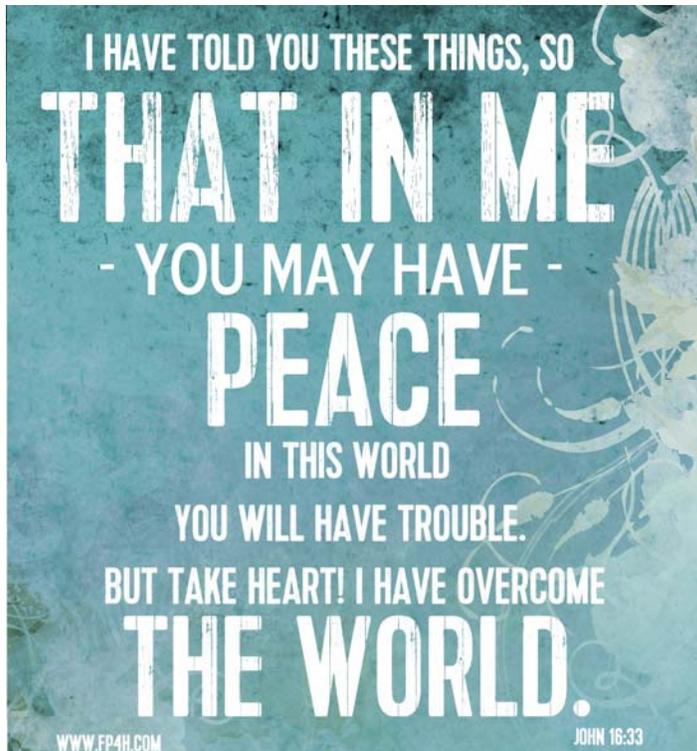




October News



WE ALL GOT SOMETHING

What are you dealing with today? Anything causing you to lose sleep or be anxious? Of course there is! It's been one of the most eventful years in history. I'm writing this in a hotel room in Charleston, SC, thanks to Hurricane Irma. We have no power, no water, no cable and no Wi-Fi at my house. I have to say my anxiety meter has been running nonstop for about two months now. As many of you know, our distribution warehouse is located in Galveston, TX, which was right in the path of Hurricane Harvey. The warehouse remained high and dry and we are so thankful. It could have been nerve-racking texting with Lisa Lewis through the storm, but so many of you were praying for our materials; it saved us both from a nervous breakdown. But what about Houston? Our beautiful FP4H heritage started in Houston! On top of the Galveston issue, we were concerned for Carole Lewis, Lisa Cramer, Karen Porter and hundreds of other members of our FP4H family. Then the terrible fires all through Montana. The smoke has been seen as far away as Canada. Much of our

beautiful, natural forest land is totally destroyed. Some of you have sons and daughters on the front lines risking their lives fighting these fires. And then the latest storm, Hurricane Irma—yikes!

No one has been left out. We all got something, because storms come in many forms. My dear friend just found out her husband has esophageal cancer. Some of you may be dealing with the stress of a wayward child. Thousands are seeking help with addictions. My heart breaks as I see a grandmother post on Facebook the anniversary of the death of two of her grandchildren in a horrible car accident. How in the world do we cope? Life is a lot with which to deal. You might be feeling anxious and stressed because issues from disasters are yet to be resolved. The constant stress of going from one emergency to another will certainly take a toll on the body as well as the spirit. Somehow, we have to manage and rise above the stress and problems that come from living in a fallen world. That somehow is only by the power, peace and presence of Jesus Christ.

There are some simple faith things you can practice, and I am speaking from personal experience on this one, to help you cope. Restoring emotional wellbeing and a sense of control is essential to coming out healthy on the other side of a hurricane or other traumatic experiences. How about these:

- **Practice acceptance.** My friend Dixie says engaging in worry is practicing atheism. Worry will not do a thing to calm your anxious heart and will not chase away the storm. Jesus said on the Sermon on the Mount that all of this worry would not add a single thing to your life. Psalm 55:22 says "Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken."



