



## JUNE NEWS

### Check Out This Power-FULL Lineup

Are you looking for inspiration? Motivation? Do you need tools to make your journey to wellness easier? Or maybe you just need a kick to get you back on track? Summit 2016 has that and more. Take a look at the power-FULL lineup of speakers and seminars.

**CHRISTIN DITCHFIELD.** Keynote speaker and seminar leader. Christin has authored three FP4H studies, *Living for Christ*, *A New Beginning* and *A Thankful Heart*. Besides being an inspiring writer and speaker, she has an amazing testimony about her own wellness journey. Christin, in spite of debilitating knee problems, has learned how to persevere and press on to a goal of health and wellness. Her story is inspiring and her gifts are remarkable.

**LISA LEWIS.** Want to avoid processed foods and learn to eat a more nutritious and whole-foods based diet? Lisa will give you practical, easy tips on how to plan, budget and cook delicious, healthy meals using real ingredients and healthy substitutions. Plus, you'll love her no-fail formula for building a salad like a boss!

**CHARLOTTE DAVIS, R.D., L.D.** Mindful Eating—We all know the types (and portion sizes) of food that we should be eating, but do you just seem to have trouble following those guidelines? Maybe the foods you are eating are only a part of the problem! It is possible that you have developed many routine lifestyle/eating behaviors that have contributed to your weight issues. Charlotte will share some specific techniques you can use to help change those behaviors and move toward a healthier you!

**CAROLE LEWIS.** Carole is such a great role model of health and vitality. Don't we all want to be just like her? She will share with us the secrets of living strong for a lifetime.

**BECKY TURNER.** Becky is one of the most powerful Bible teachers you will ever hear. She will bring the truth about living a life based on faith and fact and putting an end to living life based on feelings.

**HELEN BARATTA.** Dr. James Dobson says, "What is killing the American family today is exhaustion." We are too tired to be married, too tired to raise our kids and way too tired to take care of ourselves. Sound familiar? Without Sabbath, we miss the tranquility God invites us to enter more fully so we might know him more deeply. Rest is as essential to your well-being as food and water. Helen will share the divine concept and benefits of spiritual rest and living intentionally.

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**KAREN PORTER.** You’ve probably seen the tests that reveal your personality type, but what is your food personality? Karen will help you find out what your eating habits say about you and why.

**LISA RIGONI.** What is FP4H really about? Weight management? Fuel for the Spirit? Mental and emotional health? YES! Lisa will show you how to fit the pieces together: mind, body, spirit and heart, in order to enhance your health and wellness experience and to lead others in the journey with you. If you are considering starting a group or simply want to learn more about FP4H, You’ll want to join this fun, interactive session.

**DELILAH DIRKSEN.** The remarkable story of First Place 4 Health and 35 years of ministry. The best is yet to come!

**VICKI HEATH.** People ask me all the time, “How do you keep leading FP4H for so many years?” There are five biblical principles that have kept me leading for a lifetime, but...you have to be there to find out.

We will get to worship together with Eulalia King, fellowship around the table with new and old friends and even a river boat cruise on Saturday. And so much more ....

We realize your time and resources are limited; yet we would consider it a privilege for you to join us for the Summit conference. I am praying for you as you think about this. It will be a Power-FULL weekend in San Antonio, Texas, next month. I promise you will not be disappointed.

## *Vicki Heath*

## SUCCESS STORY

Before I found First Place 4 Health, I was living to eat and I was so uncomfortable with my size. I knew that I wanted to live for Christ—I wanted to get healthy physically and be more intentional spiritually. Through First Place 4 Health, I have learned to lean on God. I study the Bible more and I’m working to retain Scripture and the lessons that God is teaching me through the Bible studies.

## **Karen Stockey**

**SPECIAL NOTE:** *Come hear the rest of Karen’s story at Summit 2016 in San Antonio this summer!*





## Five Superfoods You Need in your Kitchen

# Superfood

Although there is no set criteria for determining what is and what is not a “superfood”, they have a common characteristic—they are nutritionally dense. Here are five super foods that would be a super addition to your meals.

