



From the Heart ~ Carole Lewis

This morning when I woke up, I began thinking about waking on Thanksgiving morning, 2001. We were having 30 family members for Thanksgiving lunch that day and I had not planned to get up early. The Lord woke me at 4 a.m. and began prodding me to get up and spend time with Him before the day began. I lay there and argued for a few minutes reminding Him of how busy the day would be and that maybe I needed the rest. After awhile, I was wide awake so I got up and went into the kitchen to turn on the coffee pot. While the coffee was brewing, I opened my Bible and it opened to the first chapter of James. I sat there and read haphazardly while the coffee was brewing and after I got my first cup of coffee, I read James 1 again and I meditated on verses 2-4 and verse 27 especially.



Matthew 6:33:

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

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²Consider it pure joy, my brothers, whenever you face trials of many kinds, ³because you know that the testing of your faith develops perseverance.

⁴Perseverance must finish its work so that you may be mature and complete, not lacking anything. ²⁷Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world. James 1:2-4, 27

That morning, all I was doing was being obedient to meet with my Lord. I had no idea that at 9 p.m. that night I would receive a call from our granddaughter, Cara, that her mom and our daughter, Shari, had been hit by a drunk driver in the driveway of her in-law's home. Shari died a couple of hours later while in surgery. James 1 became precious to me that day and is still precious today because I realized in the weeks after Shari's death that the Lord Jesus was urging me to get up. He was grieving what we would go through that night, and He wanted me to know that He would be with us in the days ahead.

We are going through another trial right now and when trials come, I always go back to these verses because they bring me great comfort. My husband, Johnny, has had stage four prostate cancer for 15 years now. At the time of his diagnosis in October, 1997, he was given about two years to live. Praise God, he is still alive, but it is still a battle to fight each day. I have started writing about our journey on CaringBridge.org. If you want to know how Johnny is doing and how to pray for us, you can join for free at www.caringbridge.org/visit/johnnylewis1. Each time I post you will receive an email telling you there is a new message.

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The *First Place 4 Health E-Newsletter* is published monthly by First Place 4 Health. Address all correspondence to First Place 4 Health, 7025 W Tidwell, Suite H-101, Houston, TX 77092



Continued from page one

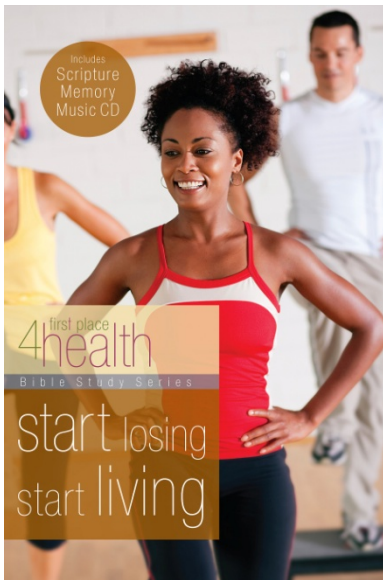
All of us go through trials in this life. It is very important that we learn to respond and not react. My dear friend of over 40 years, Pat Lewis, who was my assistant for 17 years, is going through a trial right now. Her 95-year-old mother has lived with Pat for the last 2½ years and is now in hospice care and close to the end of her life here on earth. I long to be with Pat during this time, but my priorities are here with Johnny. In times like these, the greatest gift I can give my friend is to lift her up to God in prayer.

Do you have trials going on in your life right now? Do you have friends or neighbors who are going through trials? The most important thing you can do is to pray every day. Those of us going through the trial might have a hard time praying. This is why it is so important that our brothers and sisters in Christ pray for us when we don't know how to pray for ourselves. I can promise you that as you are faithful to pray for others going through trials, God will raise up people to pray for you when you go through your own trials. This is the way the body of Christ is designed to work.

Trials are a part of this life on earth. My desire is to pass these tests with flying colors so that others might know that God will be there for them when they go through their own trials.

Much love,

Carole



New Release!

