



**April News**



Are your dreams of your best life somewhere way off in the future? Are you thinking the day you reach your weight goal will start your best life? Maybe you are thinking that when you finally get the kids launched or when your day of retirement comes, that will begin Your Best Life Ever? Hey! What are you waiting for? FP4H Summit wants this year to launch Your Best Life Ever! We have the BEST speakers: Candy Davison, Charlotte Davis, Lisa Lewis, Becky Turner, Finda Guyton, Helen Baratta, Mary Ward, myself and our own Carole Lewis—all preparing to help you live **Your Best Life Ever**.



Gwen Smith

We have the best new Bible study being released especially for Your Best Life. We also have the best, new ancillary products, which consist of a new prayer/food journal! And the best and most exciting part of our event—a VIP option on Friday night—hanging out with our speakers, samples of our new products, and a value-packed door prize giveaway. Included are a free wellness week, a week at Edisto Beach Retreat, a CLASS Seminar registration, weekend in the Virginia Mountains and much, much more. Our fabulous new VIP event is limited to the first 50, so claim your spot and sign up quickly.

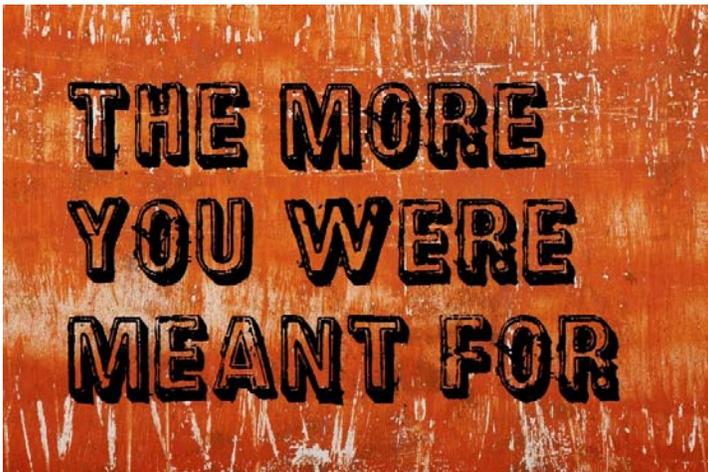
And one more thing, we have the BEST keynote speaker: Gwen Smith! She will lead in heavenly worship, along with her witty and inspiring messages of “I Want it All!”

Mark your calendar, call grandma for the kids, kennel the dogs, buy your plane ticket and plan on the BEST TIME EVER!

See you in Atlanta.



**Vicki Heath.....vicki.heath@fp4h.com**



It was a photo of a waffle iron. Her status update on social media said seven simple words about the picture. *I want these two buttons for life*: RESTART and A BIT MORE. There – in stainless steel simplicity – was the longings of a friend with complicated challenges. I understood right away and I share in her longings for a *restart*... and *a bit more*. Because life is full of pain that stirs our hunger for something better. Something more. Something miraculous and full of promise. We want the hurts to stop and the healing to start. Now.

IF ONLY we could overcome our trials by pushing a few buttons. We do try, though. Don't we? With wine, men,

shopping, status, service, food, or even with working out... none of which point us in the direction to the more we long for. The pressure drives us low, and burdens us with a weight we aren't meant to carry. And in the heaviness of it all, the Bible points to a hope that remains in Christ. When we call to the One who is all about *restarts* and *more* – His grace meets us there. In the pain, the disappointment, the bitterness, the anger, and in the hopelessness.

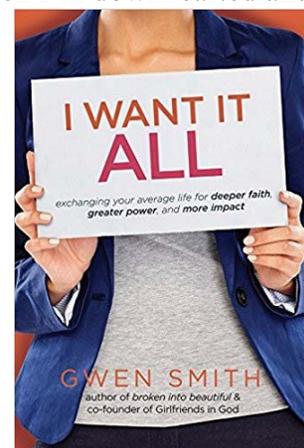
When the apostle Paul pleaded with God to make his life “more” by removing the thorn in his side, the Lord told him, **“My grace is sufficient for you, for my power is made perfect in weakness.”** (2 Corinthians 12:8-9) I read this and wonder just how much of God's strength and grace – how much of His *more* – goes untapped in my life because I simply fail to ask for it or believe He actually cares enough to intervene. If His strength is made perfect in my weakness, as it was in Paul's, then why do I often still feel weak?

