



First Place for Health at a Glance

What Is First Place for Health?

First Place for Health is successful due to its biblical approach to weight loss and overall health management, which puts Christ first and improves every area of a person's life. First Place for Health is unique because of it:

- Christ-centered priorities: Bible study, prayer and Scripture memory
- Whole person wellness—emotional, mental, physical and spiritual
- Community: Support and accountability—you are not alone

Trying to find a Christ-centered way to lose weight and get healthy a community of believers at Houston's First Baptist Church launched First Place for Health back in 1981. The ministry is now a separate non-denominational not for profit 501(c)3 ministry. The resulting program is designed as three 12-week sessions per year—winter, spring and fall. Members stay with the same group for an entire session, encouraging and challenging one another to meet their fitness goals. Each weekly group meeting includes a weigh-in, nutritional information, class discussion, Bible study discussion and prayer.

Why Choose First Place 4 Health?

Maybe you are struggling with losing 5 to 10 pounds or are battling obesity. Perhaps you want to increase your knowledge about nutrition, to get help with implementing a consistent exercise plan or to learn how to develop a healthy lifestyle for your family. Whatever your reasons, you'll soon discover that First Place for Health is a biblically based, medically trustworthy wellness program that addresses *the whole person*—physical, mental, emotional and spiritual.

What Is the Cost to Join First Place 4 Health?

The cost for your first 12-week session is \$[fee], which includes your First Place for Health My Place Member's Kit with the Bible study chosen for this session, *[list the name of the study]*. The cost for later sessions is \$[fee].