

Rachel Dennis

“Thank you First Place 4 Health for saving my life and the life of my family.”

I am so blessed that First Place 4 Health entered into my life. It has truly changed me forever.

Here is where my journey began. Before going on vacation last year, I set through the presentation on the four-sided person. I was reminded by my leader that I was the last person to sign up that day. Although I was at the very end of my overweight rope, I had tried everything else and it didn't work, so what did I have to lose, but weight? So I gave the First Place 4 Health Program a shot, with plenty of skepticism.

My weight problem started at around age seven and by the age of ten, I was 120 lbs. From that point on, I continued to gain weight by leaps and bounds, and when I graduated high school I weighed 190 lbs. During this time, I tried all types of diets, even to the point of being anorexic.

Shortly after graduating high school, I met my husband, and the day I got married I weighed 238 lbs. After the birth of my second child, I was unable to lose the weight. As my son approached the six-month mark, I was teetering between 250-251 lbs. At that point, I just accepted that I was forever going to be overweight; I had to accept it or have bariatric surgery.

The day I decided to go to my first meeting changed my life forever, though I did not know it at the time. I had completed the Bible study, memorized Scripture, and started immediately to change my calorie intake. By the end of the first week, we weighed in and I was shocked. I had lost six lbs. already. Wow! I thought, “How did that happen? It was too easy.”

As weeks passed, we went deeper and deeper into Bible study

and Scripture. I was astounded. The pounds began to melt off just by following what the Lord had put before me. Now I have to admit that even though the weight was coming off, I didn't begin to exercise until I was told I needed to start. So whatever the program told me to do I obediently followed.

I pushed through the pain of Fibromyalgia and the nights of being too tired to move. At the end of 12 weeks, God had performed a miracle in my life. He had given me a weight loss total of 42 lbs. in 12 weeks. I was shocked. How was that possible? As I looked at that first 12 weeks, I thought to myself, "This is the first time in your life that you have prayed to God to take your weight away." What a wonderful gift, but I wasn't done; I agreed to a year. What was God going to allow me to do through First Place 4 Health?

When I turned 30, my goal was to be down 100 lbs., God willing. As I woke up that Friday morning, I stepped on the scale. I received the best present I have ever gotten. I weighed 139.4 lbs. God blessed me! All the hard work that I had put into being obedient and praying was well worth the sweat and tears.

As of this date, I have lost 111 lbs. in a total of nine months just by giving Christ control of my life. I tell people of my miracle and they ask if I have had "the surgery." I proudly say, "No! God did it; let me tell you how!"

When I get discouraged, I fall back on the principles of that very first 12 weeks—God-centered weight loss! I recall Scriptures and pull from the Lord's awesome strength to get me through the challenging times. God has healed me physically, emotionally, and spiritually this year. He is awesome in his might and power.

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