Perhaps the strength God provides through His grace is about a lot more than my feelings and my failures. One thing I know for sure is that my emotions are unreliable. And I KNOW God! He is faithful, He is always with me, His ways are higher and His thoughts are more comprehensive than mine. I know He lifts my head when I'm downhearted and His compassion for humanity is white hot like a flame.

The more we're meant for is found in Jesus Christ. He took on death so you and I could take on life - a life of more that offers hope to mankind. HE is the more you are meant for.

Excerpt from I Want it All:

*When we focus our gaze on perfect Love, you and I can confidently say, “I want it all, all the love God has for me. I want a sacred awareness that shatters my indifference. I want a raging revival deep within to drive the temperature of my faith beyond lukewarm. I want to hear every whisper that the Word speaks to my heart. And I want to embrace my loving heavenly Father, who is patient, kind, full of compassion, slow to anger, and deeply in love with me.”*



*I want all of Him.  
Every ounce of the Love that never fails.  
Every ounce of Jesus.  
Yes, I want it all.*

Gwen Smith.....www.gwensmith.net



As we head into spring, our thoughts turn to cleaning out closets and garages, but there's another place you might want to consider in your spring cleaning plan—your pantry. Here are some tips to get you started.

1. **Before heading to the store,** “shop” your pantry to find ingredients you already have for easy, tasty recipes. Homemade soup is a great way to use a mixture of pantry ingredients such as pasta, dried beans, canned vegetables, spices and grains. You can find a great recipe later in this newsletter.
2. **Designate items for donations** that you know you won't use. It's easy to find a local food bank with Feeding America's food bank locator - <http://feedingamerica.org/foodbank-results.aspx>.
3. **Place older foods first on each shelf and newer foods behind** them so that the older foods get used up first. Place frequently-used items on shelves that are easy to reach.
4. **Label each item with the date** it was purchased, especially if you're using reusable containers for your dried goods. Labeling cans also help you identify which grain is which if you're storing in bulk containers.
5. **Use extras of these items in other ways:** Baking soda is great for cleaning your home: olive oil and sugar make a luxurious DIY body scrub, straws can unclog ketchup bottles, an old can becomes a cookie batter cutter and coffee filters can serve small portions of chips and popcorn.
7. **Create a shelf of healthy snacks** for you and your kids (or grandkids), which are easily accessible. It will make kids feel self-sufficient and can make your own healthy choices at snack time easier to make.
8. **Store like items together** to prevent over-buying and save time knowing exactly where to look for certain staples.



**Lisa Lewis.....[lisa.lewis@fp4h.com](mailto:lisa.lewis@fp4h.com)**  
*Author of Healthy Happy Cooking, available in the First Place 4 Health online store.*



## WINNING UPPER BODY STRENGTH

try the one-minute pushup test. It is a fantastic way to test your upper-body strength and endurance of your core, chest, and arms. Do as many pushups as you can in one minute by pressing yourself up with arms fully extended and lower yourself back until your chest is three inches from the floor (but do not touch your body to the floor). Men will assume a traditional push-up position, and females can use the modified push-up position (on knees). Then use the following chart with the age-adjusted standards based on guidelines published by the American College of Sports Medicine:

After the push-up test, think about how much time you spend rolling your shoulders forward throughout the day in activities such as hunching over the phone, computer, and/or desk, or driving. These activities cause an imbalance in our posture. Muscles in our upper body, mainly the upper back trapezoids and latissimus dorsi, help maintain good posture. The best way to achieve proper posture is to tone your back and shoulder muscles to hold the top half of your body in an upward position.

Upper-body muscle strength can prevent injuries as we age. In the story of Moses, Bible scholars believe that he was over 80 years old when he led the Israelites. Unfortunately, we naturally tend to lose muscle as we age, even up to 40 percent by the time we reach our 60s. How many times a day do you use your upper body to do activities such as reaching, pulling, pushing, and lifting? Having a strong upper body improves your flexibility, mobility, and range of motion as you mature. Muscles in your lower arms allow functionality to grasp, flex, and extend your hand, and perform fine motor skills. Muscles in the upper arm are important for pushing and pulling. Muscles in the shoulder assist in moving your arm away and toward your body, over your head, behind your back, and toward your front. Arm rotation is also controlled by your shoulder. Most activities you perform daily would be limited by an inability to perform the aforementioned functions.