Start Losing Start Living Bible Study

Start Losing, Start Living draws on the biblical example of the conquest of the Promised Land to show how you, like Joshua and the Israelites, can grasp hold of the destiny that God has in store for you. In this study, you will discover how to become aware of God's calling on your life, commit to the goals He has for you, overcome temptations, be transformed in your heart and mind, focus on the end goal, and join with others for success. As you walk through these steps with Joshua, you will realize that you can take steps to start losing weight and start living a healthy life!
ISBN#: 08307.65204 \$16.00



Nutrition Tips

Test Your Nutrition IQ

1. Which of the following are true statements regarding sea salt, kosher salt and table salt?

- A. Because of its fine grain, a single teaspoon of table salt contains more salt than a tablespoon of kosher or sea salt.
- B. Sea salt is harvested from evaporated seawater and receives little or no processing, leaving intact the minerals from the water from which it came.
- C. Kosher salt contains no preservatives and can be derived from either seawater or underground sources.
- D. All of the above.

Answer: D. Taste and texture are the main culinary differences between these three. Table salt is mined from underground salt deposits, and includes a small portion of calcium silicate, an anti-caking agent added to prevent clumping. It possesses very fine crystals and a sharp taste. The minerals in sea salt flavor and color the salt slightly. Sea salts are usually expensive. It is worth keeping in mind that they lose their unique flavor when cooked or dissolved. Aside from being a great salt to keep within arm's reach when you are cooking, kosher salt is particularly useful in preserving because its large crystals draw moisture out of meats and other foods more effectively than other salts.

2. True or False: White vegetables offer little nutritional value; only brightly colored vegetables are nutrient powerhouses.

Answer: False. Vegetables of every color offer nutritional benefits, even white ones. White cruciferous vegetables, such as cauliflower, contain many of the same compounds that have been linked to cancer prevention found in other more colorful cruciferous vegetables like broccoli or Brussels sprouts. The compounds that give onions and garlic their pungency have been linked to prevention of certain cancers in laboratory tests. Don't discount white-fleshed potatoes, either. They are a good source of potassium, vitamin C, and fiber, when eaten *with* the skin.

3. Which of the following foods contains the most fiber?

- A. ¼ cup of black beans
- B. A turkey sandwich made with 2 slices of whole-grain bread
- C. 1 prepared packet of instant oatmeal
- D. 1 small pear

Answer: D. Just one small pear provides you with 5 grams of fiber – not bad! You need approximately 14 grams of fiber for every 1000 calories you consume – for most adults that's anywhere from 21 to 38 grams per day. A half-cup of black beans would provide you with 7.5 grams, so be sure to add some to your next salad, soup, or casserole. Whole grains like whole-wheat bread and oatmeal are, of course, another source of fiber – just not as much as the pear.

4. Match the proper serving size to the correct visual reference:

Closed fist	3-4 ounces of meat
4 dice	1 teaspoon of fat
Cupped hand	Serving of fruits or veg.
Open palm	Serving of whole grains
Tip of thumb	1.5 ounces of natural cheese

Answer:

Closed fist = A serving of fruits or vegetables

4 dice = 1.5 ounces of natural cheese

Cupped hand = A serving of whole grains

Open palm = 3-4 ounces of meat

Tip of thumb = 1 teaspoon of fat

5. True or False: Within 30 to 60 minutes is the ideal time to eat after exercise.

Answer: True. As you exercise, tiny tears form in your muscle tissue. It's a natural process that results in more toned muscles as they repair and strengthen. Exercise also causes your body to use glycogen, a form of glucose the body stores in your muscles to meet short-term energy needs. Eating a small snack 30-60 minutes after a workout is the most beneficial time to help your muscles recover and to replenish the body's nutrient stores. Good post-exercise snack: 1 cup of low-fat milk and a piece of fruit.



Fit Tips

Recess Works!



Vicki Heath

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Okay, I knew I was right. I just love it when I discover new research that comes out supporting what we already know and are doing in FP4H. Newest research shows: You will stick to your exercise commitment longer if you connect it to play.

I must admit there have been times when I become totally bored with my workout and the emphasis is entirely on the “work” part. When this happens, most people quit. It has happened to all of us. We are all pretty much in the same boat, caught in the ongoing struggle with weight, self-image, energy and overall well being. We all know the prescription to lose the weight and the work involved, but often these efforts are short-lived. What can keep us on the exercise straight and narrow track?