Continued on page two



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- **Trust.** We do not always understand the mind or will of God. His ways are not our ways. We trust in His Sovereignty. He promises to take all of the details of our life, blend them together and use them for our good and His glory (Romans 8:28).
- **Remember.** You have managed other hardships in your life through the faithfulness of our God and He will get you through this too. I love this verse: Psalm 91:4. “He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.” I look back through the years and see God’s mighty hand over me: hiding me, protecting me and taking the brute of the pain for me. I am grateful for those memories.
- **Mourn.** It is okay to mourn the loss of your stuff. Mourning does not mean you are a materialistic person. It means you are a caring person and you appreciate the things God has given you. Last year, Hurricane Matthew took from us my favorite water oak. It was so huge its canopy shaded my entire back porch. I still feel the intensity of that emotion when I sit on my back porch. I miss that tree.
- **Take a break** from the news and the Internet. Though I appreciate the news stations trying to prepare us for catastrophe, watching replays of worse-case scenarios can be depressing or it can have the opposite effect and spike our adrenals. And the Internet is not always helpful. When I was diagnosed with RA, I quickly searched the internet to see if my doctor was right. He quickly reminded me that my Internet search was not the same as his medical degree. Reading all that stuff was actually confusing and robbing me of my peace.

These are simple things, not really anything brilliant. I pray you are making your way back from whatever your something has been. To quote my favorite book, John 16:33, “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” Thank you, Jesus, for saying that.

Safe In the Storm,

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

A woman with dreadlocks, wearing a pink tank top, is laughing joyfully in a gym. She is leaning forward on a wooden floor. In the background, there are stacks of colorful exercise mats and large arched windows. The text 'WEBINAR' is in the top left, 'OCT 8TH' is in the top right, and 'MOVING CHANGES EVERYTHING with Vicki Heath' is in a white banner at the bottom.



De-Stress ~ *Helen Baratta*

Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress (1 Timothy 4:15).

Celebrate
— EVERY —
VICTORY

Hitting my first weight-loss milestone underwhelmed me. I lost 25 pounds, 10-percent body weight reduction. Who cares? I still had 91 pounds to go; I'd been there before. Big deal! This time, though, was different.

My FP4H materials challenged me to identify a non-food related reward that I could gift to myself. I settled on treating myself to a luxurious full body massage. During this massage, I relaxed fully and thanked God for the weight loss.

I enjoyed this indulgence so much that I decided I would get a massage each time I hit a 10-pounder goal—one at 228, 218, 208, 198 and so on all the way to 158. As the masseuse kneaded my body, I

begged the Lord to continue my physical restoration. I learned to praise my progress with each passing pound. Over the long journey, each massage came to symbolize a glorious reward for keeping to my limits and having “this time” be different.

Be careful if you are focusing only on the weight loss. It is critical to celebrate all our healthy outcomes. I asked my group to share the challenges and changes they made the prior week, no matter how unique. For instance:

- I tried broccoli for the first time, and I didn't puke or die... Yay!
- I walked for five minutes each day instead of zero minutes.
- I tracked my food for five days this week. Hooray! When it comes to tracking, it's important to praise, praise, praise.