There are many options available to maintain and increase your upper body mobility, flexibility, range of motion, and strength. Simple exercises can be found in books, DVDs, online sources, or through participation in strength-training classes or time spent with a personal trainer or physical therapist. Always seek the advice of a professional for any specific questions related to your personal health. Begin today toward your winning upper-body strength!

Whenever I'm less than motivated to exercise my upper body, I'm inspired by the story found in Exodus 17:8-16. Joshua and the Israelites were fighting the war with the provoking Amalek, and whenever Moses raised his hands, Israel was winning. When Moses lowered his hands, Amalek was winning. Moses' arms began to fatigue, so Aaron and Hur held up his hands on each side. The Bible says, "his hands remained steady until the sun went down," with a combination of all three men's upper-body strength. Joshua defeated Amalek and its army in battle. Besides winning battles, here are upper-body strength tips for you.

To find out your current level of upper-body strength,

**Ratings for Men (Full Pushups), based on Age**

	20-29	30-39	40-49	50-59	60+
Excellent	> 54	> 44	> 39	> 34	> 29
Good	45-54	35-44	30-39	25-34	20-29
Average	35-44	24-34	20-29	15-24	10-19
Poor	20-34	15-24	12-19	8-14	5-9
Very Poor	< 20	< 15	< 12	< 8	< 5

**Ratings for Women (Modified Pushups), based on Age**

	20-29	30-39	40-49	50-59	60+
Excellent	>48	>39	>34	>29	>19
Good	34-48	25-39	20-34	15-29	5-19
Average	17-33	12-24	8-19	6-14	3-4
Poor	6-16	4-11	3-7	2-5	1-2
Very Poor	< 6	< 4	< 3	< 2	< 1



## Devo

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**PRAY IN THE SPIRIT**  
.....  
**AT ALL TIMES AND**  
.....  
**ON EVERY OCCASION.**  
**STAY ALERT AND**  
**BE PERSISTENT IN**  
**YOUR PRAYERS FOR ALL**  
**BELIEVERS EVERYWHERE.**  
**-EPHESIANS 6:18**

I have started a prayer journal many times with the best of intentions only to give up after a few days. I wanted to have an effective prayer life, but it never seemed to work for me. It really bothered me, because the people I admired the most were faithful in journaling.

Carole Lewis often talks about how she has kept a prayer journal for years. When she is writing a book, she often looks back into her journals to be sure that her memory is correct about some incident or person she is writing about. One day we were talking, and I expressed my frustration to her about my difficulty in keeping a journal. My handwriting is so awful that sometimes I cannot read what I wrote the day before. I told Carole I wished I could do my prayer journal on my computer and she said, "Why not?"

Now I look forward to sitting down at my computer and pouring out my heart to my Heavenly Father. I

can type much faster than I can write, and I can read it when I am done. I put the date and where I am reading in the Bible that day. Then I talk to the Lord. From time to time, I print it out and put it in a notebook. Every day when I start to read my Bible, I open my prayer journal and read what I wrote a year ago. It is amazing how some things that seemed so overwhelming at the time turned out to be so unimportant. Other times, I see how God has done an amazing thing in my life. It is so affirming to see how God has worked in my life over the course of a year. It also reminds me of things that have happened in the lives of others so that I can share a word of encouragement with them.

**Action Item:** Why not try keeping a prayer journal by hand or by computer? I promise you that it will change your life.

**Prayer:** *Father, thank You for allowing me to bring everything to You, no matter how small or how large. I pray that You will bless Carole for encouraging me to start my prayer journal.*

**Dee Matthews**  
Sugar Land, Texas



## Upcoming Events

**Nevada/Northern California Wellness Workshop**  
April 1, 2017  
Reno, NV

**Nacogdoches Texas Wellness Workshop**  
April 8, 2017  
Nacogdoches, TX

**Victory Celebration – SC**  
April 18, 2017  
Six Mile, SC

**RESTORE**  
April 28-30, 2017  
Kansas City, KS

**Wellness Workshop – North East**  
May 6, 2017  
Wakefield, MA

**Summit 2017 ~ Best Life Ever!**  
July 21-22, 2017  
Newnan, GA (Atlanta Area)

**Pennsylvania/Ohio/West Virginia Wellness Workshop**  
July 29, 2017  
Oakdale, PA

**Wellness Week**  
October 12-18, 2017  
Round Top, TX

**Did You Miss a Webinar? No Problem!**  
You can find all our webinars (and more!) on our YouTube channel –  
[www.YouTube.com/FirstPlace4Health](http://www.YouTube.com/FirstPlace4Health)

**Interested in hosting a FP4H event in your area?** Contact Helen Baratta at [helen.baratta@fp4h.com](mailto:helen.baratta@fp4h.com) to find out how.



