



AUGUST NEWS



My Trainer is Available 24/7

Hiring a personal trainer has become a very popular way for people to meet fitness goals. Lots of people are finally experiencing success. A trainer can help encourage you to do the things you may not want to do. A personal trainer can challenge you to do more than you even thought possible. A great picture of this is watching Carole Lewis do her strength training in the gym at Houston’s First Baptist Church. She is pushing heavy 15 pound weights over her head and is just about at her limit. Her trainer gently lays a hand on her arm and says “one more” and Carole does it! That is what a trainer can do for you. My problem is that I need this kind of encouragement in every area of my life—all the time.

As a fitness professional, I have seen all kinds of trainers with different techniques. There is the bossy, disciplinarian trainer who is quick to yell and tell you what you are doing wrong, using shame and humiliation. Yeah! That really works. I do that to myself; I really don’t need anyone else doing it. Then there is the “hands off” trainer who pretty much leaves you alone, not offering much help at all. I really don’t like being ignored, so that doesn’t work for me either. I need help.

In our new FP4H Bible Study *Training for Success*, author Janet McHenry says, “The best person who could coach us, the one we call our personal trainer, is Jesus Christ. While He was and still is fully God, He was also fully man during his 30 some years on this earth. The best thing about having Christ as a personal trainer is that He is available 24/7 through the Bible and prayer.”

Now that’s what I’m talking about. I need this kind of personal training with this kind of trainer. Jesus personally wants to be involved in our life training. Actually, that is what this life is about. It’s called the sanctification process—training in righteousness. It involves a transformation process that conforms us to the image of Christ. This process is not designed to happen overnight. In fact, it will take a lifetime—right up to the moment we leave this body and come face to face with Jesus.

So how do we make the most of this training time? There are probably a thousand things we can do but here are three:

- **Show up for the training.** Jesus spent time with His Father. He made time, even in his busy, healing, teaching and dead-raising schedule; he still had time to spend with His Father. Our daily devotional time in prayer and Bible study is our opportunity to review the tape on how well we played the game the day before. God uses this opportunity to say, “Look how well you did when that person insulted you.” “Way to go!” He also uses the time to gently show us where we totally dropped the ball. He never condemns or shames us, but calls us to repentance with his kindness. He teaches us how to be stronger, kinder and more like Him.

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- Plan on victory.** I recently traveled to Eastern Europe for ten days. I knew I would be out of my exercise routine, and I would not have access to the foods I normally eat. Before I left on the trip, I emailed my FP4H class and asked them to pray for me to be faithful to my wellness disciplines. I also asked them to let me email them my food tracker EVERY DAY while I was gone. I planned on being victorious and these steps of accountability only strengthened my resolve. I did not gain weight! In fact, I weighed less than when I left. I placed my faith in God and planned on the victory. It is true that “Faith is the victory that overcomes the world.”
- Make every day a training day.** I’m being transparent here: There was a time when going on a trip like the one above, I would have taken a vacation from my disciplines, using it as an excuse to sleep through my quiet time, eat whatever I wanted and as much as I wanted. No longer! I have finally learned that it is God’s plan for me to make every day a First Place 4 Health day.

Success is in the process—if we don’t give up.

Vicki Heath

SUMMIT 2016 NEWS



“Keeps focus on Jesus, not me!”

“God healed broken body, broken heart.”

“Restored, forever free from obesity.”

“God proved His word.”

These are just a few of the remarkable testimonies of what God has done through First Place 4 Health that were shared on Saturday morning at Summit 2016. Wow! It was a power-full moment and a testament of what God can do in all of our lives.

“No longer a closet eater.”



Healthy Nutrition Training



Hebrews 12:11: *No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.*

I don't know if you've ever felt this way with regards to your eating habits, but I think we can all identify with how training our minds and bodies to be stronger (literally and figuratively) can be tedious, in the least! However, God works everything for His children's good and has a perfect plan to prosper us and not harm us (Romans 8:28 and Jeremiah 29:11 respectively). Notice the benefits of training listed in Hebrews 12:11—righteousness and peace. How many of us are searching for just a little peace with regards to our eating habits? Wouldn't we all love to finally see righteousness flow out from this area of our lives? Becoming more like Christ in everything requires consistent effort and training on our part. He will meet us wherever we are, but we have to show up ready to labor if we want to see fruit produced in us.