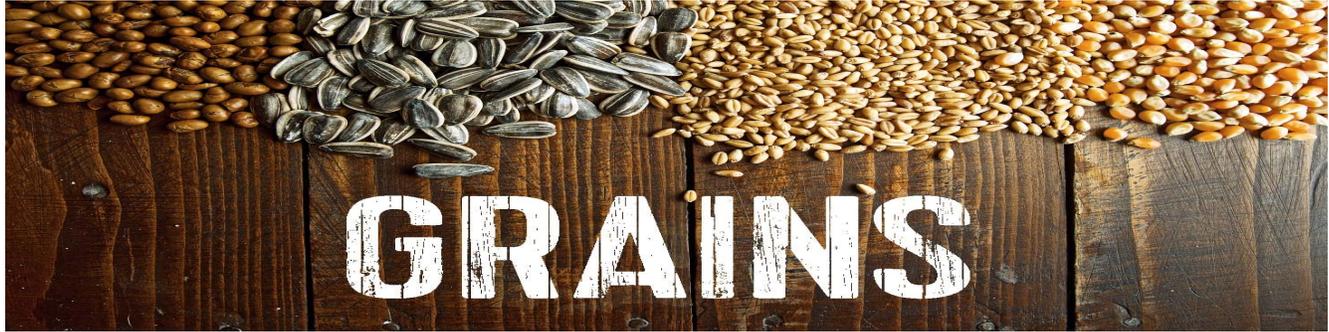
Ask yourself, “What change happened this week?” Experience God's blessings as you praise Him for the changes you've made in your life. Your changes honor Him. Our Heavenly Father cheers from the sidelines. He's the proud parent or grandparent when we hit the ball off the T-ball stand for the first time, then continuing to cheer when we make it to first base for the first time, second time and third time. Embrace the change and enjoy His praise from heaven.

When I look back at my weight loss, I averaged 25 pounds a year. If you told me at the beginning that it would take me four years to lose the weight, I'm not sure I would have started. When we are praising God, and thanking him for what he is doing in our life, we are sticking to our guns and battling as we keep going. When we stop celebrating, we begin listening to the negative voices in our head. We risk becoming sidetracked and miss the blessing. To be honest, the journey is full of blessing after blessing. The journey itself is a blessing. Once you've mastered that fact, you are not just a weight loser but also a true winner. Praise the Lord for the healthy choices you've made for HIM.

Helen Baratta.....helen.baratta@fp4h.com
Helen is an author, speaker, coach, group leader, triathlete and nationally certified fitness instructor. She serves as Director of Development for First Place 4 Health. Check out her newest book: *Restored! Embracing Weight Loss God's Way*--available in the FP4H online store.



Ask the Dietitian



Can you help me answer the following question that came up for discussion last night at our meeting? Many see grains as bad or a sure way to gain weight/or lose weight. I have personally eliminated a lot due to a season of following Paleo. Another member was told to limit her carbs because she is pre-diabetic. Can you give me some info to share on this topic and encourage grains with a scientific/God background?

Your question about grains comes up quite a bit. There has been so much confusing media attention to grains in recent years, much of which falsely puts them in a bad light overall. You have done well to speak a lot about the quality of grains in your classes--that is the best start to "undoing" the damage. Continue to encourage them to focus on **whole** grains for the vast majority of their daily grain choices, if not all of them.

The main problem Americans have with grains is that we all tend to eat WAY MORE of them than we actually need, resulting in consuming more calories than we need, which results in weight gain. If we only eat the recommended number of ounces of grain on the FP4H food plan chart, there is a positive impact on health according to huge amounts of research. And most of this research involves the consumption of whole wheat products, which are the ones that seem to be targeted as "bad" by several fad-diet-crazed groups. Tell your groups that all of the major health organizations (Academy of Nutrition & Dietetics, American Diabetic Association, American Heart Association, American Cancer Society) advocate the consumption of whole grains (in the amounts recommended on the FP4H food plan) to stay healthy. For diabetics/pre-diabetics, the number of grains for their calorie level should stay the same, but they need to distribute them evenly throughout the day for the best control of their blood sugar levels. For instance, if their calorie level is 1300-1400, which has 5 oz. of grain per day, a good sample meal plan would include maybe 1 oz. at breakfast, 1 oz. at lunch, 2 ounces at supper, and another ounce at a snack (between whatever meals had the longest break between them, or at bedtime. It is also best to include some protein alongside the grain (like milk or meat/other protein foods) to have a "balance" of fuel for the body.