When we exercise with the mindset that exercise has to be something that is really hard and something we dislike, we have to rely on external goals which are easy to set but hard to sustain. Psychological studies show that internal motivators – things we do purely out of enjoyment, are much more effective and sustainable in helping us reach our wellness goals. One of the answers to my question above is: make exercise fun again. Many of my friends run on a treadmill day after day. Just the thought of that makes me want to quit! I went to visit a friend who was feeling discouraged about her workout commitment. Once again, she was lamenting her failure to stick to it. Her goal was to walk on her treadmill five times a week. I asked her to show me the treadmill. It was downstairs in a closed off room with no windows and very bad lighting, and it was facing the wall.

The problem was not her level of commitment - I sensed a strong desire in her to start exercising - the problem was the location of the treadmill! I told her to sell the treadmill and get outside and take a walk, even just a ten-minute walk, two times every day. With her personality, she is much more likely to take a walk to visit a friend than she is to lock herself away in the basement. It is no wonder that she did not keep her commitment to get on that treadmill. Her exercise time seemed like time in a prison cell! Total isolation with no stimulation! What is boring to you may not be the exercise itself, but the logistics. Set yourself up for success by honestly taking a good look at why something that you may have once enjoyed has become such hard work.

In a recent article from *Play: How it Shapes the Brain, Opens the Imagination and Invigorates the Soul*, (Avery 2009), Stuart Brown, MD, states that there is a definite connection between sticking to an exercise program and fun. I want you to think back and remember what it was like when you were a child. For most of us, childhood was a fun and carefree time. We spent a great deal of time outside playing and exploring the world around us. My mom would lock the door and tell us to say outside and play until supper. Thinking back to those days, I remember being an active child. I ran or skipped more than I walked. I rode my bike every day; it was my absolute favorite toy. I played jump rope with the girls in the neighborhood. My sister and I climbed every tree in the neighborhood. And of course we played hide and go seek in the summer until dark.

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What did you like to do when you were a child? What kind of neighborhood did you grow up in? Were you in the country or city? Did you enjoy the water? Did you like to play games with others? Did you like to ride your bike by yourself? Did you enjoy being outside? You may not be able to do all of the things you could do as a child, but you can recapture the spirit of the activity. We have forgotten how much fun it is to play! Exercise can be hard work, but playing is not.

I have to be very creative in my exercise time. I love to cross train which simply means I work out in a variety of ways. I walk on some days, ride my bike, climb the rocks on the beach and teach classes on the other days. On my walking days, I use the time as an extension of my quiet time and pray as I walk. Other days I bring my favorite music and praise Him!

My suggestions for play time:

Play every day! Make a list of a few simple physical activities you enjoyed as a child. You may have to improvise but you can still enjoy those things. Engage in one of those activities at least once a week. Here are some of my personal ones:

- **Jumping rope.** I picked up the jump rope last night and set a simple goal – to see if I could jump 20 times in a row. I surprised myself that I remembered how to jump rope. It’s only been about fifty years. It was fun! I ended up doing it for about twenty minutes.
- **Washing the car.** As kids, my sisters and I loved washing our family station wagon. It was a chance to play in the water and do our chores at the same time.
- **Playing tag with my grandkids.** Whew is all I can say! Playing tag brought back such fun memories.

Other suggestions:

- **Learn** something new! I remember the first time I tried the Wii. I thought it was going to be so dumb! I actually enjoyed it and worked out for an hour before I realized it.
- **Find a playmate** – someone who you can share doing something fun with! I took a trip to Alaska for a week of kayaking and hiking. The purpose of the trip is just fun - with a little bit of exercise for good measure.

I realize that play is a relative term. One person’s play may be another’s hard work. That is why we are all so different. We worship a God who loves being creative, so take advantage of your God-given creativity and discover ways to have fun and enjoy your exercise time. I want you to consider turning your “workout” into a “playout” and have some fun!

Vicki Heath



From the Pastor

Don't Get Sad, Get Mad!

Steve Reynolds
sreynolds@capitalbaptist.org



“Be angry, and do not sin”... Ephesians 4:26a

Right now, when you look in the mirror and see what you have become, you may feel pretty discouraged. You may feel paralyzed by your current physical condition and unable to see how you could ever change. I know this feeling since I once weighed 340 pounds with high blood pressure, high cholesterol and diabetes.

