



May News



SPECIAL ANNIVERSARY EDITION

What were you doing 35 years ago? I was a young mom with a one-year old child and married to a soon-to-be preacher. Rob was pastoring a church and attending seminary in New Orleans. I was working at a downtown law firm and holding down the home front. Little did I know that at this exact same time, a group of believers in Houston, TX, were praying for God to create a plan for the health and wellness needs I would have in just a few years. I really didn't struggle with weight after that first child; the struggle came twelve years later with the birth of my fourth child. By this time, First Place 4 Health was a well-established, faith-based weight loss program.

This year marks the 35th anniversary of FP4H, which includes hundreds of pounds lost, lives saved, marriages healed, and best of all—many people coming to Christ. So 35 is a significant number and we are dedicating this month's newsletter to the number 35!

- **35 Reasons Not to Exercise (you will love this one!)**
- **35 Things I learned in FP4H**
- **35 Years of Memories**

I hope you enjoy this special anniversary edition and will celebrate with us this summer at Summit 2016 in San Antonio, TX.

Vicki Heath



35 Reasons Not to Exercise:

1. You will freeze to death.
2. You might have a heatstroke.
3. You might pull a muscle.
4. You will wear yourself out.
5. You might fall.
6. It will take too much time.
7. It will hurt your knees.
8. It will hurt your back
9. It will keep you from laundry.
10. You are too old.
11. You are too stressed.
12. Your shoes are worn out.
13. It costs too much money.
14. People will stare at you.
15. You will have to do it by yourself.
16. You won't have time to cook supper.
17. It will mess up your nails.
18. It will mess up your hair.
19. You will have to take another shower.
20. You won't have time to clean your house.
21. You might humiliate yourself.
22. You will miss the football game.
23. You won't have time for your homework.
24. Your grandchildren will feel neglected.
25. Your husband will feel neglected.
26. Your wife will feel neglected.
27. Your dog will feel neglected.
28. Your doctor will be mad.
29. You will be bored.
30. You will get sweaty.
31. You will have to get up early.
32. Your diabetes will act up.
33. Your arthritis will act up.
34. Your asthma will act up.
35. You might be wasting your time.

You can have excuses or results, but you can't have both.



35 Years of Memories ~ *Carole Lewis*

Thirty-five years! How can it be? I'll never forget how I came into the First Place 4 Health program. It was January 1981, and I met up with a long-time friend at a baby shower. Kay Taylor had lost a lot of weight and I said, "Kay, how could you do this and not tell me?" Our parents were friends before Kay and I were born and we had grown up together at Houston's First Baptist Church. Kay looked at me and said, "Carole, you know we are going to be 40 next year; do you want to be fat and 40?"

Shortly thereafter the First Place 4 Health program was offered at my church, so I enlisted my mom and my dear friend Pat Lewis to join with me. The three of us were in the first group that began the First Place program in March, 1981.

There have been so many milestones over the last 35 years that it's difficult to choose just a few to share with you. I met Kay Smith at our weekly First Place Leaders' meeting. Kay had lost 90 lbs. on the program and was leading at another church in the city. She was one of the funniest women I had ever known, and together we kept the meeting hopping! I'll always remember trying furiously to finish my tracker to hand in to our leader, Dotty Brewer. Dotty said, "Carole, it's hard to reconstruct a week's worth of eating in five minutes, isn't it?" I love that first bunch of leaders to this day. Carolyn O'Neal was a leader with me in the beginning, and she is now the Women's Ministry Director at Houston's First Baptist Church. Another leader Debbie Behling still leads a FP4H class today and works right next door to our FP4H office. Eleanor Frank, who led with me in the early years, has retired from teaching and is in my current class.



Carole Lewis & Katy Smith

I have made lifetime friends through the ministry of FP4H and I plan to lead as long as the Lord leaves me here. This program changes more lives than any other health program I know. Our saying is true—"Success is in the process. If you don't quit, you will succeed." None of us do the program perfectly, but if we want to be whole in body, mind, soul and spirit, this is the program to join. Learning to give Jesus Christ first place in all of these areas is the key to abundant life. I wish I could say that I have mastered the process, but that would not be true. I can say that I have come a long way in 35 years and my greatest desire is for Jesus to be the center of everything I think, say and do.