**TOMATO.** This fruit/vegetable is the exemplification of a cancer-fighting superfood. Not only do tomatoes contain lycopene, the antioxidant phytochemical that also helps prevent heart disease, but they're a good source of vitamins A, C, and E -- all enemies of cancer-friendly free radicals.

**GARLIC.** This super food has been used to treat conditions ranging from high blood pressure, high cholesterol, heart disease, and heart attack to certain types of cancer. Add a few cloves to almost any savory sauce recipe, or create a meat rub before tossing steaks on the grill. Garlic is also an easy add-in for cooked greens and other veggies, and its flavor boost makes it easier to cut down on salt.

**SPINACH.** This leafy green is literally packed with nutrients, including vitamins A, C and E, folic acid and calcium. (Spinach also has plenty of iron.) Spinach can be eaten fresh, steamed, boiled, sautéed or baked into any number of dishes. It's a great base for a salad and you'll reap the greatest nutritional benefits when it's raw.

**GRAPEFRUIT.** This juicy citrus fruit is extremely high in vitamins A and C, making it a great immunity booster. Segmented and tossed into a dish, or simply scooped out of its skin with a spoon, grapefruit is a colorful addition to your plate.

**GREEK YOGURT.** This naturally thick, tart yogurt is a tremendous source of protein, topping 10 grams per serving, and helps keep you fuller longer. It's also loaded with probiotic bacteria, which promotes digestive health. If it's too tart for your tastes, pair the plain, low-fat or fat-free yogurt with natural sweeteners like honey or all-fruit jelly, or top it with fresh fruit, granola or nuts for additional flavor, texture and nutrition.



Look for recipes using all of these Superfoods in this newsletter! Enjoy.

*Lisa Lewis*

**SPECIAL NOTE:** Join Lisa at Summit 2016 in San Antonio this summer where she will share tips for cooking with super foods and how to use them to ramp up your salads. Come learn how to build a salad like a boss!



## The Power of the Couple

Having a workout partner can often be the difference in achieving your fitness goals, and your spouse can be the best workout partner. Research shows when one spouse improves his or her exercise regimen, the other spouse is significantly more likely to join in. Laura Cobb, a Johns Hopkins Bloomberg School of Public Health co-author of the research states, "There's an epidemic of people in this country who don't get enough exercise and we should harness the power of the couple to ensure people are getting a healthy amount of physical activity."<sup>1</sup>

My husband, Vince, joined me on my journey from the sedentary, obese life to an active and healthy lifestyle. Transformed, we motivate and enjoy our time with each other.

Walking and hiking are perhaps the easiest. When I started walking, Vince joined me. We walked our neighborhood, gradually building up to two miles each morning. With greater confidence, we ventured out to the local trails and parks for a challenging alternative. Our trekking poles increase our traction on slippery surfaces and reduce the impact on our knees, ankles and feet. It has also become a sweet time together.

Swimming is a great way to cool off and easy on the joints. Even though we were empty nesters, Vince and I joined our neighborhood pool one summer in lieu of a gym membership. After swimming laps, we splashed, played, and jumped off the diving board. We even braved the water slide a few times. We love vacationing around the ocean—kayaking, snorkeling and even catching the waves on a boogie board. Together we attempted ocean Stand Up Paddle boarding (SUP). SUP was harder than it looked. We want to try it again on a lake where the water moves slower.



Bicycling is our most frequent activity. Who can beat an activity where you can sit and exercise? As soon as the weather breaks in the spring, we are out riding. We start out slow, riding for six to ten miles. My bucket list includes a ride from Pittsburgh, Pennsylvania to Washington, DC, an outrageous thought when I weighed 274 pounds.

Boot Camp exercise is our newest adventure. The workout includes cardio, strength, and endurance for all fitness levels. Boot Camp works every muscle group and can be done anywhere, as it does not require any equipment. As I lead the class, I am thankful for Vince's support as we sweat and grow stronger together.

