



FIRSTplace

FOR HEALTH



THE CHRIST-CENTERED WEIGHT LOSS & HEALTHY LIVING PROGRAM

NOVEMBER 2021



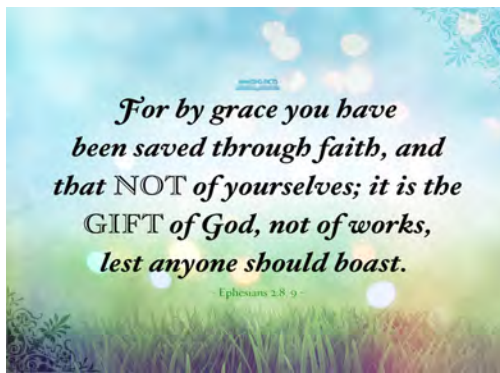
2 FALL-LELUJAH

Pumpkin pie, pumpkin bread, pumpkin latte, pumpkin spice, even pumpkin lip gloss. It's the yearly invasion of the pumpkins!



Weary from Starting Over? Don't Give Up.

Is it really that simple? Try telling yourself that giving up is not an option, no matter how slow the progress.



ATTITUDE OF GRATITUDE

How can the five minutes between worship with God and my first choice take such a downward turn?



HEALTHY RECIPES



START YOUR OWN SUCCESS STORY!



SUCCESS STORY



UPCOMING EVENTS



HOLY LAND TRIP



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FOR HEALTH



Pumpkin pie, pumpkin bread, pumpkin latte, pumpkin spice, even pumpkin lip gloss. It's the yearly invasion of the pumpkins! As early as 1651 there are records of pumpkin recipes. Take a look on Pinterest and you will find probably hundreds of "pumpkin" ideas.

Pumpkin is not only delicious but good for you. Pumpkin is low in calories, high in Vitamin C, A, B2 and E. Even has fiber and a little bit of protein. It's a winter squash but since it has seeds is scientifically a fruit. So many delicious recipes to chose from.

It is also a great workout partner. Try these exercises and spell out the word **PUMPKIN**.

Pumpkin Workout:

P – 20 pushups – wall or floor

U – 20 Up downs – up on the toes, reaching overhead with arms, then bend over and touch the floor.

M – 20 mountain climbers – floor or wall

P – 20 punches, left and right

K – 20 Kickbacks – standing on one foot, holding back of chair for balance, donkey kick back with other leg, left and right.

I – 10 Inchworms – bending at waist, reach for floor and walk the hands away from the body and back.

N – 20 no time squats – wide base

Grab a pumpkin and raise a Fall-lelujah! Workout link here: https://youtu.be/zUo_Vg-IJmE

WHAT'S SO AMAZING ABOUT GRACE?

After hours of shopping, we finally found a coffee shop. Rob and I were in Houston celebrating FP4H Wellness Week and The Vine Gala. Boot shopping is exhausting, and I knew he needed fuel for power shopping.

This was a fancy coffee shop. Lovely and fancy. We ordered two pour overs and were asked "do you want a pastry with that?" Rob said no we had our own. There is a famous doughnut shop in Houston, and we had purchased two, practicing moderation of course. (Thanks for not judging me!) The young man preparing our coffees said, "Sorry sir, no outside food allowed." Oh well, okay. We sat and enjoyed our coffee, answered emails, and did work stuff. By now, we both were on our second pour over (that's a cup made fresh with its own little filter sitting on top of the cup--cute and labor intensive). That little white pastry bag was calling my name. I quietly opened the bag and tore off just a small piece of doughnut. So good with my delicious made-fresh pour over coffee! In a few minutes we were busted. "I'm sorry mam, but no outside food allowed." I sheepishly apologized. As the young man walked away Rob commented, "You'd think \$25 worth of coffee would buy you a little grace." Here's the thing about grace--you can't buy it. It's free. Ephesians 2:8 and 9 says,

For it is by grace you have been saved, through faith and this is not from yourselves, it is the gift of God so that no one can boast. NIV.

This verse really says it all. God is rich in mercy and abounding in grace. We don't have to work for his mercy or his grace. We don't have to pay for it with striving toward perfection. Jesus paid it all. Grace can't be bought, earned or inherited. You just need to receive it. Give yourself and someone else some grace today, freely given, freely received. And enjoy the coffee!



Vicki Heath
CEO FP4H

Vicki Heath is the National Director of First Place for Health. Vicki is a certified fitness instructor for the American Council on Exercise, a certified life coach and Wellness Coordinator for her church in Edisto Beach, SC. Vicki is an author of the books *Don't Quit Get Fit*, *Wellness Journey of a Lifetime* and *My First Place*. She strives to bring others into the Kingdom through health and wellness.



