

Lynda Willard

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I joined First Place 4 Health because I was filled with busyness, but I lacked discipline. I loved and tried to serve the Lord, but did not have strength or stamina to do His will. My eating habits were not healthful and were utterly out of control, plus I did no exercise.

I did not realize how large I had become until I really looked at some pictures taken while I was on vacation, and the photos from my brother's wedding. Then, my doctor told me that my cholesterol and blood sugar were a little higher than normal for my age. I knew that I needed to lose weight and learn how to maintain a healthy lifestyle.

Through the First Place 4 Health program, I came to understand that my body is a temple of the Holy Spirit and it is my responsibility to maintain it so that I can be used by God. I have lost 33 pounds and feel great. I have lots more energy and better self-esteem, greater clarity of thought, more peace with my life, and better able to follow God in ministry.

Although I have made a lot of progress, I could not have met my goal without the constant presence of God. The support of my First Place 4 Health group has been a source of strength. Each Bible study has been better and more apropos than the last. With these resources, you, too, can succeed.

START YOUR OWN SUCCESS STORY