



GOOD NEWS—INFORMATION YOU CAN USE

FINDING STRENGTH THROUGH PRAYER

Years ago, I was a mess physically. I had gained a bunch of weight. I was huffing and puffing as I went upstairs. And I needed painkillers to go to sleep at night. The worst moment was when I walked down our back door and found myself in a crumpled heap because my knee had given way. I knew I needed to do something about my health, but I also knew that for some time, God had been calling me to spend more time with him. I decided I would get up a little bit earlier the next morning and walk. And while I walked, I would pray.

The next morning when the alarm went off, The List began whispering to me. You are too tired. You need your rest. It's dark out there!



Nonetheless, I got up, threw sweats OVER my pajamas, and headed out the door. I walked about twenty minutes that day, taking care of prayer needs along the way. Gradually, I increased my walking to an hour or more, as much as three to five miles each day. However, my prayer routine changed dramatically one day.

A young man in a pickup truck pulled in front of the daycare center in our little town in the Sierras on that pre-dawn, wintry morning. He skipped around to the other side and picked up his blanketed bundle. As he handed his little girl to the daycare worker on the sidewalk, she said, "Bye, Daddy. Love you."

I knew right then that God had me out on the streets of my town, not so much for the my-ness of my prayers, but to look around and pray for the needs in my community.

My walking-and-praying became prayer walking that day. I began praying for whatever God put within my eyesight because I understood that wherever I am, there's a need for prayer.

Three kinds of dramatic changes occurred in my life because of my prayer walking routine.

Physically, I lost two dress sizes as well as the aches and pains. Emotionally, the cloud of depression that had clouded most of my adult life lifted. I realized that one morning, when my son walked into the kitchen and said, "What are you doing, Mom?" I looked down and looked at him. "Making peanut butter and jelly sandwiches?" He said, "No, Mom. You were singing." He'd never heard his mom sing at seven in the morning before we all went to school. There were spiritual changes as well because I stopped allowing fear to control my life.

Prayer brings about personal strength in our lives. To develop that strength, though, we need to exercise it—to develop a praying-without-ceasing mindset. Jennifer Kennedy Dean would say this is the difference between a prayer life and a praying life. I'll choose the latter because I truly need God's strength with me every moment.

Janet McHenry

Janet McHenry is an inspirational speaker and the author of 24 books, including the bestselling *PrayerWalk* and her newest, *The Complete Guide to the Prayers of Jesus*. She is also a First Place for Health leader in her church in Reno, the hostess for the Nevada Wellness Workshop September 7, and the author of two First Place Bible studies, *Training for Success* and the newly released *Stronger Every Day*. She would love to speak at your next event and can be contacted at www.janetmchenry.com

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FOR HEALTH



STRENGTH THROUGH BIBLE STUDY

Vicki Strong! I don't think so.

I am the weakest person I know. I may not be physically or spiritually weak, but definitely an emotional weakling. But really, who can say no to grandkids? And I can barely get through a Hallmark movie without shedding a tear or two. And war movies... I'm a wreck. I'm a total pushover for a stray cat.

Where does strength come from? There are all kinds of strength, some healthy and some not so healthy. Being so strong and stoic that you hold back emotion or affection that needs to be shared is not a healthy strength. Being strong enough to carry out the will of the Lord is a healthy strength. But then, some of my most fruitful work for Him has been in a debilitating state of weakness. It's puzzling, and I admit I still have a lot to learn about what being strong really means. I have prayed many times over the years "Lord, keep me strong for you" ...and then I'm reminded that if He is strong how strong do I have to be? Not very strong; just very dependent. I need the strength to lift my hands to Him, strength to drop to my knees, and the strength to open His word and obey. He provides all the rest. He is the true source of strength.