When it comes to training yourself in the area of eating and nutrition, I think there are a few questions you should first answer. By taking an inventory of where you are, so to speak, you can better plan for where you want to go. This month, work on training yourself in the areas of food selection, food preparation, and mindful eating.

What is in Your Kitchen?

Start by taking an honest look at your pantry and refrigerator. What's in there? How would you rate it on a nutrition quality scale? If you don't make healthy foods readily available to you, chances are you won't be eating them very often! Your goal is moderation not perfection, but do yourself a favor and make whole grains, yummy fruits, crisp vegetables, low-fat dairy, lean meats, legumes, nuts and seeds, and healthy oils within your reach at home. Here are some tips:

- Replace white flour with whole wheat flour—It works just fine!
- Make fruit more accessible by cutting up a bowl-full on Sunday and snacking on it throughout the beginning of the week.
- Keep fresh veggies on the main shelves of your fridge if you find yourself forgetting them in the drawers and noticing them only once they've wilted or gone soggy.



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- If you would rather drink dishwater than skim milk, switch to 1% for now. Your taste buds will adjust eventually, and 1% milk is a much better choice over 2% or whole milk. You'll save at least 6 pounds a year and that's if you're only drinking 2 cups a day!
- As cold weather nears, try a vegetarian chili instead of one with animal protein. You'll get more fiber, less fat, and finally use those cans of beans collecting dust on your pantry shelves!

Who is Preparing Your Food and How are They Preparing It??

Most Americans spend half of their food budget outside the home—we really love to eat out! However, I know full well that when I eat out, I am putting some of my nutrition decisions in someone else's hands. Even if I choose a seemingly healthy entrée, I don't know everything happening to my food behind the scenes during preparation in the restaurant's kitchen. In order to better guarantee that what I'm ordering is truly what I want, I've trained myself to ask questions and make requests if necessary. I always ask for salad dressing on the side – that's easy enough! I also try to answer questions for myself by looking up a restaurant's nutrition facts online or asking for a copy at the restaurant. A colleague recently told me about how a popular Italian chain's lunch portion of spaghetti and meatballs with tomato sauce (for one) provides a whopping 1080 calories and 63 grams fat (34 grams of which are saturated)! Who would have thought one lunch entrée would provide around 65 percent of most people's calorie needs for the entire day! It pays to ask questions and do your homework. You can still eat out and you can still enjoy the spaghetti and meatballs, but you can enjoy them better when you plan ahead and bring a few friends to share them!

Eating throughout the day really helps to curb your appetite and cravings. I suggest you eat breakfast, a mid-morning snack, lunch, a midafternoon snack, and dinner. Simply, spread your calories around. I am, without a doubt, a breakfast-eater. If I skip breakfast, I spend most of the morning staring blankly at my computer screen and in a bad mood. I might not eat right after I get going in the morning, but I usually always have a balanced meal of around 300 calories by 9:00 a.m. – and I am much better for it! For those breakfast-skippers out there, please consider giving your metabolism a long overdue gift of at least a piece of whole grain toast, 1 tablespoon of peanut butter, and an 8 ounce glass of skim or 1% milk. Not only will your metabolism thank you by burning 6-8 percent more calories, your brain will appreciate the fuel (in the form of carbohydrate) to get going a little earlier! When it comes to snacks, I am a big supporter of them! They don't have to be large – maybe just 100-200 calories (a glass of milk and/or an apple with string cheese). This will help you from eating the entire lunch portion of spaghetti and meatballs I mentioned above. Also, remember to consider why you are eating. Are you truly hungry or are you frustrated? Are you stressed or nervous? I know by now that when I'm stressed, I should go on a walk before I attack the bag of chocolate chips in my pantry – there is no peace and righteousness in doing that! Usually, after the walk I may still have some chocolate (10-15 chips), but not half the bag! Train yourself to sense when you're truly hungry and when you're just bored, and practice doing things that prevent you from eating mindlessly (going on a walk, etc.)