One of the first things I did when I started living a healthy life was to examine how I was living. *I quickly realized that my decisions had not only negatively impacted me but had also negatively impacted my entire family.* Because I did most of the cooking and grocery shopping at our house, I controlled the kinds of food my family ate. My choices with regard to food and health had trickled down to the people whom I loved the most. This hit me hard. I had dedicated a lot of time and attention to making sure they were spiritually healthy, but I had completely failed in making sure they were physically healthy. I deeply regretted the fact that I had not been a good example to my family in this area. I felt as if I were a lousy husband and father.

However, instead of allowing these feelings to paralyze me and keep me from moving toward a goal of healthy living, I decided to take action. Sure, I had made some poor choices, and those choices had consequences. But I could start making better choices immediately, and those good choices would produce good consequences for me and my loved ones.

This is not the time to be sad and live with regret about your past actions. You can't make any serious progress toward your goal while focusing on past mistakes. It's time to put your eye on the end result and focus all your energy on moving forward. While it is all right to learn about the negative and destructive things you have done to your body, it is not all right to allow those things to prevent you from moving forward. You must dump the negative, start thinking about the positive, and develop a plan that will take you where you want to go in the future.

What you need to remember is that you are miraculous, custom-made and lovingly crafted by God. There is more to you than what you can see on the outside. So instead of getting sad, it is time to get mad—mad enough to resolve to begin making changes right now.

Words of hope and comfort are found in Isaiah 43:18-19 which says, *¹⁸Do not remember the former things, Nor consider the things of old. ¹⁹Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness And rivers in the desert.*

Steve Reynolds

Steve Reynolds is the Senior Pastor of Capital Baptist Church in Annandale, VA. He is also the author of Bod4God and Get Off The Couch and the creator of the Losing to Live Weight Loss Competition. Steve has lost over 100 pounds and has led his church to lose over seven tons of weight.

**Scriptures from NKJV*



Upcoming Events

Louisiana Area Training Meeting

April 6, 2013
First Baptist Church
Bossier City, LA
Contact: Joyce Ainsworth
Email: glenna@netdoor.com
Phone: 601-927-8974

Live Life! ~ Pennsylvania

April 13, 2013
Crossroads Church
Oakdale, PA
Contact: Cheryl Davis
Email: cheryl.davis@crossroadsumc.org
Phone: 412-818-1962

New England Area Training Meeting

April 13, 2013
Bethany Church
Greenland, NH
Contact: Delilah Dirksen
Email: djdirksen@comcast.net
Phone: 603-234-3644

Wellness Week ~ Sandy Cove

April 28 – May 3, 2013
Sandy Cove Ministries
North East, MD
Contact Phone: 800.234.COVE (2683)
More info.: www.sandycove.org

Texas Area Training Meeting

May 18, 2013
First Baptist Church
Bastrop, TX
Contact: Beverly Cody
Email: beverlycody@att.net
Phone: 512-304-8550

Georgia Area Training Meeting

May 18, 2013
Crossroads Church
Sharpsburg, GA
Contact: Beth Lane
Email: beth.lane.fp4h@gmail.com
Phone: 770-540-5942

Florida Area Training Meeting

June 22, 2013
Community Baptist Church
Sebastian, FL
Contact: Sandy Mephram
Email: sandyandtom@bellsouth.net
Phone: 772-664-5601

Summit 2013

July 26-27, 2013
Houston's First Baptist Church
Houston, Texas
Contact: Lisa Lewis
Phone: 800.727.5223, x1001
Email: lisa.lewis@fp4h.com

First Place 4 Health Live!

September 14, 2103
Bookcliff Baptist Church
Grand Junction, CO

Wellness Week @ Round Top

October 10-17, 2013
Round Top Retreat
Round Top, Texas
Contact phone: 800.727.5223, x1001
Email: lisa.lewis@fp4h.com

Mississippi Area Training Meeting

November 2, 2013
Baptist Association Building
Marion, MS
Contact: Joyce Ainsworth
Email: glenna@netdoor.com
Phone: 601-927-8974



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Hope & Inspiration

Dan Hutton Franklin, IN

I started my weight loss journey on February of 2012. My starting weight was 278. My wife (Jamie) and I were raising the grandkids at that time, ages 5 and 7. To relieve some stress and to have some time alone, we started walking at our community center where they had night care for our grandkids. We would walk about 30 minutes every night at a brisk pace. After about 2 weeks, I noticed that I had lost 5 to 7 pounds and had become interested in losing more. I went to our local Christian bookstore to find a diet or weight loss book.