You can also tell them that grains, since primarily carbohydrate, easily break down to glucose, the brain's preferred fuel. You have to have glucose in your bloodstream consistently for your body and mind to operate properly. When I worked in a hospital setting, I came in contact with people who had followed very low carbohydrate diets for several weeks who ended up feeling weak and sluggish, to the point of having to be admitted to the hospital. This is because when you don't give your body adequate carbohydrates, it is forced to break down muscle tissue to "make" the glucose your brain needs, which takes longer to do and is more taxing on your body and your kidneys in regard to dealing with the by-products from this process (ketones in the urine, etc.). The body also breaks down fat to do this (which is what the promoters of the low carb diet tell you), but muscle is hit first, especially if the person isn't exercising enough (strength) along with doing the diet, which is common.

God designed our bodies to work with eating an abundant variety of foods. When we leave out any one of the food groups in the FP4H food plan, we leave out valuable nutrients that our bodies need.

Charlotte Davis, RD, LD, SNS



Fueled by Friends – *Sherry Leggett*

Of all the blessing in life from God, the gift of friendship, especially fitness buddies, should not be overlooked. During an eight-week study, research found that people who exercised with a partner did more exercise during the brief study. Other research has found that if you find a partner, you will stick with the exercise routine even six months later. With every blessed mile, friends have walked, run, biked and exercised shoulder to shoulder with every wellness success. What if you could double your chances for fitness success and exercise would be more enjoyable, fit into your schedule, and pull you through the fitness rut? Proverbs 18:24 states: “One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother.” Reliable friends can be the difference between your exercise habit success or failure.



Start with a collaborative arrangement that works for you! Over the years, I have not limited myself to one fitness partnership—walking and meetings with a colleague, running with a group, or taking a group exercise class. Here are some suggestions to assist with finding your fitness match for **SUCCESS**:

Similar fitness levels. I have a close friend who wins marathons. Needless to say, I’m not near her fitness level; however, we do meet at the local track weekly for a speed training session. We run our intervals trying to beat our own stopwatch time. She makes a torturous workout pleasurable as we breathlessly catch up during our interval recovery time. You don’t have to have a perfectly matched fitness level, but similar fitness goals so you won’t be held back, pushed too hard or even injured.

Utilize group exercise classes. I have been teaching the same Tuesday and Thursday lunch time fitness classes for over 10 years. I am amazed at the physical barriers my class participants have crossed just being encouraged by a familiar face. The group promotes the healthy behavior as a community. We finish the bootcamp class with high-5’s around the room. It closes the workout with a feeling: “We’re all in this together.” Find a class! Better yet, find a friend to take the class with you!

Couple time. In the past year, my husband and I have taken weekly times to walk together. Besides maintaining fitness, it has improved our marriage and parenting communication. A study by the Department of Kinesiology at Indiana University surveyed married couples who joined health clubs together and found that couples who worked out separately had a 43 percent drop-out rate over the course of a year. Those who went to the gym together, regardless of whether they focused on the same type of exercise, had only a 6.3 percent drop-out rate.

Commitment Send reminder texts or emails, pre-arrange rides to the gym, offer wake-up calls if necessary. Be on time--always! My running friends text me their route if I happen to be delayed! We also keep tabs on each other through illness, travel and other routine-breakers to help encourage them to come back after a setback.

Encourage. My bucket list fitness successes are largely due to my fitness comrades that have been my teammates, coaches and cheerleaders. Remind your companion of their goals and encourage them when the going gets rough. If your workout partner is down all the time and complaining, you will eventually lose motivation. I Corinthians 15:33 says, “Do not be misled: “Bad company corrupts good character.”

Simultaneous Social time. When being physically active, I have found myself connecting with friends, coworkers and workout friends more than I do over coffee. Why not invite a friend or family member with whom you want to connect for a walk? Workout sidekicks not only get us through a hill workout, but can also help us through the hills and valleys of life.