After you know the answers to what, who, how, when and why, you will have an idea of which areas you need to spend some time in training. Reality checks rarely are pleasant, but working through them and training yourself to dodge the common nutritional bullets mentioned above really will bring you peace in this area of your journey and spill over as an example of righteousness to others!

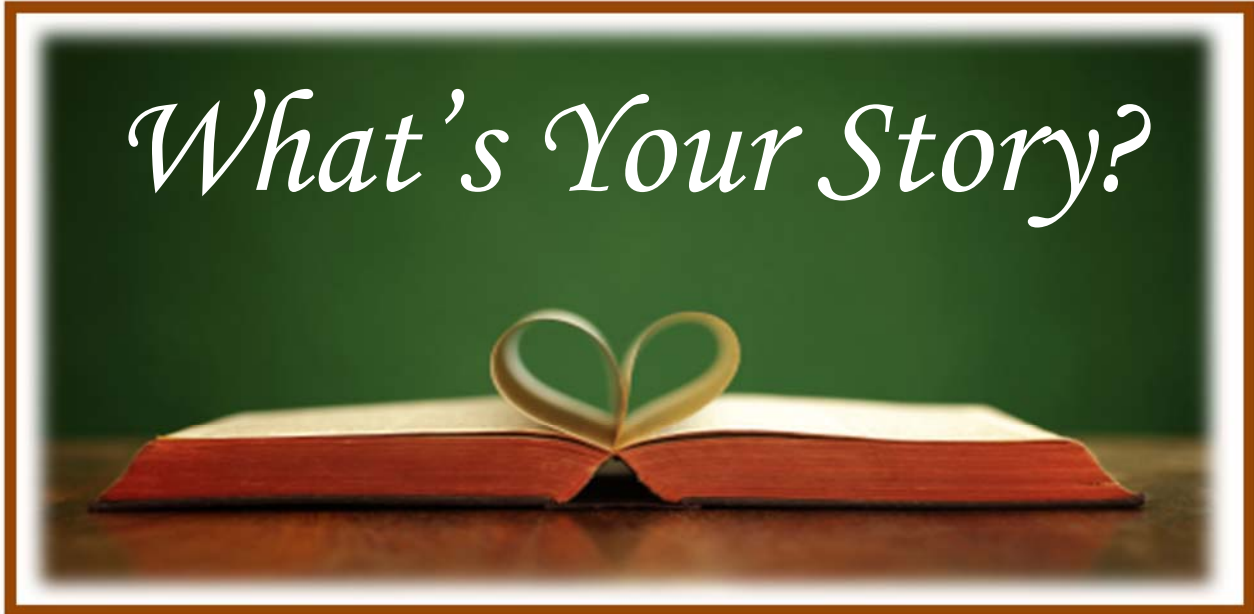
NEW PRODUCT

Lots of new items in the First Place 4 Health online store!

Over-sized Magnet for Your Car or Fridge
V-Neck “Power-Full” Performance T-shirts
Soft and Comfortable Tank Tops

New Studies – *Training for Success & A Joy-Full Season*
Cookbook – Coming in August!

Go to www.FirstPlace4Health.com and click Store.



What's Your Story?

What's your story? Your experience can inspire others and give them hope, whether you've lost 10 pounds or 75 pounds. You can inspire others whether your success is in your walk with the Lord, getting off medications, or overcoming a difficult situation. Please share it with us.

Send your story to mystory@firstplace4health.com. We'll send you a free gift as a small token of our thanks.



Help! I Need a Replacement ~ *Helen Baratta*

A successful leader identifies and develops people with potential. During my thirty years in corporate management, I always wanted people from my team selected for the next opportunity. When I spent time mentoring and empowering people, my team experienced success and professional growth.

In ministry, many groups are small with fewer than 10 members. Thinking about whom the next leader might be or what happens if the leader suddenly left is not high on the priority list. When a leader steps down or moves away suddenly, everyone is looking around for the replacement.