Here are some tips to consider as you and your spouse get fit together:

- Pick an activity you will **both** enjoy.
- Begin with ten to fifteen minutes a day, and then increase the time gradually.
- Support your feet to avoid injury with proper fitting shoes.<sup>2</sup>
- Schedule your fun and enjoy your time getting healthy together.

## Helen Baratta

**SPECIAL NOTE:** Join Helen at Summit 2016 in San Antonio this summer where she will share information about living intentionally and finding spiritual rest!

<sup>1</sup> <http://www.newswise.com/articles/improving-your-fitness-could-improve-the-fitness-of-your-spouse>

<sup>2</sup> *First Place 4 Health Member's Guide*. Houston, TX: First Place 4 Health, 2008. 185-99. Print.



## Devotional

# Food for Thought

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

JOHN 15 : 12

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  
Christian author and speaker  
Osprey, FL



**SPECIAL NOTE:** Christin will be the keynote speaker at Summit 2016 in San Antonio this summer!



## Upcoming Events

### Virtual FP4H Groups

Classes beginning in June

Contact: [barbara.amy@fp4h.com](mailto:barbara.amy@fp4h.com)

### Mississippi Area Training & Wellness Workshop

June 4, 2016

Rankin County Baptist Association

Building

Pearl, MS

Contact: [glenna@netdoor.com](mailto:glenna@netdoor.com)

### Wellness Rally

June 11, 2016

First Parish Congregational Church

Wakefield, MA

Contact: [kenhodgson184@gmail.com](mailto:kenhodgson184@gmail.com)

### Summit 2016 - San Antonio

July 14-16, 2016

Wayside Chapel

San Antonio, TX

Contact: [barbara.amy@fp4h.com](mailto:barbara.amy@fp4h.com)

### Virginia Area Training & Wellness Workshop

August 13, 2016

Great Bridge Baptist Church

Chesapeake, VA

Contact: [smaassel@comcast.net](mailto:smaassel@comcast.net)

### Southeast Wellness Workshop

September 10, 2016

South Carolina Baptist Building

Columbia, SC

Contact: [vicki.heath@fp4h.com](mailto:vicki.heath@fp4h.com)

### Southern California Area Training & Wellness Rally

September 17, 2016

St. John's Lutheran Church

Bakersfield, CA

Contact: [jldono9866@gmail.com](mailto:jldono9866@gmail.com)

### Wellness Week @ Round Top

October 6-13, 2016

Round Top Retreat

Round Top, Texas

Contact: [barbara.amy@fp4h.com](mailto:barbara.amy@fp4h.com)

*For more information about any of these events, please visit [www.FirstPlace4Health.com](http://www.FirstPlace4Health.com)*



# NEW RELEASE

Let JESUS be your  
trainer in this new  
Bible study.

## ON SALE NOW!



## Roasted Garlic Soup

2 large garlic heads  
1 clove garlic  
3 tbsp. olive oil  
2 bay leaves  
1 tbsp. unsalted butter  
2 c. onion

1 c. carrots  
1 large potato  
4 c. chicken stock  
1 tsp. salt  
½ tsp. fresh-ground pepper  
¼ c. heavy cream

Roast the garlic: Preheat oven to 350 degrees F. Using a serrated knife, cut the top off each garlic head so that the tip of each clove is exposed. Place the garlic heads on a large piece of aluminum foil and drizzle with 2 tablespoons of olive oil. Add the bay leaves and fold the foil to form a packet. Place the packet in the oven and bake for 45 minutes. Cool slightly. In a small bowl, squeeze the garlic head until all of the roasted flesh comes out. Discard outer husks and bay leaves.

In a large heavy-duty saucepan, heat the remaining olive oil and butter, add onions, and cook over medium heat until translucent--about 4 minutes. Add the carrots and continue to cook for 5 more minutes. Add the minced garlic and cook for 2 minutes. Stir in the potato, chicken stock, roasted garlic, salt, and pepper. Cover and bring the soup to a boil. Reduce heat to medium low and continue to cook for 35 minutes.