I discovered a book called First Place 4 health My Food Plan. I purchased this book because it had 13 days of meals as a guide (about 1500 calories) and also had a lot of information about calories and portion sizes, etc. I read about not drinking soft drinks and drinking eight ounces of water before every meal and exercising at least 30 minutes each day five times each week.

So I put a plan together. I stopped all soft drinks and started drinking 5 to 7 bottles of water a day. I also downloaded the My Fitness Pal app on my smart phone and started entering every meal, snack and drink I would have daily. I kept up the walking 7 days a week only missing maybe 5 times in 5 months. I was very consistent every month.

My wife and I are very blessed to have a couple that we call our best Friends, Rick and Margie Davis. Margie is amazing. She just happens to be a personal trainer, and what a blessing she has been to me! I would text her questions and goals that I had accomplished. She was a great help on my journey to reaching my personal goals and giving me encouragement. I don't know if I could have done this with out her help. What a blessing she's has been.

I started running in July with the help of Margie and now run together with others on weekends. I'm now running an average of 3 miles, 6 days a week. I will run in my first 5k in December.

One year later I weigh 168 pounds. I have lost 110 pounds by just doing the right things, exercise, drinking water (NO SODA) and eating the right foods and keeping track of it. This is a whole new experience for me I was heavy all my life. I wore husky pants in grade school. Now I'm a 33" waist and wearing clothes I never thought I would ever wear.

I'm still running almost daily and looking forward to my first mini marathon this summer. I still keep track of my meals and work out with weights twice a week and eat about 2000 calories a day depending on how much I run.





Food Tips

Choosing the Best Frozen Foods

Frozen foods can be convenient and easy when you're in a hurry. Frozen fruits and vegetables can even be just as healthy as fresh. Here are a few tips on how to choose the best frozen items at your grocery store.

Frozen Potatoes

What to look for:

- Potatoes listed first on the ingredients.
- Vegetable oil or canola oil, not partially hydrogenated oil in the ingredients.
- Below 1g saturated fat.
- Less than 300mg of sodium per serving.

Preparation: Don't fry them. That adds more calories and saturated fat than what's listed on the nutrition label. Baking them is a healthier way to prepare them that will still give you the fries you crave.

Frozen Fruits & Vegetables

What to look for:

- Only the fruit or vegetable in the ingredients.
- No added salt or sugar.

Did you know: One cup of frozen spinach has four times more potassium than raw.

Frozen Waffles & Pancakes

What to look for:

- Whole-wheat flour, bran, whole grains.
- 90 calories or less per waffle or pancake
- Zero saturated fat
- At least 1 gram of fiber
- Less than 5g of sugar

Preparation: Swap the syrup for fresh berries or bananas or use a light syrup.

Frozen Breakfast Sandwiches

What to look for:

- Lean turkey sausage as an ingredient instead of bacon
- Egg whites instead of whole eggs
- whole-grain breads (or at least made with whole grains)

Did you know: A drive-thru breakfast biscuit can contain more than 400 calories and 12g of saturated fat.

Frozen Pizza

What to look for:

- Thin-crust (generally lower in calories)
- 350 calories or less/slice
- 6g or less of saturated fat
- 400mg or less sodium
- No partially hydrogenated oils

Frozen Entrees

What to look for:

- Vegetables, beans, whole grains listed first in the ingredients
- 500 or less calories
- At least 5g of fiber.
- 600mg or less of sodium

Remember: Check the serving size. Some meals contain more than one serving.

Healthy Tip: Frozen meals are great portion control. However, some just don't fill you up and you're hungry later. Add a healthy side, like fresh fruit or a salad.



Leadership Tips *from Texas Area Networking Leader June Chapko*

Being a Sanguine, I love to have fun! Learning new things is so much easier if done creatively, using techniques that bring laughter and leave an imprint upon those who participate. Creativity comes from our very creative God. The first verse in the Bible says, "In the beginning God created the heavens and earth" (Genesis 1:1). God is the Creator, and He formed us in His image so we can be creative, too.