In the last ten years, our church's FP4H ministry grew from one group to six. As we multiplied, we developed new leaders from within. The following steps will help you identify and develop your future replacements or future leaders of new groups.



1. Ask God's guidance in identifying future leaders. Notice where God is working in their life:

- Who spends time with God and says "yes" to Him regularly?
- Who changed their lifestyle in line with God's plan?
- Who wants to help the people in the group?
- Who listens well and is helpful to people?

2. Ask the person(s) growing in Christ to handle some of your leader responsibilities:

- Greet, weigh and measure.
- Lead various parts of the meeting.
- Follow up with members who missed group.
- Reach out to new members to answer questions.
- Review Live It Trackers.
- Publicize and promote your next session.

3. Ask God for wisdom. When you believe the person is ready, ask them if they've thought of becoming a leader. Remind them of what they already do for the group. When I was first asked, I said, "No, I'm not ready." Several weeks later, my quiet time with God revealed I might not be ready, but it seemed God was ready for me to take the next step. I am thankful my leader continued encouraging me. I know now it's important to encourage people to pray and seek God first in leadership decisions. When we say "Yes" in response to a prompting from the Holy Spirit, we are more engaged and willing to stretch as we take on more responsibility.

4. Gradually develop your apprentice into a leader:

I do, you watch—the group leader handles everything, and the apprentice watches.

I do, you help—the group leader handles most of the leadership tasks, and the apprentice helps with some tasks.

You do, I help—the apprentice handles most of the leading, and the group leader helps.

You do, I watch—the apprentice handles all of the leading, and the group leader watches. The group leader may give a little help, but very little.

During a 12-week session, I gradually turn over responsibility to the new leader. At some point during the session, we announce and celebrate the new leader. Bravo, you've replaced yourself! Time to ask God for a new apprentice.



Success Story ~ Jeanne Donovan



The first time I was told that I needed to go on a diet was at the age of seven. My family was sitting down at the dinner table when my father turned to me and said, “Girl, you need to go on a diet.” As I dropped my head in shame, I visualized what a diet would entail. I would be locked away in our small town jail and be fed bread and water until I became slim and trim. Of course, I was never locked away, but my Father’s cruel words and ridicule were ever-present in the back of my mind. The fat jokes and comments came from others as well, so I hid behind my strong, tough, tomboy self-defense mechanism. Only God and my horse knew the truth as I shed tears in the dark corner of our barn.

As a college freshmen, I chose a career in law enforcement. I had to start exercising a little and lose enough weight to be hired by the California Highway Patrol and I finally made it. I was so out of shape when I reported to the academy. After I endured five grueling months of “boot camp,” I graduated in the best shape of my life! However, this was not going to last for long. In

the next five years my life did a complete turnaround. My career ended after three car accidents, a pursuit, a shooting, a fight and two back surgeries. In the midst of all of this, I met my wonderful husband, became “mom” to his spry son and lovely daughter, and gave birth to my two beautiful girls. I dearly loved my family, but I was fat, miserable and depressed.

Over the next 20 years, I tried numerous weight loss programs, but I kept losing and gaining the same 20 pounds. Health issues, along with chronic back pain, slowed my progress. In 2007, the Lord led me in the direction He wanted me to follow. I was in a Christian bookstore and just happened to come across a First Place 4 Health Bible Study and Carole Lewis’ book *Divine Diet*. From the moment I began reading and studying, I knew this was what I needed. I did the FP4H study by myself for several years and then in 2010, a girlfriend of mine from church prompted me to start a FP4H group. God made it very clear that this was His desire. I enjoy leading my group and encouraging the members to live a balanced life by putting Christ first. My walk with the Lord through FP4H has healed many of my wounds as well, and has made my family and I so much healthier.