Suggest new ideas and routines to keep things interesting and prevent plateaus.

My fitness comrades have changed over the years, but they will always have a place in my heart. God give us friends for our challenges; we don’t have go alone! Proverbs 13:20 states: “Walk with the wise and become wise.”

Sherry Leggett

Sherry is certified by the American Council on Exercise as a Personal Trainer and Lifestyle & Weight Management Coach. You can read more active devotions written by Sherry on her blog Trimom4Him.wordpress.com.



I Need Ice Cream! ~ Lisa Lewis

The definition of comfort food, according to Merriam Webster, is “food prepared in a traditional style having a usually nostalgic or sentimental appeal.” In other words, food that makes you feel better and reminds you of a happier time when you’re stressed or upset. Research has shown that comfort foods are associated with relationships and do make us feel less alone when we are isolated.

What is your comfort food? Is it a deep-fried corn dog, which reminds you of summers at home? Is it ice cream that reminds you of the song of the ice cream truck when you were a kid? A grilled cheese sandwich that your grandmother used to make for you? Research also shows that foods we associate with happy memories influence how good we think a food tastes, as well as how good they make us feel.

The reasons why we struggle with emotional eating are varied and we all should take the time to map our emotional history with food in the FP4H Member’s Guide. It doesn’t have to mean we need to give up our favorite foods because they’re not a healthy choice; we can just tweak them a little. Here are a few recipes that might remind you of some of the foods that you associate with good times.



Lisa Lewis.....lisa.lewis@fp4h.com

Lisa is the Chief Operating Officer for First Place 4 Health. She is author of *Healthy Happy Cooking* released in December 2016, a speaker, FP4H group leader and chef at spa and wellness weeks Lisa also provided recipes for 14 First Place 4 Health Bible studies.

Creamy Clam Chowder

Serves 4

- 1/4 Bacon, diced
- 1/2 cup minced onion
- 2 Carrots, peeled and chopped
- 3 Potatoes, peeled and diced
- 1 Tablespoon Flour
- 1 cup vegetable broth
- 2 cans (6.5 ounces) Chopped Clams
- 1 cup Fat Free Half and Half
- 2 Tablespoons chopped Fresh Parsley
- Salt, Pepper, and Old Bay Seasoning to taste



Add the bacon to a soup pan and cook over medium heat. Once the bacon is browned and crispy, add the onion and carrots. Cook 5 minutes, or until they begin to soften. Stir in the flour and cook for another minute. Add the broth, the liquid from the clams and the potatoes. Simmer over medium-high heat for 15 minutes, or until the vegetables are tender. Reduce the heat to low and stir in the clams and half and half. Cook until heated through. Stir in parsley and season to taste.

Nutritional Information: 385 Calories, 17g Fat, 64mg Cholesterol, 962mg Sodium, 43g Carbohydrate, 7g Fiber, 20g Protein



Comfort Foods

Garlic Mashed Potatoes

Serves 4

3 1/2 cups baking potatoes, peeled and cubed
3 garlic cloves, peeled
1/4 cup 2-percent low-fat milk
1 tbsp. reduced-fat margarine
1 tbsp. low-fat sour cream
2 tbsp. grated Parmesan cheese
1/4 tsp. salt
dash pepper

Place potatoes and garlic in saucepan; cover with water. Bring to a boil; reduce heat. Simmer 20 minutes; drain and return to pan. Add milk, margarine, sour cream, Parmesan, salt and pepper. Using mixer, beat at medium speed until smooth.