Ask Him to help you discover new ways to teach His truth and to help your members apply what they are learning. Leaders who come up with ideas, then draw members into putting those ideas into action, will keep the class exciting, interesting, successful, and keep members coming back for more.



Whether you are presenting the Wellness Spotlight or leading the Bible Study, consider sprinkling in visuals, fun activities, or a crazy quiz. Keep your class in suspense as to what you will be doing next. It will cause them to NOT want to miss! Ruts are very hard to get out of! Consider using one or more of the following ideas to spark your creativity:

- ♥ **Cheer for the losers.** If you have a couple gals (or guys), who used to be cheerleaders, (although amateurs are adorable), enlist them to develop a few cheers. Provide pom poms and get them to do a cheer when someone reaches their goal on a member's birthday, or halfway through the session, ask them to do a pep rally cheer. This is fun, especially if the cheers are FP4H related. For a more low-key way to cheer on your losers, ring a bell (an old bicycle bell works great) when some has a loss when they step on the scale.
- ♥ **Pin It.** Memorizing Scripture can be tedious sometimes. One idea to help make this fun is to put memory verse words on large cards. Break the verse up depending on how many members. Use half the class and pin a card on the back of each person. Mix the people up and have them stand (not facing) in front of the other half of the class. Those seated should instruct those standing where to move to make the verse appear correctly. Then have those standing, turn to face the group and have the group recite it from memory.
- ♥ **Innovative Prayer.** Change the way you do prayer at your meetings. One week do a circle prayer...each person praying one sentence. Pray Scripture...write out a Bible promise for each person and have someone read it aloud. Use a prayer from the Bible study, or choose one of the many prayers in the Bible. A great resource is *Praying God's Word* by Beth Moore.
- ♥ **Participation.** Getting your members to participate is so important. This is how they take ownership in the group. Ask, ask, and ask. People want to be asked to participate. If you use a white board, ask someone to come up and draw that circle or write the list. Pin a "Teacher's Pet" ribbon on them. Keep it simple, fun and creative. They will love being in your class, and they'll be motivated to stay on track.

Visit the "for leaders" area of the First Place 4 Health website for more fun ideas to use in class. If you have an idea you would like to share, send it to funideas@firstplace4health.com.

June Chapko lives with her husband, Nick, in San Antonio, Texas; has 3 grown children, 11 grandchildren, and 1 great-granddaughter. She has been a FP4H Leader since 1996 and a Texas Area Networking Leader for about seven years. June wrote two of the FP4H Bible studies, as well as many FP4H devotionals. She has had numerous articles published in "Mature Living," magazine. June is a passionate about journaling and recently led a class on spiritual journaling titled, "Journaling with June," at a retreat in Kerrville, Texas.



Devotional

Early Warning System

Above all else, guard your heart, for it is the wellspring of life.

PROVERBS 4:23

An ominous message flashed on my computer screen. A virus-infected file had been detected trying to enter through my e-mail system. The culprit was disguised in a bogus attachment. The suspect had been captured by my antivirus software and was being held in quarantine. What did I want done with the contaminated file? Without hesitation, I selected the “delete” option—and with a click of the mouse, the enemy had been destroyed.

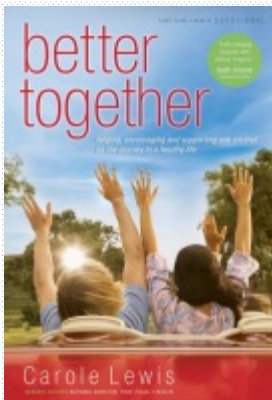
That brief episode left me wondering, *Why can't I be as diligent when it comes to zapping the pollution that threatens to invade my heart? Why can't I zap the contaminants that threaten to sneak into my soul and pollute that sacred space where the Holy Spirit dwells?* I would like to tell myself it is because I don't have an early warning system to tell me I'm in danger. But in truth, God has given me a powerful virus shield: His unfailing, inerrant Word. He invites me to hide His Word in my heart so that when enemy invaders try to infiltrate my mind, the warning alarm will sound so that I can quarantine and destroy those infected messages before they spread and destroy.

My computer antivirus program is only effective if I install and run it. The same is true of God's Word. It won't work unless we install it in our hearts and minds. But when we do, it's the greatest protection system possible against the wiles of the evil one.