I should have known, however, that God wasn’t through with me yet. In spring 2010, I was asked by Vicki Health if I would consider becoming a networking leader for California. I told her I didn’t feel I was qualified for that important position, but I would speak with my family and we would pray about it. My church group was also praying and encouraging me. The Leaders’ Summit was in July, so I told her we could talk again then. Upon arrival, I was still uncertain what I should do, but God knew! He had people set in appointed locations throughout the weekend to pray for me, encourage and direct me. As soon as I returned home, I applied for the position. In October 2014, 30 years after my last day with the CHP, I reached two milestones: I was selected to become the networking leader for California, and I achieved my goal weight having lost 36 pounds. I thank the Lord every day for this new opportunity to serve Him. He has also given me a sisterhood of FP4H friends who have continually prayed for me as the Holy Spirit knocks down my wall of toughness and I learn to live for Him



Jeanne Donovan is the Networking Leader for California. Join Jeanne Donovan, Carole Lewis and others at the Southern California Wellness Workshop on September 17th. Visit www.fp4h.com for more details.



Devotional

do it again and again

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly.

1 Timothy 4:7

A dear friend of mine was an ice dancer and spent countless hours on the rink doing the same four-minute routine again and again. I noticed that others would even break down the free dance and do a specific lift or jump that may only be 10 seconds long, dozens of times. Why? Because amateurs train until they get it right, while professionals train until they can't get it wrong.

The question before us today is, "Are we amateur Christians who do just enough to get by, or are we professional Christians who train ourselves to be godly?" To train ourselves in godliness takes three things: knowledge, practice and coaching. Obviously, the most logical place to gain knowledge about godliness is through the study of God's Word. But we can also gain knowledge by doing life with others. Want to know what a godly spouse looks like? Go hang out with someone who models that. Want to know how to run a business in a godly way? Read a biography of a businessman who does this.

The next step after gaining the knowledge is to start practicing what we know because to know and not do is sin (see James 4:17). The key point here is that it is practice—sometimes we will nail that jump and sometimes we will fall flat on our face. But regardless, do it again!!

Lastly, we all need a coach, a mentor, an older man or woman to walk alongside of us and encourage, direct and correct. It takes a huge act of courage to be willing to be vulnerable enough to allow someone into our lives to see the good, the bad and the ugly. But when we do that, not only will we grow but also we will impact those that are around us. So strap on those skates, grab a coach and hit the ice!! The kingdom of God is relying on us.

Action Item: In what areas do you need to shore up your training routine? More knowledge? More practice? A coach? Spend some time journaling your need to God and ask Him to show you the next steps you are to take.

Becky Turner
First Place 4 Health Speaker
Auburn, Georgia

This devotional is taken from Better Together, available at www.firstplace4health.com.



WE HAVE MOVED!

Our new address is:

2510 Church St.
Galveston, Texas 77550



Upcoming Events

Virtual FP4H Groups

Classes beginning in August

Contact: helen.baratta@fp4h.com

Virginia Area Wellness Workshop

August 13, 2016

Great Bridge Baptist Church

Chesapeake, VA

Contact: smaassel@comcast.net

Southeast Wellness Workshop

September 10, 2016

South Carolina Baptist Building

Columbia, SC

Contact: vicki.heath@fp4h.com

Southern California Wellness Workshop

September 17, 2016

St. John's Lutheran Church

Bakersfield, CA

Contact: jldono9866@gmail.com

Wellness Week @ Round Top

October 6-13, 2016

Round Top Retreat

Round Top, Texas

Contact: barbara.amy@fp4h.com

Fun & Fitness 4 Life Weekend

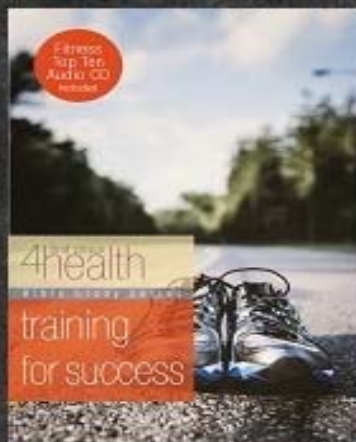
January 20-22, 2017

Sandy Cove

North East, MD

Contact: helen.baratta@fp4h.com

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



NEW RELEASE

Let JESUS be your
trainer in this new
Bible study.

ON SALE NOW!



