



JULY NEWS

FIRECRACKER 400

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, including firecrackers, for us. 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 you don't go back to your old way of living; 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, depending on your fitness level.

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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, coleslaw and 1 cup watermelon. (See our burger recipes in this newsletter and on our website.)

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, avoid deep knee bends.)
- 20 jumping jacks (full or half—using just arms, not jumping)
- 25 reverse fly's (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 (on back)
- 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!

Vicki Heath



In Step with My Personal Trainer

Many years ago I was a mess! I was huffing and puffing going up stairs, my weight was out of control, and I had to take painkillers to get to sleep. The worst moment was when my knee gave way as I walked down my backyard steps. I knew I needed to do something about my weight, but I also knew I needed to spend more time in prayer. As I picked myself up that day, I decided I would get up about fifteen minutes earlier the next morning and walk—and I would pray.

The next morning The List whispered to me:

You are so tired.

You deserve to sleep in a bit more.

Besides, it's really dark out there!

Nonetheless, I would not listen to my own excuses anymore. What I really deserved was to get healthy so I could be my best self for my four kids, my husband, and my high school students. I started walking for fifteen minutes, but increased to an hour. And as I walked, I prayed. However, there was a lot of my-ness in those early weeks of prayers—my kids, my husband, my job. That all changed when I saw what I call the Single Daddy's Ballet. I was walking along Main Street in my small town in the Sierra Valley just before six in the morning, when a young father pulled diagonally in front of the daycare center, picked up a blanketed bundle, and handed that bundle to Mary, who was opening up the center. "Bye, Dada. Wuv you."

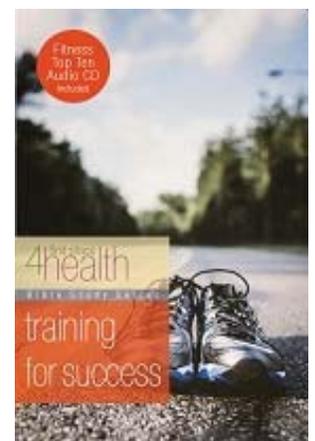
At that very moment I knew that God had me walking up and down Main Street not for my needs but for the needs of others. That's when I began prayerwalking with my Personal Trainer, asking for His eyesight so that I could pray for the people in the cars, houses, and businesses in my town.

Prayerwalking has changed my life. I lost two dress sizes and those aches and pains. The depression and fear that had clouded most of my adult life vanished. And I began partnering with my Personal Trainer in prayer and have been privileged to see many lives transformed in amazing ways. Prayerwalking is the ministry I now give my town—praying for all who come within my eyesight as I walk the streets—and it's a great spiritual and physical exercise because it is so simple.

First, start with a good pair of shoes and weather-appropriate clothing and sunscreen. I have clothing for all kinds of weather, including snow and ice. Next, make a commitment as to when you will walk. I now walk during the hour before sunset—so as to avoid some of the crazier wildlife. I do NOT want to be sprayed by a skunk again!

As you head out, ask God to direct your eyes to the needs in your community. Pray for families. Pray for marriages. Pray for hearts to be turned to God. Pray for your schools' teachers and local agencies such as law enforcement officers and firemen. Pray that your community becomes a light. Allow your Personal Trainer to change you...and your community as you partner with Him.

Janet Holm McHenry is the author of Training for Success, the newest First Place 4 Health Bible study, which focuses on the characteristics of Christ. She is a national speaker and author of 20 books, including the best-selling PrayerWalk: Becoming a Woman of Prayer, Strength and Discipline and Daily PrayerWalk: Meditations for a Deeper Prayer Life. She can be contacted through her website, www.janetmchenry.com.





Devotional

LET THE WORD OF CHRIST
 DWELL IN YOU
Richly,
 TEACHING AND ADMONISHING
 ONE ANOTHER IN ALL WISDOM
 SINGING PSALMS AND HYMNS
and spiritual songs
 WITH THANKFULNESS
 IN YOUR HEARTS
To GOD
 Colossians 3:16

Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.

COLOSSIANS 3:16

I love First Place 4 Health for many reasons, but one of the things that buoys me up is when the Holy Spirit calls to mind one of the many Scriptures I have memorized through the program, especially the Scripture put to music! The tips and skills I have learned and the encouragement I have received as we “admonish one another” in friendly Scripture memory competition, and as we sing psalms, hymns and Scripture verses, have been invaluable. I think the key word in Colossians 3:16 is “richly,” as this is the secret to growing true, authentic gratitude in our hearts, which can’t help but burst out in song (in my case, at least!).

I love being a “dorm mom” at our Christian summer camp, Camp Pitt. The girls always ask me what dorm I’ll

be in, for two opposing reasons. Either they’re not “morning people” and want to avoid me at all costs, or they get a kick out of being roused out of their slumber by my obnoxious rendition of “Rise and Shine” and other favorites. There’s really no escaping it, however. If I miss them at wakeup, I always embarrass, uh, I mean catch them in the breakfast line. “Everybody SING! Ri-ise, and shi-ine, and give God the GLORY, GLORY . . . children of the Lord!!” I have to steal my husband’s famous line when people ask him if he can sing: “Oh, sure I can sing. Not many people like the way I do it, but I can sing!” I know God’s ways are not our ways, and I sure hope that includes His hearing. I like to think He smiles when we sing to Him, no matter how it sounds to sleepy campers or other mere earthlings.