PRAYER

O Lord, You will never leave me to face my problems alone. You have given me the all-powerful truth of Your Word so that I can keep my heart pure and make it a holy place for You to dwell.

Journal: What virus threatens your sacred heart space, and what Scripture passages can you hide in your heart so that you can resist the devil's wiles?



Elizabeth Crews
FP4H Bible Study Author
Chula Vista, CA

Elizabeth is the author of our newest Bible study, Start Losing Start Living, just released!

Devotional taken from the devotional, Better Together. To order, visit our website, www.firstplace4health.com, or call 800.727.5223, x1002.

Steak Sandwiches with Fresh Herbs

Serves 4

1 pound flank steak, trimmed
2 tablespoons extra-virgin olive oil, divided
1/4 teaspoon salt
1/4 teaspoon black pepper
1 (12-ounce) French bread baguette
1 1/2 cups arugula, divided
1/2 cup chopped fresh flat-leaf parsley
2 tablespoons grated Parmesan cheese
1 tablespoon lemon juice
1 teaspoon capers
1 garlic clove, crushed
2 plum tomatoes, thinly sliced

Preheat broiler to high. Heat a grill pan over medium-high heat. Rub steak evenly with 1 1/2 teaspoons oil; sprinkle with salt and pepper. Add steak to pan; cook 3 minutes on each side or until desired degree of doneness. Remove from pan; let stand 5 minutes. Cut steak across grain into thin slices. Cut bread in half lengthwise and crosswise. Hollow tops and bottoms of bread, leaving a 1/2-inch-thick shell. Place bread on a baking sheet, cut sides up. Broil 1 1/2 minutes or until toasted. Place 1 1/2 tablespoons oil, 1/2 cup arugula, parsley, and next 4 ingredients in a food processor. Process until finely chopped. Spread parsley mixture evenly over cut sides of bread. Layer bottom halves of bread with remaining arugula, steak, and tomato; cover with top halves of bread. Cut sandwiches in half.

Nutritional Information: 407 Calories, 14g Fat, 30.5g Protein, 40.4g Carbohydrate, 1.9g Fiber, 69mg Cholesterol, 4.2mg Iron, 656mg Sodium

Live It Tracker: 3 1/2-oz.-eq protein, 1/2 cup vegetable, 2 oz.-eq. carbohydrates

Sausage-Spinach Rice Bowl

Serves 3

1 (8.5-ounce) pouch precooked brown rice
1/2 tablespoon olive oil
6 ounces hot turkey Italian sausage
1/8 teaspoon crushed red pepper
5 garlic cloves, thinly sliced
1 (6-ounce) package fresh baby spinach
1 ounce shaved parmesan cheese

Heat rice according to directions. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add sausage and pepper; cook 4 minutes or until sausage is browned, stirring to crumble. Add garlic; cook 30 seconds, stirring constantly. Add spinach; cook 30 seconds or until spinach begins to wilt, tossing constantly. Stir in rice; cook 1 minute or until heated. Sprinkle with cheese.

Nutritional Information: 249 Calories, 9g Fat, 9g Protein, 35g Carbohydrate, 4g Dietary Fiber, 8mg Cholesterol, 225mg Sodium.

Live It Tracker: 2-oz.-eq carbohydrates, 1/2 cup vegetables, 2 oz.-eq. meat

Creamy Spring Pasta

Serves 4

3 quarts water	1 tablespoon all-purpose flour
2 ounces French bread baguette, torn into pieces	1/4 cup fat-free, lower-sodium chicken broth
1 tablespoon butter	1 cup low-fat milk
3 garlic cloves, minced and divided	3 ounces light cream cheese
1 1/2 cups (2-inch) diagonally cut asparagus	1 ounce Parmesan cheese, grated (about 1/4 cup packed)
1 cup frozen green peas	1/2 teaspoon salt
6 ounces uncooked fettuccine	1/4 teaspoon ground black pepper
2 teaspoons olive oil	2 tablespoons chopped fresh tarragon
1/3 cup finely chopped sweet onion	