Using a blender, purée the soup in small batches until smooth. Return the soup to the saucepan over medium heat and whisk in the heavy cream. Heat until warmed. Do not boil. Keep warm until ready to serve. Serves 8

**Nutritional Information:** 158 Calories; 9g Fat (52.3% calories from fat); 3g Protein; 16g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 1800mg Sodium.

**Tracker:** 1 cup Vegetable; 1 tsp Fat.

## Edamame Salad

2 cups of Edamame  
1 Tbsp of olive oil  
Lemon zest (whole lemon)  
Lemon juice (half lemon)  
Salt  
Pepper  
Pecorino cheese (sprinkle)  
Mint

Part boil edamame and drain. In a bowl, whisk together olive oil, lemon zest, lemon juice and salt and pepper. Add edamame to bowl and mix. To serve, add shaved pecorino cheese and roughly chopped mint. Serves: 4

**Nutritional Information:** 60 Calories, 4g Fat, 11g Protein, 10g Carbohydrates, 4g Fiber, 8mg Cholesterol, 278mg Sodium

**Tracker:** 1/4 cup Vegetable



## Grapefruit Smoothie

- 1 grapefruit, peeled, seeds removed
- 1 large sweet apple, cored and skin removed
- 2 cups spinach
- 1 large ripe banana, previously sliced and frozen
- 2-3 ice cubes
- 1/2 cup orange juice (can use almond milk)

Add all ingredients to a blender (including reserved grapefruit juice) and blend until creamy and smooth. Add more liquid if too thick, ice to thicken, and banana or apple to sweeten. Serves 2.

**Nutritional Information:** 127 Calories, .5g Fat, 32g Carbohydrates, 2g Protein, 5g Fiber, 25mg Sodium

**Tracker:** 2 cups Fruit

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# POWER • FULL

Ephesians 6:10



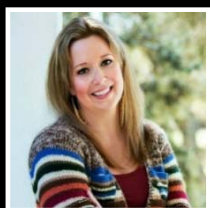
## #SUMMIT2016

Wayside Chapel  
1705 NW Loop 410  
San Antonio, TX 78213

Cost:  
\$129\*

Do you need hope for healthy living? Practical steps that will get you on track? Join us for two days of learning how small steps can lead to big changes. Who's invited? Anyone that wants to live a healthier, more balanced life!

~ Featuring ~



### Christin Ditchfield

Christin is an internationally syndicated radio host, popular conference speaker, and author of 70 books, including three First Place 4 Health Bible Studies: *A New Beginning*, *Living For Christ*, and *A Thankful Heart*. She blogs at [www.ChristinDitchfield.com](http://www.ChristinDitchfield.com).

### Eulalia King, Worship Leader

Eulalia is a gifted singer, songwriter, speaker and Bible teacher. In any place of ministry she is passionate about sharing the living hope found in Jesus Christ and by exuding His love to others. Eulalia is a member of Beth Moore's Houston-based Worship Team.



**Five rounds of seminars offered including:** Your Food Personality, Staying Strong, Leading for a Lifetime, Real Food Made Simple, Mindful Nutrition, Rest-FULL: A Spiritual Discipline, Intentional Living and more.



Carole Lewis



Vicki Heath



Karen Porter



Becky Turner



Lisa Lewis



Helen Baratta



Charlotte Davis



Lisa Rigoni



Delilah Dirksen

Visit [www.FirstPlace4Health.com](http://www.FirstPlace4Health.com) for more information or contact Barbara Amy at 800.727.5223 or [Barbara.amy@fp4h.com](mailto:Barbara.amy@fp4h.com). \*Price goes up to \$149 after 6/17/16 and \$159 at the door. Please help us to plan for you by registering early.

Optional Early Bird Workouts on Friday & Saturday Mornings.