Beth Moore & Carole Lewis

Our 20th Anniversary was such a fun time. Kay and I attended a couple of conferences where Babbie Mason was the singer and we really wanted her at our 20th Anniversary. I said to Babbie, "We really want you to come to our 20th Anniversary, but I know we can't afford you." Babbie replied, "I am Babbie Mason! If I want to come, you can afford me." We began on Monday and Babbie Mason was our singer. Florence Littauer led a three-day seminar called CLASS, with over 100 attending that year. We continued on Thursday with Florence Littauer speaking, followed by Beth Moore on Friday night. I love to say that we knew Beth Moore before she was BETH MOORE. She led our aerobics ministry

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at our church, and we have been friends for many years. She was the keynote speaker at many of our conferences in the early years and the Lord allowed me to have a small part in the introduction of Beth to our friends at LifeWay Publishing. God's hand has been on First Place 4 Health in so many ways and I am overwhelmed that He was able to use me in the work He planned before the creation of the world.



Pat Lewis & Cheri Lasiter

Remembering our 25th Anniversary weekend is sweet. We invited our members from everywhere to come to Houston and participate in the Houston Marathon. We had a carb-loading dinner the night before the marathon and loved walking and running together the next morning. Pat Lewis walked the 3-mile walk with Cheri Lasiter, who has severe cerebral palsy, and they finished the walk! Becky Turner and I did the half-marathon without training, which was a tad difficult, but we made it. We only ran through the mile markers in case there might be TV cameras filming for the evening news. Mark Gutierrez came from California for his first marathon. His goal for our 25th Anniversary was to run 12 races that year. Mark lost 120 lbs. on our program and he completed those 12 races: 3-5ks, 3-10 ks, 3 half-marathons and 3 marathons. So many of my lifetime friends' stories are found in my books. I love going back and reading them again and again.

Our 30th Anniversary was so special. We brought Buddy Griffin and his wife, Sandy, to share about the beginnings of the FP4H program. Buddy was our Minister of Activities in 1981, when the program began, and Sandy was my first leader. Buddy spoke and played the banjo and Sandy shared what a rebel I was in those early days. Since I had lost 20 lbs. that first session, Dotty Brewer asked Sandy if I might make a good leader. Sandy told her that I hadn't even done the food plan, but Dotty enlisted me, because she was desperate for leaders. For our 20th Anniversary, Sandy gave me back all of my trackers for that first session and I was able to see that what I wrote about my food intake was spot on. We invited my grandson, Carl, to take pictures of our 30th Anniversary, and we have many great photos of our celebration.

Our 35th Anniversary will be this summer in San Antonio, TX, and Lord willing, I will be there to hug your necks. Vicki Heath is doing a fabulous job of leading the program since I retired in January 2014. God wove our lives together for many years, because He hand-picked her to continue the legacy of First Place 4 Health. We pray that hundreds of you will come to Summit, July 15-16, 2016, and build into the memories that began 35 years ago.

Much love,

Carole Lewis





35 Things I Learned in FP4H

1. Food is not my family.
2. Friends matter.
3. A potato is a vegetable.
4. The scale does not define me.
5. I can exercise.
6. You have to pay the price for success.
7. God is here to help me.
8. I can resist temptation.
9. Prayer makes a difference.
10. I can understand God's Word.
11. Love is a great motivator.
12. I can push through pain.
13. I don't have to medicate with food.
14. I have boundaries I will not cross.
15. It is okay to enjoy my food.
16. Sleep is important.
17. Overeating is not healthy.
18. God will provide resources.
19. It does matter.
20. The truth will set me free.
21. God cares.
22. The Bible is nourishment to my soul.
23. It is okay to ask for help.
24. Two are better than one.
25. Everything is permissible, but not everything I eat is beneficial.
26. Even small changes can make a difference.
27. Sometimes I just need to do the next right thing.
28. Get back on track quickly.
29. Give God the glory for victory.
30. I can finish the race.
31. Christ forgives.
32. His mercies are new every morning.
33. I can learn to love vegetables.
34. I can be an early riser.
35. He makes all the difference.