WELLNESS WEEK RECIPES! Join us for Wellness Week in beautiful Round Top, Texas, on October 9-16, 2016, for a great week of fitness, inspiration and delicious healthy meals like these recipes. Look for information later in this newsletter or at www.firstplace4health.com under the Events tab.

Chicken Parmesan

- 4 4-oz chicken breasts
- 1 large egg
- 3 1/2 Tbsp. 2% milk
- 1/2 cup all-purpose flour
- 1/4 cup bread crumbs
- 1 Tbsp. extra-virgin olive oil
- 3/4 cup marinara sauce
- 1/2 cup shredded low-fat mozzarella cheese
- 1 Tbsp. grated Parmesan cheese
- 1 1/2 cups cooked angel hair pasta

Preheat oven to 400F. Slice each chicken breast in half to make eight 2-ounce medallions. Pound each medallion lightly with meat mallet until there is an even thickness throughout. In a small bowl, beat egg with milk. Dredge chicken medallions in flour, then in egg-milk mixture, then in breadcrumbs. In a large sauté pan, sauté chicken medallions in olive oil over medium-high heat for 3 to 5 minutes on each side, or until cooked through. Transfer cooked chicken medallions to a baking dish. Top with marinara sauce and sprinkle cheeses over the top. Place in oven and cook for a few minutes until cheese is melted and bubbly. Serve 2 chicken medallions with 1/3 cup cooked pasta. Serves 4.

Nutritional Information: 298 Calories; 8.5g Fat; 19g Protein; 39g Carbohydrate; 3g Dietary Fiber; 27mg Cholesterol; 818mg Sodium.

Fresh Fruit with Lemon Cream

- 4 ounces reduced-fat cream cheese
- 3/4 cup low-fat vanilla yogurt
- 1 teaspoon honey
- 2 teaspoons freshly grated lemon zest
- 2 cups fresh blueberries or mixed berries

Using a fork, break up cream cheese in a medium bowl. Drain off any liquid from the yogurt; add yogurt to the bowl along with honey. Using an electric mixer, beat at high speed until light and creamy. Stir in lemon zest. Layer the lemon cream and berries in dessert dishes or wineglasses. If not serving immediately, cover and refrigerate for up to 8 hours.

Nutritional Information: 156 Calories, 6g Fat, 22mg Cholesterol, 19g Carbohydrates, 6g Protein, 2g Fiber, 151mg Sodium



Ancho Chicken Tacos with Cilantro Slaw and Avocado Cream

- 1 pound skinless, boneless chicken breasts, cut into 1/4-inch strips
- 3/4 teaspoon ancho chile powder
- 1/2 teaspoon garlic salt
- 1/4 teaspoon ground cumin
- Cooking spray
- 1/8 teaspoon grated lime rind
- 2 tablespoons fresh lime juice, divided
- 1/4 cup light sour cream
- 2 tablespoons 1% low-fat milk
- 1/2 ripe peeled avocado, diced
- 2 cups packaged slaw
- 1/2 cup thinly sliced green onions
- 1/4 cup chopped fresh cilantro
- 1 tablespoon canola oil
- 1/4 teaspoon salt
- 8 (6-inch) corn tortillas

Heat a large skillet over high heat. Sprinkle chicken evenly with chile powder, garlic salt, and cumin. Coat pan with cooking spray. Add chicken to pan; cook 4 minutes, stirring frequently. Remove chicken from pan. Combine rind, 1 tablespoon juice, and next 3 ingredients (through avocado) in a blender or food processor; process until smooth. Combine remaining 1 tablespoon juice, slaw, onions, cilantro, oil, and salt, tossing to coat. Heat tortillas according to directions. Divide chicken mixture evenly among tortillas. Top each tortilla with about 1 tablespoon avocado mixture and 1/4 cup slaw mixture. Serves 4.

Nutritional Information: 319 Calories, 11g Fat, 30g Protein, 25g Carbohydrate, 5g Fiber, 72mg Cholesterol, 1.3mg Iron, 385mg Sodium

Wellness Week in Round Top, Texas

October 6-13, 2016



Space is limited. Sign up today! >>