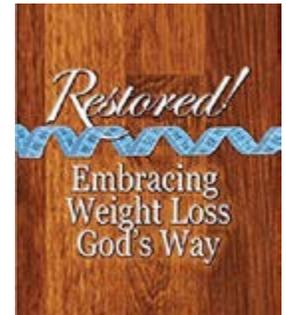
Our new Bible study by Janet McHenry Stronger Every Day is a fascinating study about ten characters in the Bible who demonstrated physical, mental, emotional, and spiritual strength as they followed the call of God on their lives. They were ordinary men and women willing to be made strong and brave by an extraordinary God. We will study the obedience strength of Noah, the uncompromising character of Joseph, the strength of leadership in Moses, the inner strength of Deborah, and the resilience of Ruth and more. As you open yourself to the transforming truth of Scripture and share your hopes and struggles with others in FP4H, you'll find yourself becoming the healthy child of God, you are designed to be! And it's all because our God is the God who gives strength to the weary and increases the power of the weak! (Isaiah 40:29 NIV.)

Weak girl/Strong girl,

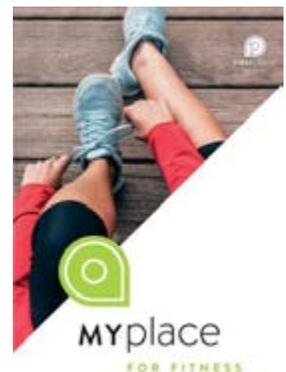
Vicki Heath

Vicki is the First Place 4 Health National Director, an American Council on Exercise, Certified Fitness Instructor, Certified Life Coach, and the Wellness Coordinator for her church in Edisto Beach, SC. Vicki is the author of Don't Quit Get Fit and Wellness Journey of a Lifetime. She has led a successful First Place 4 Health ministry in her church for twenty years.

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[Healthy Happy Cooking](#)
[By Lisa Lewis](#)



STRENGTH THROUGH COMMUNITY

I finish out my fifties in twelve months. Since my grandparents and great-grandparents lived into their late nineties, my goal for the long haul is to remain strong. I realize if I'm not building muscle strength, I'm losing it. I teach a Body & Soul Strength and Flexibility class at my church two days a week. Why? Because I need it. Plus, when I'm working out with others, I'll show up.

In 2010, when I reached my healthy goal, it was just in time for the hormone roller coaster, menopause. There is a reason the calorie range charts reduce by 200 calories per day for women when they reach age 51 and men age 61. As our hormones change (men included), our bodies age, and expend less energy. If we don't decrease our food intake, increase our activity level, and build muscle mass, you guessed it, we gain weight. Plus, the weight we do gain as we age tends to settle around our mid-section.



Our March 2019 [webinar focused on the Metabolic Syndrome](#). Waist size was one of the five indicators. One of the solutions to Metabolic Syndrome is regular physical activity, including building and maintaining muscle. Since maintaining my weight is also a primary goal, I need a healthy metabolism, which includes strong muscles.

If you are like me, you'll be more successful when you train with other people. In 2011, I hired a personal trainer who specialized in helping people get started. She worked one on one with me for over a year. Later, I joined a gym and attended group fitness classes using hand weights, resistance bands, and my own body weight to strengthen my muscles. I learned to love High Intensity Interval Training (HIIT). HIIT is has a two-for-one benefit increasing your heart rate at intervals and building muscle.

In 2014, divine power propelled me to do more than I could ever imagine, becoming a Body and Soul Fitness instructor. I enjoy teaching strength training, since that is what I most needed help getting started. Strength training results in a wonderful weariness that lets me know my muscles are stronger. The next day as I reach, bend, or lift, I feel the new stronger muscles.

I've heard it said that strong is the new skinny. I agree. If you need help getting started, check out Strength Training 101 in the FP4H book, My Place For Fitness, starting on page 77. Mary Ward, the author, has the right attitude. She writes, "Strength Training should be an exerciser's best friend." Is it time for you to get to know a new best friend?

Helen Baratta Director of Development for First Place for Health. She is the author of My Place for Leadership included in the My Place Leader's Kit and Restored! Embracing Weight Loss God's Way available at our online bookstore.



SOCIAL MEDIA





STRENGTH THROUGH HIS DIVINE POWER

His divine power has given us everything we need for life and godliness through our knowledge of Him who called us by His own glory and goodness.