Devotional

United We Stand

I appeal to you, brothers, in the name of our Lord Jesus Christ, that all of you agree with one another so that there may be no divisions among you and that you may be perfectly united in mind and thought.

1 CORINTHIANS 1 : 10

Each summer, First Place 4 Health has their annual Leadership Summit in Houston, Texas. Leaders from all over the country and Canada make the trek to Houston to spend two days with other leaders. It's a wonderful time of fellowship, training, inspiration and fun. Attendance has ranged from 42 in 2003 to 309 in 2008. It's a huge undertaking that involves many details.

This event is one-of-a-kind and empowers leaders to go out and "lead loud" for Christ and First Place 4 Health. Because of that, we've learned to expect attacks from Satan every year. When crazy things start to go wrong, we just look at each other and laugh, because we should have known it was coming. But through it all, Christ's love shines through everyone.

Just when I feel like so many things are going wrong and it cannot possibly be a good event, someone will come up and tell me a heartbreaking story about all that has happened to them that year, but that this event has renewed their strength. Someone else will come up and say, "Lisa, what can I do?" Or someone else will say, "You guys are doing a great job. This is awesome!" A staff member might say, "No big deal, why don't we just do it this way?"

And after it's all over, and I look back, I'm overcome with emotion at how much First Place 4 Health people care about each other. We are part of this big family that truly is united in mind and thought. We lift each other up; we listen, we care, we encourage and we love one another, as Christ loves us—and we are made *better together*.

Action Item: Is there someone who needs a call or an email of encouragement from you today? Stand with that person in her weakness. You will be amazed at what two or more can do together.

Lisa Lewis
First Place 4 Health Chief Operating Officer
Galveston, Texas



Upcoming Events

Virtual FP4H Groups

Classes beginning in May

Contact: barbara.amy@fp4h.com

Pennsylvania & New York Wellness Workshop

May 28, 2016

Ceres United Methodist Church
Shinglehouse, PA

Contact: helen.barata@fp4h.com

Mississippi Area Training & Wellness Workshop

June 4, 2016

Rankin County Baptist Association
Building
Pearl, MS

Contact: glenna@netdoor.com

Summit 2016 - San Antonio

July 14-16, 2016

Wayside Chapel
San Antonio, TX

Contact: barbara.amy@fp4h.com

Virginia Area Training & Wellness Workshop

August 13, 2016

Great Bridge Baptist Church
Chesapeake, VA

Contact: smaassel@comcast.net

South Carolina Area Training Meeting

September 10, 2016

South Carolina Baptist Building
Columbia, SC

Contact: vicki.heath@fp4h.com

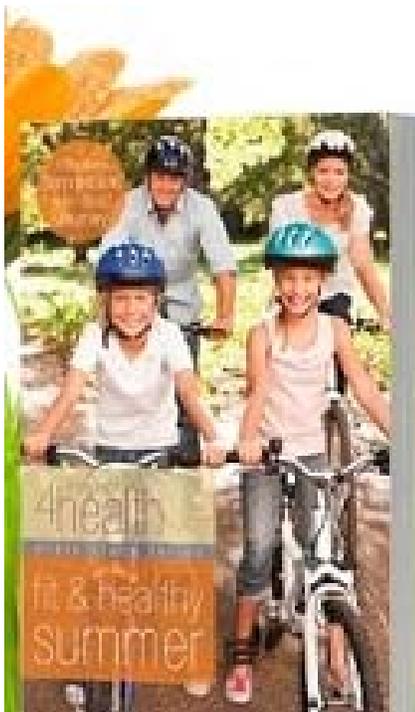
Wellness Week @ Round Top

October 6-13, 2016

Round Top Retreat
Round Top, Texas

Contact: barbara.amy@fp4h.com

*For more information about
any of these events, please visit
www.FirstPlace4Health.com*



Stay on Course
this Summer!