WEARY FROM STARTING OVER? DON'T GIVE UP!

Is it really that simple? Try telling yourself that giving up is not an option, no matter how slow the progress. Slow progress is better than no progress. How many of us feel as if we take two steps forward and one step back? Sometimes it feels as if we are taking two steps back.

Don't give up.

First Place for Health offers tools that help us stay on track, like the Live It Tracker, Jump Start Menus, My Place for Nutrition and Fitness, Prayer Partners and Bible Studies.

How can you be intentional in using the tools provided?

Show Up.

Simply showing up to a group meeting each week ensures we will not give up. The enemy would have us believe we are alone. Stay connected. Pray for one another. We are not alone.

Give it Time. Long term weight loss takes time. It took me 4 years to lose 116 pounds. When I reached my healthy weight in 2010, I registered with the National Weight Control Registry (NWCR).

Researchers started NWCR in 1994 and currently track over 10,000 individuals who have lost significant amounts of weight and kept it off for prolonged periods of time. If you've lost thirty or more pounds and kept it off for longer than a year, please consider registering at www.nwcr.ws. One study showed most of the weight lost by NWCR members is maintained over 10 years. Long-term weight-loss maintenance is possible and requires sustained behavior change. There is hope when we do not give up. One behavior that attributed to NWCR member's success is keeping track of their progress, weighing in at least once a week and keeping track of food intake.

Tracking is one behavior change that many of us struggle to embrace, myself included. After 15-years of tracking, I know from my tracker (or lack of tracking) if I will maintain, lose, or gain. There is usually no surprise at my weekly weigh in. My tracker shows my progress.

First Place provides many tracking options:

- [My Place for Success Journal](#) – My new favorite way to track.
- Live It Tracker – Each Bible study includes trackers for each week of your study.
- [Live It Tracker - PDF](#) – www.fp4h.com, Resources, Helpful Documents and Forms
- [Live It Tracker - Fillable PDF](#) – www.fp4h.com, Found on our Website, Resources, Helpful Documents and Forms
- [Live It Tracker – Food Groups](#) – www.fp4h.com, Resources, Helpful Documents and Forms
- [Transform your My Fitness Pal to a Live It Tracker](#) - www.fp4h.com, Resources, Helpful Documents and Forms

Need more inspiration? Register for our November Webinar, Monday, November 8th.

STOP GIVING UP ON TRACKING

<https://www.firstplaceforhealth.com/events/webinar-stop-giving-up-on-tracking/>



Helen Baratta

Director of Development

Obese and unable to walk without pain, Helen gave up and surrendered her weakness to the Lord. God transformed her life as she released and now miraculously maintains a 116-pound weight loss. Helen shares how to embrace change and say "Yes" to all that God has planned. Helen is Director of Development, First Place for Health, ACE Certified Group Fitness Instructor, and Certified Personality Trainer.

ATTITUDE OF GRATITUDE

Each morning during my quiet time with God, I fill my heart, mind, and mouth with praise to the Lord. I marvel at His creation and creativity, His love and generosity, His power and might. Then, closing my Bible, I walk away from my quiet place into the “dailyness” of life. I fail to carry my worship with me as I begin the daily physical walk of First Place for Health.

Reluctantly, I meet my morning exercise group. My feet are heavy and do not want to walk those three miles today. I become overwhelmed with the time and effort it takes to plan and prepare healthy meals, and I just shrug at my Tracker. Most always, I meet temptations, either with my hands hanging limp at my side or tied behind my back.



How can the five minutes between worship with God and my first choice take such a downward turn? What happened to praising God? Can you relate to this kind of day? Resenting exercise turns aside God’s joy of knitting my form into His own. Fretting over meal preparation and tracking takes away my enjoyment of cooking and eating healthy food. Falling prey to every temptation allows my enemy to devour any chance of victory. All this comes quickly on the heels of praise and thanksgiving! Is there hope? Of course. After all, I am His child! I just have to realize my entire day is really His and for His glory. Closing my Bible in the morning does not end my worship; it is to continue all day long. So now, when dailyness begins to invade God’s worship and praise, I will quickly press pause and turn my complaining into gratitude.

- **Exercise** . . . instead of “ugh!” I will say, “Thank You, Lord, for creating my body to move with balance and grace. Thank You for the time and ability to walk and Your faithfulness to meet me on my first step. Thank You for friends who walk beside me.”
- **Meal planning and preparation** . . . instead of “oh, dear!” I will say, “Thank You, Lord, for the gift of food and Your generous provision. I praise You for creating so many healthy varieties that are readily available. Thank You for the opportunity to make healthy choices and to meet my family’s physical needs.”
- **Temptations** . . . instead of saying nothing, I will raise my hands and say, “Lord, I praise Your glorious name! I need Your power to turn away from this and to make the healthy choice You have placed before me. Your victory allows my victory, and I thank You!”