2 PETER 1:3

I have to giggle each week as we begin our First Place 4 Health class. Everyone steps up to the scale, taking off as much clothing as possible while mumbling over and over under their breath the memory verse they are about to quote. Recently, this verse in 2 Peter 1:3 challenged me, and the Lord had me share this fact with the class. After all, isn't this why we come together, to be encouraged as we share the good, the bad, and the Godly of our journey to live a balanced life?

The verse said, "His divine power has given us everything we need for life and godliness," and immediately a thought came: So why am I not reaching my goals? It surely wasn't His fault.

I began tracing my steps: food plan, check—food journal, check—Bible study, check—exercise, not so much—prayer time, not so good. I reasoned It's been crazy lately with all the busyness of life. Suddenly, the words "life" and "godliness" popped into my mind, and I headed for my dictionary.



STRENGTH THROUGH HIS DEVINE POWER

"Godliness: the ability to conform to the laws and wishes of God." Ouch! I hadn't been spending much time with Him, talking and getting to know His wishes, much less conforming to them! I thought, foolish Galatian, are you trying to attain your goal by human effort, running your race in your own strength, counting on self—the very one that got you in this shape and bad health to begin with?

That week I meditated on the verse, spending time in His presence, getting to know Him and His Word more. Through that knowledge, you know what I realized? He is everything I need to live this life and to acquire godliness.

Action Item: If you aren't meeting your physical goals, is there something missing in the emotional or spiritual realm that God can help you with? Remember, He's your everything! Do some pondering and praying, and record in your journal what the Holy Spirit brings to mind.

Prayer: Father, forgive me for letting the busyness of life rob our time together. I love You, and I want to spend my time getting to know You even more. You are my everything! Amen.

Jackie LaPouble

New Orleans, Louisiana



STRENGTH THROUGH NUTRITION

Do you like superheroes? I don't collect comic books or anything like that, but I guess I am what my daughter Kayla calls a "fangirl" at heart. I absolutely love to go and see the newest superhero movies, often wearing the corresponding T-shirt as I watch! My heart pounds, my hands grip the arms of the theater seat (and sometimes my husband Tony's arm). I gasp when something crashes to the ground or flies at me (3-D, you know). I cheer as I watch them always defeat the bad guys with their daring and powerful moves, coming out seemingly unscathed from the battle! My personal favorites are Captain America and Superman (who will always be Christopher Reeve in my mind and heart), but there are many more that I love to watch as well. What makes superheroes super? They always have extra-special skills or strength, rising up above the regular people like me.

Most of my FP4H friends and group members would probably tell you that I am just as obsessed with superfoods as I am with superheroes, if not more so! New nutrition research is constantly being published about the extra-special qualities in so many of the delicious and beautiful foods God has so lovingly created and provided for us on this earth. This research is showing that many foods rise above others in the form of nutrition density and disease-fighting qualities, just like my movie superheroes rise above the norm. How exciting!

You can fine-tune and enhance the disease-fighting attributes of your overall eating plan by frequently including superfoods. Striving to eat a rainbow of fruits and vegetables (which are all superfoods) is a great first step in boosting your consumption of phytochemicals. They are often the compounds that give plants color and/or flavor and are found in the plants' skin and flesh. Scientists have identified literally thousands of them, and new ones continue to be discovered. (Isn't God awesome?) Recent significant research also showed that the risk of death from all causes, decreased 5% with each additional half-cup serving of fruits and vegetables. When eaten daily totals to 5 servings—a potential 25% reduced risk!

I hope this little taste will entice you to join the superfood fan club with me. Take a flying leap into the amazing, bountiful world of nutritious choices. You never know what disease nemesis you may have battled and defeated until you get to heaven!

Charlotte Davis, Registered, Licensed Dietician & FP4H Networking Leader

Charlotte authored the book, My Place for Nutrition, and is the FP4H Networking Leader for the Arkansas area. She has led FP4H groups in Arkansas churches for over 19 years--and never plans to stop. God forever changed her life and her priorities when she started her first group in 1995. Charlotte is a Registered, Licensed Dietitian and works as the Child Nutrition Director for Searcy Public Schools (4100 students).