Order Your Bible Study Today!



Tasty Pasta Alternatives

Roasted Shrimp with Spaghetti Squash

- 1 large spaghetti squash, halved lengthwise
- Kosher salt and freshly ground pepper
- 1 pound large shrimp, peeled and deveined
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil
- 1 tablespoon lemon juice, plus lemon wedges for serving
- 2 tablespoons fresh parsley, roughly chopped

Preheat the oven to 375°F. Season the squash with salt and pepper. Place cut side down in a 9 x 13 inch baking dish. Add 3/4 cup water, and roast until tender when pierced with a knife, about 45 minutes. Let cool. When about 25 minutes have passed, on a rimmed baking sheet, toss the shrimp with 1 teaspoon oil and season with salt and pepper. Roast until cooked through, 8 to 10 minutes. Scoop out the seeds from the squash and discard. With a fork, scrape the flesh into a large bowl. Add the shrimp and any cooking juices, lemon juice, and 1 tablespoon oil; toss to combine. Season with salt and pepper, top with parsley, and serve with lemon wedges. Serves 2.

Nutritional Information: 312 Calories, 10g Fat, 324mg Cholesterol, 313mg Sodium, 14g Carbohydrates, 43g Protein

Zucchini Noodles

- 1/2 teaspoon oil
- Pinch of salt
- 1 tablespoon almond flour
- 4 large zucchinis, sliced with a julienne peeler
- 1/2 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon red pepper flakes (or more to taste)
- 1 tablespoon minced parsley
- 1/4 teaspoon black pepper

Heat a large skillet over medium-high heat, about two minutes. Add the coconut oil, and when it is melted, add the almond flour and a pinch of salt. Stir often with a wooden spoon, until toasty brown, about two minutes. Remove crumbs from the pan and save for garnish.

In the same skillet, add the julienned zucchini noodles. Sauté them until just tender, about one to two minutes. Turn heat to low. In a new pan on low heat, combine olive oil, garlic, and red pepper flakes, stirring with a spoon until fragrant, about 20 seconds. Transfer the zucchini noodles to garlic and oil mixture. Toss and stir until they're coated. Turn off the heat and add parsley, salt, and black pepper. Sprinkle with almond flour crumbs before serving! Serves 2.

Nutritional Information: 173 Calories, 6g Fat, 0mg Cholesterol, 144mg Sodium, 23g Carbohydrates, 7.8g Fiber, 8.8g Protein



Frozen Blackberry Lemon Pie

- 1 1/2 cups graham cracker crumbs (about 12 cookies)
- 3 tablespoons butter, melted
- 2 tablespoons 2% reduced-fat milk
- Cooking spray
- 3 cups blackberries
- 1/4 cup fresh lemon juice
- 1/4 teaspoon salt
- 4 large egg whites
- 1 cup plus 2 tablespoons sugar
- 6 tablespoons water
- Fresh blackberries (optional)

Combine first three ingredients in a bowl; toss with a fork until moist. Press into bottom and up sides of a 9-inch springform pan coated with cooking spray.

Combine 3 cups blackberries and fresh lemon juice in a blender; process until smooth. Strain mixture through a sieve over a bowl; discard solids.

Place salt and egg whites in a large bowl; beat with a mixer at high speed until foamy. Combine sugar and 6 tablespoons water in a medium saucepan; bring to a boil. Cook, without stirring, until a thermometer registers 250°. Gradually pour the hot sugar syrup into egg white mixture, beating at medium speed, then at high speed, until stiff peaks form. Gently fold in blackberry mixture; pour into prepared crust. Cover; freeze 8 hours or overnight. Let stand 5 minutes at room temperature before serving. Garnish with fresh blackberries and mint, if desired. Serves 8.

Nutritional Information: 166 Calories, 4g Fat, 2.6g Protein, 30g Carbohydrate, 2.2g Fiber, 8mg Cholesterol, 153mg Sodium