Keeping an attitude of gratitude is essential in First Place for Health. It is impossible to separate worship, thanksgiving, and praise. A grateful heart is praise and worship to God . . . all day long! And as we continually worship Him, we are continually in His presence. God, thank You for being our God and for being available to hear our grateful hearts offer praise to Your glorious name. Help us to quickly turn our ungrateful attitude to gratitude for all You are for You are all we desire.

Journal: Make a list of three complaints in your life today. In each one, find two reasons to give thanks and praise to God. This will become your act of worship.

This devotional taken from A Joy-full Season, available now in our online store. Click for more details >>>



\$14.99

SUCCESS STORY - DAVID POOLE

My plan:

In March of 2011, I started my wellness plan after a visit seeing my parents (who are taking several pills in the morning and evening), failing my EKG, and the doctor telling me to lose 50 lbs. to improve my HDL and LDL. At age 50 and 220 lbs., I started walking. Ten months and 400 miles later, I got down to 195 lbs. The Doctor was very happy and so was I. All my health numbers were showing in the good range. During 2012, at 195 lbs., I continued walking and playing tennis and Disc golf. I also made better food choices. But, at the end of 2012, I was at 201 lbs. Wow! I was stuck not knowing what to do.



Now God's plan:

I was asked by a friend from church, "Why don't you join me in First Place for Health?" I said to myself, "Great! I need to learn more about healthy foods; I got the exercise figured out." Then on January 23, 2013, I started the 12-week class at church called First place for Health." Great! Now I can learn more about nutrition. This class looked at four parts of our being: the mental, emotional, physical and spiritual. I really wasn't sure about the mental and emotional stuff.

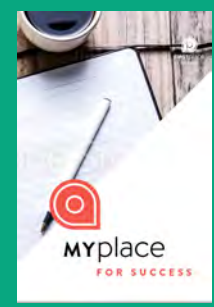
Ok, I can do this." I decided to make the Bible study my first priority and I did. I did not miss one day of the study, and I tracked my food and exercise every day using My Fitness Pal at www.myfitnesspal.com. I also keep track of it on a spreadsheet to calculate the 3500 calories I need to lose 1 lb. I was very honest in tracking my food and exercise, so I could get a good analysis of my progress. God did a mighty work in all four areas, and allowed me to lose 11 lbs. in the first 6 weeks (Praise God) then another 11 lbs. at the end of the 12 weeks. Praise God more. Wow! In all of 2012, my plan failed.

On my spreadsheet, according to my numbers in the reduction of calories, I was only supposed to lose 14 lbs., but I know because I made studying the Word a priority, God allowed me to lose 8 lbs. more. I am blessed to overflowing. Now for that emotional and mental stuff! I would find myself getting stressed at work and the first thing I would do is hit the vending machine and find that Hershey bar; it would take all my stress away. God said, "Stop! Turn to me. Get an apple or orange; go outside and take a 15 minute walk; Cast your cares on me and I will take your stress." Thank you, Father.

Then the 6-week summer session started and on 4-30-13 (week 2), I tore my MCL a 2 degree strain. I was on crutches and unable to exercise, and only on spiritual food and physical fuel. I gained weight for the next few weeks. Wow! My emotional and mental factors were dropping fast, but God said, "Continue in my Word." It was tough not being able to exercise, but I trusted in God's Word. And by the end of this 6 weeks, I lost 9 lbs. God said, "See, I have you; just keep in My Word and I will fight your battles." And 4.7 lbs. was more than my spreadsheet said I would lose. Thank you, Father, again. Then another 6 weeks and I lost 2 more lbs. and I'm now down to 168 lbs., 6 months later. Goodbye to 52 lbs. of not trusting God, not wanting to study His Word and not fully relying on God for all matters. He really does care for me. He is building me a house in heaven and I really need to do all I can do to keep His earthly temple spiritually, emotionally, mentally and physically strong, so His will can be worked through me.

Now the greatest part is during the past months. Due to my weight loss, God has given me boldness to share how He has worked in my life and I give him all the credit. As I make steps, He directs my path. Thank you, Father. I have shared Your gospel. Your will be done!