SUPERFOODS TO FILL YOUR GROCERY CART

FISH: Omega-3 fatty acids in fish can lower your risk of heart arrhythmias, lower levels of triglycerides and blood pressure, and slow the growth of plaque in your arteries.

BEANS & PEAS: These have been linked with lowering blood cholesterol levels and inflammation, reducing weight, and helping to prevent heart disease, high blood pressure, diabetes, and some types of cancer.

NUTS: Eating nuts regularly is linked with many benefits, including lower risk of heart disease, diabetes, metabolic syndrome, and some cancers.

OATS: Studies show that eating oats daily lowers LDL (bad) cholesterol levels by 8-23%. They have also been found to increase feelings of fullness, decrease blood pressure, lower fasting glucose levels, promote gastrointestinal function, and reduce the risk of type 2 diabetes.

WHOLE GRAINS: A diet high in whole grains (studies primarily included whole wheat) has been shown to reduce the risk of stroke by 30-36%, type 2 diabetes by 21-30%, and heart disease by 25-28%, as well as result in better weight maintenance and blood pressure.

BEETS: The vibrant color in beets comes from the phytochemical beta-cyanin, which has been found to have anti-cancer effects. Beets are also a good source of dietary fiber, potassium, manganese, and vitamin C and also contain betaine, an amino acid shown to lower inflammation in the body.

BROCCOLI: Broccoli provides high levels of vitamins A, C, and K, folic acid and fiber, as well as some protein and Omega-3 fatty acids. Findings show that it may reduce chronic inflammation/oxidative stress, which may ward off cancer. Additionally, it may help promote a healthy digestive system and good heart health.

CARROTS: These are very high in vitamin A (113% DV in a half cup) and have many phytochemicals linked to their vivid colors. Studies have linked carrot consumption to cardiovascular health, vision health, and cancer protection.

DARK-GREEN LEAFY VEGETABLES: Kale, spinach, collard greens, and chard are definitely nutrition superstars! They provide at least 19 essential nutrients in a one-cup (cooked) serving and have been linked to lots of health bonuses, including protection against age-related eye disease, cancer, osteoporosis, and even mental decline.

BERRIES: Studies place all types of berries at the top of the list in terms of antioxidant content and have identified that they have a profound impact on health, including lowering the risk of cancer, cardiovascular disease, diabetes, and age-related mental decline.



HEALTHY RECIPES

PEACHY LEMONADE

- 3 cups cold water
- 1 cup lemon juice
- 3/4 cup sugar substitute
- lemon slices
- 1 16-oz can of peach slices (juice pack), chilled and undrained

Prepare Lemonade as above. Place half of the can of peach slices in a blender with 1 cup of the Lemonade. Cover and blend until smooth and then pour into a large pitcher. Repeat with remaining undrained peaches and 1 cup Lemonade. Stir in remaining Lemonade and serve over ice. If desired, garnish with peach slices. Serves 4.

Nutritional Information: 42 calories; (1.1% calories from fat); trace fat; 1g protein; 12g carbohydrate; 1g dietary fiber; 0mg cholesterol; 4mg sodium.



TOMATO AND CUCUMBER SALAD WITH FETA

Dressing:

- 1/4 cup extra-virgin olive oil
- 2 tbsp. red wine vinegar
- 1/2 tsp. sugar
- 1 clove garlic, minced
- 1 tbsp. fresh dill, minced
- 1/2 tsp. dried oregano
- 1/2 tsp. garlic salt
- freshly ground black pepper, to taste

Salad:

- 1 lb. cherry tomatoes, cut in half
- 1 lb. cucumbers (approximately 2 large or 4 small), diced
- 1/2 cup Kalamata olives, drained, pitted, and chopped
- 2 cups spinach
- 1/2 cup feta cheese, crumbled



For the dressing: In a medium bowl, whisk together all dressing ingredients until thoroughly blended.