Nutrition Information: 143 Calories; 3g Fat; 5g Protein; 26g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 235mg Sodium

Grown-Up Grilled Cheese

Serves 4

Cooking spray
1 cup sliced red onion
1 large garlic clove, minced
1 cup shredded reduced-fat sharp white cheddar cheese
8 1/2-oz. slices hearty white bread
2 cups fresh spinach leaves
8 slices tomato
6 slices center-cut bacon, cooked

Heat a large nonstick skillet over medium-low heat. Coat pan with cooking spray. Add 1 cup onion and garlic; cook for 10 minutes or until tender and golden brown, stirring occasionally. Sprinkle 2 tablespoons cheese over each of 4 bread slices. Top each slice with 1/2 cup spinach, 2 tomato slices, 2 tablespoons onion mixture, and 1 1/2 bacon slices. Sprinkle each with 2 tablespoons cheese; top with the remaining 4 bread slices. Heat skillet over medium heat. Coat pan with cooking spray. Place sandwiches in pan, and cook for 3 minutes on each side or until golden brown and cheese melts.

Nutritional Information: 377 calories; 11g fat (25.0% calories from fat); 21g protein; 54g carbohydrates; 9g dietary fiber; 14mg cholesterol; 802mg sodium.

Live It Tracker: 1 1/2 oz.-eq. meat, 2 1/2 oz.-eq. grain, 1 cup vegetable

**This recipe taken from Healthy Happy Cooking available in the FP4H online store.*



PRAISE WORTHY PATIENCE – *Devo ~ Carole Lewis*

praiseworthy patience

A man's wisdom gives him patience; it is to his glory to overlook an offense.
PROVERBS 19:11

When I looked at this verse, I could easily understand that a wise person is a patient person. But what does it mean when it says, “It is to his glory to overlook an offense”? One of the dictionaries says that glory is a “highly praiseworthy asset.” Another said that glory is “great honor and admiration won by doing something important or valuable.”

God must think it is a big deal when you and I overlook offenses! How many times are we offended each day? Think about yesterday. Did someone say something rude or hurtful to you? Did someone not do something he or she promised to do? Did a friend fail to include you? Did someone cut you off in traffic? Did someone fail to thank you for a favor? All of us have opportunities every day to be offended or to overlook an offense. If we are wise, we will learn this admirable trait if overlooking offense. A wise and patient person will be a healthier person.



He or she will have lower blood pressure and a lower stress level than the person who gets angry at every offense and angry at the offender. My husband, Johnny, has had stage 4 prostate cancer since 1997, and God has used his disease to teach me patience. Some of the prescriptions he takes or has taken have caused him to have short-term memory loss. His long-term memory is as sharp as ever, but he has a hard time remembering if he took his medicine or where he put something. Most of the time, I am patient, because I know he doesn't remember. But sometimes when I'm busy, I get that edge to my voice, which tells him I am offended by his asking. When I do this, I want to immediately take it back, but it's too late—the look or tone is already out there. Life is too short and too precious to keep a record of offenses. When we lose patience, a quick, sincere apology will help us remember the next time. God uses our trials as heavenly sandpaper to teach us patience. Let's be wise people today!

Action Item: Practice wisdom and patience today. Jot down every time you could have been offended and give yourself a star for overlooking the offense. God will honor you because you did something important and valuable.

Carole Lewis

First Place 4 Health National Director Emeritus
Houston, Texas



Upcoming Events

Southern California Wellness Workshop

October 7, 2017
Bakersfield, CA

Webinar: Moving Changes Everything

October 9, 2017
Online with Vicki Heath

Wellness Week

October 12-18, 2017
Round Top, TX

Northern California Wellness Workshop

October 28, 2017
Location TBD

Webinar: Fat-free Dressing – Instant Style

November 13, 2017
Online with Jill Swanson

Fun & Fitness 4 Life Weekend

January 19-21, 2018
Northeast, MD

Mississippi Wellness Workshop

January 20, 2018
Wiggins, MS

Texas Coastal Area Wellness Workshop

January 27, 2018
Palacios, TX

Southern States Wellness Workshop

March 10, 2018
Hartsville, SC

Restore: Experiencing Freedom from Food Strongholds

April 15-17, 2018
Northeast, MD

Nacogdoches Texas Wellness Workshop

April 21, 2018
Nacogdoches, TX

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