## Best Life Ever! #SUMMIT2017 Atlanta, GA

**You're invited!**

**The biggest FP4H event of the year is in Atlanta, GA this summer.**

**Join others from across the country at this two-day event.**

**Gwen Smith, author and co-founder of Girlfriends in God will be the keynote along with other great speakers from around the country.**

**You will love all the new surprises this year, including a new VIP option, fabulous giveaways and much more.**

**Mark your calendar right now to join us this summer!**



## Beef & Barley Soup

cooking spray  
2 cups chopped onion  
1 lb. chuck steak, trimmed and cut into ½-inch cubes  
1½ cups chopped peeled carrot  
1 cup chopped celery  
5 garlic cloves, minced  
1 cup uncooked barley  
5 cups fat-free, beef broth  
2 cups water  
½ cup no-salt added tomato puree  
½ tsp. kosher salt  
¼ tsp. freshly ground black pepper  
2 bay leaves

Heat a large Dutch oven over medium heat. Coat pan with cooking spray. Add chopped onion and beef to pan; cook 10 minutes or until onion is tender and beef is browned, stirring occasionally. Add chopped carrot and chopped celery to pan; cook 5 minutes, stirring occasionally. Stir in garlic; cook 30 seconds. Stir in barley and remaining ingredients, and bring to a boil. Cover, reduce heat, and simmer 40 minutes or until the barley is done and vegetables are tender. Discard bay leaves. Serves 6

**NUTRITION:** 338 calories; 12g fat (28.1% calories from fat); 28g protein; 39g carbohydrates; 8g dietary fiber; 49mg cholesterol; 738mg sodium.

**LIVE IT TRACKER:** 1 oz.-eq. meat, 1½ oz.-eq. grain, 1 cup vegetable

**Healthy Hack:** A big pot of hot soup can be the most beautiful thing in the world, especially on a cold day. You don't need a recipe. Just chop whatever vegetables you have around and sauté in some olive oil in a big pot with the seasoning of your choice. (If you're using chicken, chop it up, and sauté that first.) Add a can of rinsed beans and sauté for another minute or two. Add stock, bring to a boil. Reduce the heat to simmer, cover, and cook for about 20 minutes. If you want noodles, add them at the end.

## Kale Salad with Quinoa and Strawberries

1 tsp. minced garlic  
pinch of salt  
½ tbsp. extra-virgin olive oil  
2 tsp. red-wine vinegar  
pinch of ground pepper  
3 cups lightly packed kale  
½ cup cooked quinoa  
½ cup sliced strawberries  
1 tbsp. salted  
pumpkin seeds

Mash garlic and salt together to form a paste. Whisk the garlic paste, oil, vinegar and pepper together in a medium bowl. Add kale; toss to coat. Serve topped with quinoa, strawberries and pumpkin seeds. Serves 1

**NUTRITION PER SERVING:** 330 calories; 20g fat; 9g protein; 31 g carbohydrate; 6g fiber; 0mg cholesterol; 186mg sodium; 598mg potassium.

**LIVE IT TRACKER:** 1 cup vegetable, ½ cup fruit



## Chocolate Zucchini Cake

nonstick cooking spray  
½ cup butter  
1¾ cups sugar  
½ cup light sour cream  
2 eggs  
1 tsp. vanilla  
2½ cups unbleached flour  
¼ cup cocoa  
½ tsp. baking powder  
½ tsp. salt  
1 tsp. soda  
1 tsp. cinnamon  
2 cups grated zucchini  
½ cup chocolate chips

Preheat oven to 325° F. Spray a 9" x 13" baking pan with cooking spray. In a large mixing bowl, cream margarine, sugar and sour cream. Add eggs and vanilla, and beat well. Stir in flour, cocoa, baking powder, salt, soda and cinnamon. Fold in zucchini and chocolate chips. Spread in the prepared pan. Bake for 50 minutes or until toothpick inserted in center comes out clean. Sprinkle with powdered sugar. Serves 16

*All the recipes in this issue taken from **Healthy Happy Cooking**, available now in the online store at [www.fp4h.com](http://www.fp4h.com).*

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