Prayer: Father, thank You for the gift of song and for Your Word, which make a dynamic combination. Thank You for the musicians that bring Your words to life in ways that reach into our hearts and allow them to dwell there richly. May You be pleased with our praises. Amen.

Action Item: Be willing to explore new ways of using music and Scripture together in your quiet time and in worship experiences. Write in your journal how different types of music make you feel as you try to express yourself to God.

Jeanne Deveau Gregory
Chatham, Virginia



10 Fun Summer Activities That Burn 50 Calories

Summer is here! Summer sparks our interest in getting outdoors. Whether it's a simple walk, or a bike ride to the park for a picnic, this season seems to motivate us to get out there and move. Quick bursts of activity that we may not consider exercise can be fun ways to get outdoors, enjoy the sunshine and squeeze in some exercise time in the process. Here is a list of 10 ways to burn around 50 calories (based on a 150-pound person). Combining a few a day can add up!

Go For A Bike Ride

It's the perfect outdoor activity, and fun for the whole family!

Play Frisbee

A quick six-minute game with friends will improve your hand-eye coordination.

Wash Your Car

Just 15 minutes of scrubbing will do it!

Play With Your Kids

Fooling around with your little ones is more of a workout than you might think. Twelve minutes of chasing them around could burn 57 calories! Ten minutes of hopscotch will do it too.



Do Some Yard Work

While it may not sound like the most fun outdoor activity, super-appealing Saturday afternoon activity, 10 minutes of yard work could help you burn 59 calories. Plus, you'll have a great yard to show for it!

Jump Rope

Five minutes of jumping can burn 59 calories.

Play Mini Golf

Putting around on a miniature course for 15 minutes will do it. Plus, who doesn't enjoy a little friendly (or not-so-friendly) competition?

Fetch With Your Four-legged Friend

Playing with your pet for 15 minutes can burn 50 calories!

Tread Water

While you're hanging in the pool or ocean, take some time to try to stay afloat without putting your feet down. Tally up 12 minutes, and you'll shed 54 calories!

Do Jumping Jacks

Drop 56 calories in just six minutes!

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Upcoming Events

South Carolina Baptist
Building

Columbia, SC

Contact: vicki.heath@fp4h.com

Summit 2016 - San Antonio

July 15-16, 2016

Wayside Chapel

San Antonio, TX

Contact: barbara.amy@fp4h.com

Southern California Area Training & Wellness Rally

September 17, 2016

St. John's Lutheran Church

Bakersfield, CA

Contact: jldono9866@gmail.com

Virginia Area Training & Wellness Workshop

August 13, 2016

Great Bridge Baptist Church

Chesapeake, VA

Contact: smaassel@comcast.net

Wellness Week @ Round Top

October 6-13, 2016

Round Top Retreat

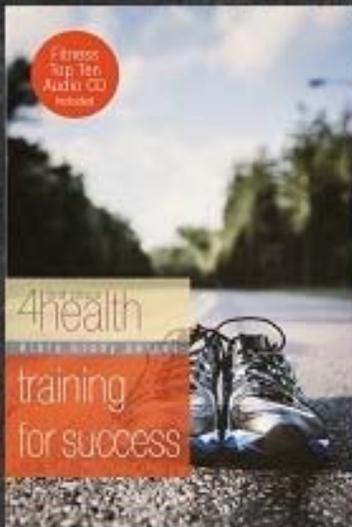
Round Top, Texas

Contact: barbara.amy@fp4h.com

Southeast Wellness Workshop

September 10, 2016

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



NEW RELEASE

Let JESUS be your
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Success Story ~ Ken Hodgson



In December 2014, I was going to try once again to lose weight. My health wasn't great—I was overweight with a new high for me at 284 pound. I had high blood pressure, severe sleep apnea, little energy, and had just been diagnosed with thyroid cancer. I was heading for trouble, as my health deteriorated, and I knew it. I've been overweight my entire adult life and the task of getting healthy seemed overwhelming.

I attempted to lose weight several times and was successful on occasion, but never successful at keeping the pounds off. Like so many, when the pounds came back, I ended up heavier than I started. I knew I needed to do something different; so I brought my problem to God for the first time and asked for His help. I thought my weight issue was my problem alone and I shouldn't be taking the issue to God. I am so glad I reached out to God for His support and guidance.

I received the idea from the Holy Spirit to check online for a Bible-based weight-loss program. I did my search and FP4H was the first program I saw. After reading about the program, I knew it was perfect for me and I was excited about getting started. I had never heard of this ministry and I remember thinking, "It is too good to be true and it probably isn't going to work out." On the FP4H website, I selected "Join a Group" and entered my zip code. I remember at the time being skeptical of finding a class nearby. To my amazement, Grace Chapel in Lexington, MA, had a new Monday night class starting in two weeks. I contacted the leader, Marilyn Bullock, and made arrangements to attend the Orientation. I attended and was graciously invited to join her group.

