

Don Steffey

I have been on what the hospital calls the Healthy Employee program for six months. My cholesterol is 135, triglycerides 47, fasting glucose 80. My body composition has gone from 17.8% body fat to 13.9% in 6 months.

I had reached my maximum weight ever of 424 pounds. That is a lot of weight, even at 6 ft. 3 in. I could not even walk without becoming short of air. You would think a registered nurse would know better than to get in that kind of shape, but I'm here to tell you that it's not what you know, it's Who you know.

I believe God brought Martha Norsworthy and the First Place 4 Health program to Grace Baptist Church to save my life. I don't think I would have lived much longer in the shape I was in at the time, and still gaining weight. I don't know why God chose me, but oh, how grateful I am.

The weight loss has been tremendous. As of last Sunday, I weigh 279 pounds, a 145 pound weight loss over two sessions in the program. Isn't God good? I have become active in our Wellness Center, going almost every day to exercise and work out. I never would have believed this possible for me. I couldn't go there when I first started exercising last fall. I began by walking in my neighborhood. I started with short walks and gradually got the confidence to go to the wellness Center. Now, I'm addicted to exercise. Thank you, God!

The weight loss and the exercise are wonderful, but they aren't everything God has done in my life. I read my bible daily and really enjoy the Bible studies that come with the First Place program. I can feel God working on me and in my life almost every minute I live.

I have gone through a lot of sizes in my clothes in the last six to eight months. I love for someone to comment about my

weight loss, because it gives me the opportunity to say the name of Jesus, to tell about His love and give Him the glory He so richly deserves for His work in my life. Thank you, God, for this service You have given me.

The commitments of First Place are not grievous. Writing down what I eat helps me to know if I'm eating what I should—enough, but not too much. Drinking water is so important. I now love to drink a glass of water every chance I get.

Prayer time with God helps me start each day off right and get in a right relationship with my Maker. He loves us and wants to spend time with us. I don't know why or how He could love such as me, but I know He does. I love to be able to encourage someone to keep their commitments to First Place. E-mailing is my favorite method.

I'm not perfect. I stumble and fall on this program. Sometimes I go on a huge binge and overeat so much I hurt. But unlike other programs, God helps me to get back on course. In the past, when I would binge, I just wouldn't go back on the diet. I would think, "Well, I've blown it; I might as well just give up." But First Place is different. We believe you can have anything you want if you control the portion size.

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I work nights at the local hospital. Cereal with skim milk and some type of fruit is one of my meals every day. I buy frozen fruit, divide it into portion sizes and keep it frozen in individual baggies to add to my cereal. Peaches, strawberries, blueberries, and blackberries are all available in large bags in the frozen food section.

For work, I buy microwavable soup and eat it with crackers. I eat several servings of fruit daily. I often eat carrots and/or celery as snacks at work. Occasionally, I rely on Revival Soy bars for part of my protein or meat servings.

I hope this is encouraging to someone. I pray I will continue in obedience to God and stay the course. Pray for me.

-UPDATE-

1. 163+ pounds lost!
2. Read through the Bible twice.
3. Many First Place Bible studies completed.
4. So much water...so much exercise.

This is what God has done for me. Where I am, where I was, where I could be. God is so good! He is blessing my life daily in so many ways. I asked for help and there He was. I needed His help in my relationships, finances, health, home, family, work, and there He was. He has always been here; I just didn't recognize Him completely.

I'm not there yet. God is working on me every day. I get into such a mess sometimes, but God helps me get things back in order daily. Walking with Him is such a blessing and adventure. I pray for ways to share Him daily and get such joy in telling what the Lord is doing in my life.

I have been on what the hospital calls the Healthy Employee program for six months. I just completed it and want to share where God has taken me. My cholesterol is 135, triglycerides 47, fasting glucose 80. My body composition has gone from 17.8% body fat to 13.9% in 6 months. This (praise God) puts me in the national 92% or excellent range. But I'm still not where I want to be! I don't know what my weight should be yet, but I do want to lose 2 to 4 more inches in my waist. It will happen! I never had the patience that God has given me for this until this session. I don't have to be perfect; I can't be perfect. But when I stumble or when I fall, God is right here picking me up again.

I'm praying for the peace of God for all of you. I pray for success in your life. Struggle is vital; I believe God demands we do our part, but God wants us to succeed and He is

right here to help.