Bring three quarts water to a boil in a Dutch oven. Place torn bread in a food processor; process until coarse crumbs form. Melt butter in a large skillet over medium-high heat. Add 1 garlic clove to pan; sauté 1 minute. Add breadcrumbs; sauté 3 minutes or until golden brown and toasted. Remove breadcrumb mixture from pan; wipe pan clean with paper towels. Add asparagus and peas to boiling water; cook for 3 minutes or until crisp-tender. Remove from pan with a slotted spoon. Rinse under cold water; drain. Add pasta to boiling water; cook 10 minutes or until al dente. Drain and keep warm. Heat olive oil in skillet over medium heat. Add onion and the remaining 2 garlic cloves; cook for 3 minutes or until tender, stirring frequently. Place flour in a small bowl; gradually whisk in chicken broth. Add broth mixture and milk to pan, stirring constantly with a whisk; bring to a boil. Reduce heat; cook 1 minute or until thickened. Remove from heat; add cheeses, salt, and pepper, stirring until cheeses melt. Add pasta, asparagus, and peas; toss well. Sprinkle with breadcrumbs and tarragon.

Nutritional Information: 408 Calories, 13.8g Fat, 17.6g Protein, 54g Carbohydrate, 4.6g Fiber, 33mg Cholesterol, 3.9mg Iron, 625mg Sodium, 225mg Calcium

Live It Tracker: 3-oz.-eq carbohydrates, 1-oz.-eq. protein, 1 cup vegetables

Greek Yogurt with Warm Berry Sauce

Serves 4

2/3 cup frozen blueberries
2/3 cup frozen blackberries
1/2 cup water
1/4 cup sugar
2 tablespoons lemon juice
1 tablespoon butter
2 cups plain reduced-fat Greek yogurt

Combine the first 5 ingredients in a small saucepan. Bring mixture to a boil. Reduce heat to medium-low; gently boil 10 minutes or until sauce thickens. Stir in butter. Spoon 1/2 cup yogurt into each of 4 bowls; top each serving with about 1/4 cup sauce

Nutritional Information: 173 Calories, 3g Fat, 12g Protein, 25g Carbohydrate, 2g Fiber, 8mg Cholesterol, 77mg Sodium

Live It Tracker: 1/2 cup fruit

SUMMIT 2013

July 26-27, 2013

Whether you are a First Place 4 Health member, leader, potential leader or just someone that wants to live a healthier, more balanced life, Summit 2013 is for you.

What to Expect

- ✓ Practical tips to healthy living
- ✓ Sample exercises anyone can do
- ✓ Spiritual inspiration to feed your soul
- ✓ Training for leaders
- ✓ Informative seminars
- ✓ Fun and fellowship

Breakouts

- ✓ FP4H Food Plan 101
- ✓ FP4H Food Plan 102
- ✓ Reach & Motivate Based on Personalities
- ✓ How to Lead a FP4H Meeting
- ✓ Growing Healthy, Happy Families
- ✓ Strength Training - It's All About the Goal!
- ✓ Planning a Healthy Meal
- ✓ FP4H on the Go! - Using Technology on Your Journey to Healthy Living
- ✓ Leadership

Schedule

Friday, July 26th, 9:00 AM - 8:00 PM & Saturday, July 27th, 9:00 AM – 3:00 PM
Lunch and dinner on Friday and lunch on Saturday are included in your registration.

Optional Free Fitness Classes

Each morning from 6:30 to 7:00 in Houston's First Baptist's Fitness and Recreation Center.

Cost

\$89* (*Cost goes up to \$99 after 7/5/13.)

Speakers

- ✓ **Gari Meacham**, Popular Speaker and Author of *Spirit Hunger* and *Truly Fed*
- ✓ **Carole Lewis**, FP4H National Director and author of 15 books including the recently released *Live Life Right Here, Right Now*.
- ✓ **Vicki Heath**, FP4H Associate Director & A.C.E.-certified Fitness Professional and author of *Don't Quit Get Fit*
- ✓ **Becky Turner**, Popular FP4H speaker and non-profit consultant
- ✓ **Pastor Steve Reynolds**, "Anti-fat Pastor" and author of two books including the recently released *Get Off the Couch - A Man's Action Plan*
- ✓ **Charlotte Davis, R.D., L.D.**, Popular FP4H speaker and Registered Dietitian
- ✓ **and More!**

Where

Houston's First Baptist Church, 7401 Katy Freeway, Houston, Texas 77024

For more information, visit www.firstplace4health.com and click on Events.