

Kim Waters

A sudden career change and, all the emotions that came with it, sent me into a downward spiral health wise. I kept up with my exercise, but my spiritual and health walk deteriorated. I gained weight—I didn't care about anything health wise, and I wasn't too sure about myself or why God had allowed me to lose my job in the recreation ministry like He did. I couldn't even go over to the gym because of the hurt.

I was excelling at my new position. I was loving the senior adults and they were loving me. At the end of 2007, the senior adult minister (one of my two bosses) decided to retire. I held down the fort, so to speak, for a month waiting to hear who Pastor had hired as my new boss. Then in January 2008, Pastor Ted called me in his office and asked me to consider taking over the position re-labeled as Director of Mature Adults. I have to say that I was groomed for this position. I can look back and see why God worked it out the way He did. If he had not, I probably would never have left the recreation ministry

I was still overweight, with elevated cholesterol again! I was even on cholesterol-lowering medicine, which I hated because it made my legs feel so badly. I was an emotional wreck with out-of-sorts eating habits, but I didn't see it at the time. I was in complete denial. I thought that my "bloating" was being caused by menopause, since by now I had entered my 50's and that's just what naturally occurs. Right? Wrong! It was a lie that I told myself as I bought larger-sized clothing and used lotion to get my rings on! When I look back over those years in pictures, I can see where I wore sweat pants with nice tops to be "comfortable," not because I was fat! And you know pictures don't lie!

In the fall of 2012, God came up with another change for my good AGAIN. He gave me back the leadership responsibilities

of First Place 4 Health. The day after my birthday, which was 11/12/12, I drew a line in the sand with the Lord and said, "Let the training begin." I told Him that I was ready to get serious and not play that game that I had played the first time He brought First Place 4 Health into my life. My focus then was on just eating my allotted 1400 calories a day and getting the weight off. I tracked it on My Fitness Pal and watched the number on the scale slowly decline. By the following summer I had lost 30 pounds. I tried not to buy any new clothes, but the ones I had were getting so big I couldn't even cinch them up to keep them on. In fact, I went in search of clothing in my husband's stuff and got some jeans and shorts outfits that he couldn't fit into anymore! Plus my rings now fit again and my cholesterol is really correct without medication.

First Place4 Health isn't just a journey about weight loss. It is a journey about getting healthy in all four areas of our life. I have now moved off the focus of just losing weight and am allowing God to teach me where I need His control—mentally, emotionally, spiritually and physically. God is allowing me to grow in Him and stay a healthy weight. I don't see myself as being at goal weight yet, but I'm still working on it.

Now my mantra is "every food group every meal" and get your groove on with God daily! I still struggle with strongholds but am learning that if I put on the full armor of God, I can take my stand against the devil's schemes (Ephesians 6:11). I never want to go back to what I was and I want to always learn more and grow more in the Lord through First Place 4 Health. I'm in it for the long haul because my life is a journey with the Lord to glorify Him in my body. It's His not mine! That's my story and I'm sticking with it!