of pudding for a smaller get-together.

**Nutritional Information:** 152 Calories; 4g Fat (21.9% calories from fat); 3g Protein; 26g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 157mg Sodium.

"But I will restore you to health and heal your wounds," declares the LORD..."

# Restore



## *An Emotional Health & Wellness Weekend*

**April 1-3, 2016**

### **Experience**

- Healing Prayer
- Calm from the Presence of the Holy Spirit
- Freedom from Emotional Eating
- Clarity on Why You Sabotage Your Efforts toward a Healthy Weight
- Healthy, Satisfying Meals
- A Safe Haven for Time with the Lord
- Christ-centered Teaching
- Fellowship with Women

### **Location**

Kearns Spirituality Center is located in the North Hills of Pittsburgh on the beautiful campus of LaRoche College. The peaceful, spiritual environment offers a break from the busy cares of today. Whether you spend quiet time in Visitation Chapel, walk the labyrinth or woodland reflection trail, or visit Ketteler Grove, you will no doubt witness God's providence made visible. Kearns Spirituality Center: 9000 Babcock Boulevard, Pittsburgh, PA 15101

### **Pricing Options**

#### **Early Bird Pricing (Prior to March 3)**

\$399 - Private suite with bathroom and sitting room for ultimate privacy

\$309 - Private room with shared bathroom

\$269 - Share a room with shared bathroom

#### **Full Price: (March 3 and after)**

\$439 - Private suite with bathroom and sitting room for ultimate privacy

\$349 - Private room with shared bathroom

\$309 - Share a room with shared bathroom

Space is limited.

**Registration includes sleeping accommodations (linens and towels provided), six meals (Dinner Friday thru Lunch Sunday), program, activities and private prayer sessions with two prayer partners.**

**Visit [www.FirstPlace4Health.com](http://www.FirstPlace4Health.com) for more information.**

**Space is  
Limited!**

first place  
**4health**  
discover a new way to healthy living