For the salad: In a large bowl, combine all salad ingredients. Toss with dressing until everything is evenly coated. Cover salad and refrigerate for at least 4 hours, removing from the refrigerator at least 30 minutes before serving.

This recipe taken from *Healthy Happy Cooking* by Lisa Lewis, available in the FP4H online store.

Nutrition Information 289 calories; 26g fat (78.1% calories from fat); 4g protein; 12g carbohydrates; 2g dietary fiber; 17mg cholesterol; 948mg sodium.



HEALTHY RECIPES

SHRIMP AND QUINOA SALAD

- 12 ounces fresh or frozen large shrimp
- 1 cup quinoa
- 2 small oranges
- 3 tablespoons white balsamic vinegar
- 1 5-ounce package baby spinach or arugula

Thaw shrimp if frozen. Peel and devein shrimp, leaving tails intact if desired. Rinse shrimp and pat dry with paper towels. Thread shrimp on four 8-inch skewers. Grill skewers on the rack of a covered grill directly over medium heat for 4 to 6 minutes or until shrimp are opaque, turning once halfway through grilling.

Meanwhile, rinse quinoa; drain. In a medium saucepan bring 2 cups water to boiling. Add quinoa. Return to boiling; reduce heat. Simmer, covered, about 15 minutes or until water is absorbed. Remove from heat. Finely grate 1 teaspoon of orange peel from one orange; set aside. Cut remaining peel from oranges and discard. Holding an orange over a bowl to catch juices, cut segments from orange (set segments aside). Squeeze juice from membranes into bowl. Repeat with remaining orange. Stir in finely shredded orange peel, balsamic vinegar, 1/4 teaspoon salt, and 1/4 teaspoon ground black pepper. Add shrimp, quinoa, and spinach; toss gently to combine. Serve with orange segments evenly on top.



Nutrition Information: 281 calories, 3g fat, 119mg cholesterol, 263mg sodium, 42mg carbohydrates, 5g fiber, 22g protein

LEMON DROP COOKIES

- 1/2 cup granulated sugar
- 7 tbsp. butter or stick margarine, softened
- 2 tsp. grated lemon rind
- 1/3 cup honey
- 1/2 tsp. lemon extract
- 1 large egg
- 1 3/4 cups all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/4 cup plain fat-free yogurt
- 1 cup powdered sugar
- 2 tbsp. fresh lemon juice
- 2 tsp. grated lemon rind
- nonstick cooking spray



Preheat oven to 350° F. Beat first 3 ingredients with a mixer at medium speed until light and fluffy. Add honey, extract and egg and beat until well blended. Lightly spoon flour into dry measuring cups and level with a knife. Combine flour, baking powder and salt, stirring well with a whisk. Add flour mixture to sugar mixture alternately with yogurt, beginning and ending with the flour mixture. Drop the mixture by level tablespoons 2 inches apart onto baking sheets coated with nonstick cooking spray. Bake at 350° F for 12 minutes or until lightly browned. Combine powdered sugar and juice in a small bowl and stir with a whisk. Brush powdered sugar mixture evenly over the hot cookies and sprinkle evenly with 2 teaspoons rind. Remove the cookies from the pan and cool on wire racks. Serves 32

Nutrition Information: 89 calories; 2.8g fat (29% calories from fat); 1.1g protein; 15.3g carbohydrate; .2g fiber; 14mg cholesterol; 81mg sodium



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Starting in June & July

Virtual

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September 7, 2019

Reno, NV

TRI-STATE WELLNESS WORKSHOP

September 21, 2019

Beach Lake, PA

WELLNESS WEEK

October 10-17, 2019

Roundtop, TX

SOUTHERN WELLNESS WORKSHOP

October 12, 2019

Trout, LA

FUN & FITNESS 4 LIFE

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Sandy Cove, MD

RESTORE: EXPERIENCING FREEDOM FROM FOOD STRONGHOLDS

May 3-5, 2020

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Wellness Week

October 10-17, 2019
Round Top, Texas

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