January 2015 was a bad month for snow, especially on Monday nights. Our first three classes were cancelled. Fortunately, I was able to pick up my books from Marilyn and kept up with the reading. I was in the Bible every day. In just that short time, my spirit was renewed and I grew closer to Jesus.

At the end of January, I had my thyroid removed. I had complete peace regarding the situation—I had no fear and was able to turn it over to God. My surgeon remarked a couple of times about my calmness and was amazed at my recovery. I remember eating that night and having nothing more than a sore throat for one day. My subsequent check-ups have all been fine and I pray asking God to continue to guard my health. If I hadn't started the program, I don't believe I would have had God's Peace to the degree I did.

I continued with the program and followed it to a "T". I was all in! I memorized my verses, exercised, tracked my food and did my daily quiet time. I prayed for my classmates and Marilyn and once we got by the snowstorms, I believe I had perfect attendance. So what happened in those 12 weeks? I gained new friends—this group of ladies at Grace Chapel loved me, prayed for me and encouraged me as I did for them. I have a special place in my heart forever for Marilyn being there for me at the perfect time. I imagine if Marilyn wasn't leading a class, I may have never connected with FP4H. I memorized a dozen



Continued on page eight



Continued from page seven

Scripture verses, lost 34 pounds and I received my 100 mile pin. Today I am down 50 pounds. My weight loss was obvious so I was often asked what I was doing. Every time I was asked, it was an opportunity to share my faith. As great as all that was, the best was my relationship with Jesus grew in a big way.

When I look back, I clearly see God's presence in this entire journey. It was on my heart to take the program back to my church to share this wonderful ministry. As of this writing I just concluded leading my fifth session. I am looking to our next classes in June 2016, where we will offer three different sessions with three different leaders! My prayer from my first day as a FP4H leader has been for God to use me in a powerful way in this ministry, and that I honor Him in all I do. With the growth of the program at my church and my recent selection as a Networking Leader for Massachusetts, I say in great humbleness that I know God is using me.

I love FP4H. My favorite part of the entire program is the celebration at the end of a session, and I get to hear the awesome testimonies of those in the class. I have witnessed many remarkable transformations! I am so grateful for the opportunity God has given me to be involved in this wonderful ministry!

Make the Most of Summer ~ Vicki Heath



Can I get an "Amen" for summer—Fresh veggies, kids sleeping late, summer camp, watermelon, Vacation Bible school, long daylight! It's the perfect time to ramp up some summer soul care. Here are four things you might want to incorporate this summer:

- **Fast from something.** I remember the summer we fasted from TV for the whole month of June. My goal was to get them out the door or at least reading something instead of watching something. The way the kids tell it, I paid them \$50 to not watch TV. Today it would be giving up some device time to be replaced with some family communication time.
- **Eat fresh.** I came home from church on Sunday and found a big bag of fresh squash on my porch. Tomatoes are not uncommon either. It's not a bad way to pay your Pastor. Most anywhere you live, summer is the time of the harvest—fresh veggies and fruit are plentiful. No need to eat processed foods. I took the "grand" kids strawberry picking for the first time in their lives. Brody was ecstatic when the farmer told him he could eat all he wanted as he picked. He went at it. We walked away with \$75.00 worth of strawberries.
- **Have dinner together.** Hopefully, your schedule is a little more relaxed in the summer. Take time and plan a family meal and eat it together at the table. It is actually a lost tradition in our culture. My son Mark will come by for supper and even if it is just he and me, he wants to have dinner at the table.
- **Do something for the kingdom.** Vacation Bible School, a family mission trip or project is just a few things we can do as a family. Next week is Bible school at my church and my two oldest grandkids are leading the music for the week. My daughter is teaching the four-year-olds.



Burger Fun!



Red, White and Blue Celebration 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.

Chipotle Burger

Combine one teaspoon chipotle Chile powder, 1/2 teaspoon kosher salt and one pound ground round. Divide into four equal portions and grill. Place on one Kaiser roll and top with salsa.

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.

Water Melon & Kiwi on a Skewer

- 1/4 cup sliced strawberries
- 1/2 cup vanilla low-fat sugar-free yogurt
- 1 tablespoon low-fat cream cheese
- 1 teaspoon fresh lemon juice
- 24 watermelon balls
- 2 kiwi fruit, peeled and cut into 12 pieces

Place first three ingredients in a blender; process until smooth. Cover and chill. Thread 1 watermelon piece and 1 kiwi fruit piece onto each of 24 skewers. Serve with sauce. Serves 8.

Nutrition Information: 41 Calories; 1g Fat (15.3% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 21mg Sodium.

Tracker: 1/4 cup Vegetable



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.

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

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~ 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.

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.



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Visit www.FirstPlace4Health.com for more information or contact Barbara Amy at 800.727.5223 or 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.