HELPFUL RESOURCES



My Place for Success Tracker/Journal
\$9.99



My Place for Discovery - Book Three
\$15.99

CLICK ON THE PICTURE TO BUY



Pumpkin Breakfast Cookies

- 2 cups whole-wheat flour
- 1 cup old fashioned oats
- 1 tsp. baking soda
- 1 tsp. pumpkin pie spice
- ¼ tsp. salt
- 1 15-oz. can pumpkin
- ½ cup coconut oil
- ½ cup applesauce
- 1 cup brown sugar
- 1 large egg
- ½ cup roasted, salted pumpkin seeds
- ½ cup dried cranberries

Line cookie sheet with parchment paper and set aside. Whisk together whole-wheat flour, old-fashioned oats, baking soda, pumpkin pie spice, and salt.

At medium speed, beat pumpkin, coconut oil, brown sugar, and egg until well combined; gradually beat in flour mixture, then pumpkin seeds and cranberries. Scoop onto lined cookie sheet to form 16 mounds, spaced 2 inches apart; flatten into disks. Bake at 350° F for 20 to 25 minutes or until dark brown on bottoms. Cool on wire rack.

NOTE: Cooled cookies can be wrapped in plastic and stored at room temperature up to two days or frozen up to 2 weeks. Reheat in toaster until crisp.

Nutritional Information: 85 calories; 8g fat (37.8% calories from fat); 4g protein; 26g carbohydrate; 3g dietary fiber; 13mg cholesterol; 122mg sodium.

This recipe taken from [Healthy Happy Cooking](#), available in the FP4H online store.

How To Roast a Pumpkin

- 1 2-3 lb. pumpkin
- 1 Tbsp coconut or avocado oil
- 1 pinch sea salt

Preheat oven to 350 degrees and line a baking sheet with parchment paper. Using a sharp knife, cut pumpkin in half lengthwise (removing the top and bottom is optional). Then use a sharp spoon or ice cream scoop to scrape out all of the seeds and strings. Brush the pumpkin flesh with oil, sprinkle with salt, and place flesh down on the baking sheet. Pierce skin a few times with a fork or knife to let steam escape.



Bake for 45-50 minutes or until a fork easily pierces the skin. Remove pan from oven, let the pumpkin cool for 10 minutes, then scoop out and use.

If turning into purée, scoop pumpkin into a high-speed blender or food processor and blend until creamy and smooth. If it has trouble blending, add a little water. Baked pumpkin and pumpkin purée will keep covered in the refrigerator up to 1 week, or in the freezer for 1 month.



Strawberry Thumbprint Cookies

- 1 (17.5-oz) package chocolate chip cookie mix
- 1 cup rolled oats, uncooked
- 1/3 cup water
- 1 tsp vanilla extract
- 1 egg white
- cooking spray
- 1/4 cup strawberry jam

Combine first five ingredients in a bowl and stir well. Drop dough by two level teaspoonfuls, 1-inch apart, on cookie sheets coated with cooking spray. Press center of each cookie with thumb, making an indentation. Fill with 1/4 tsp jam. Bake at 375 degrees for 10 minutes or until golden. Cool on wire rack. Store in airtight container. Makes 4 1/2 dozen.

Nutritional Information: 55 Calories, 2g Fat, .8g Protein, 8.5g Carbohydrate, 0mg Cholesterol, 54mg Sodium

Easy Pumpkin Soup

- 1/2 Tbsp. olive oil
- 1 sweet onion, diced
- 1 tablespoon minced garlic
- 1 teaspoon ground ginger
- 1 head cauliflower, florets diced (about 5 cups of florets)
- 4 cups vegetable or chicken broth
- 1 15-ounce can unsweetened pumpkin puree (about 1 3/4 cups)
- 1 tablespoon brown sugar
- 1 tsp. salt, to taste
- 1/2 cup full-fat canned coconut milk (or substitute with heavy cream)
- Optional garnish: sliced green onions, chives, or sour cream



Heat oil in a large pot over medium heat. Add onion and sauté until soft and translucent (about 5-10 minutes). Add garlic and ginger and cook for about 1 more minute, stirring. Add cauliflower, broth, and pumpkin. Turn heat to high, bring to a boil; cover. Reduce heat to low and simmer (covered) for about 20-30 minutes or until cauliflower is tender. Stir in maple syrup, salt and coconut milk. Remove from heat and puree the soup in blender until smooth.

Note: This soup freezes well for up to three months.



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FOR HEALTH



WEBINAR **NOV 8TH**

Stop Giving Up on Tracking

Helen Baratta & Beth Thompson

UPCOMING EVENTS

ZOOM LEADER MEET UP November 2, 2021
[Online](#)

WEBINAR - STOP GIVING UP ON TRACKING
November 8, 2021
[Online](#)

WELLNESS FESTIVAL - NORTH EAST
November 13, 2021
Wakefield, MA
[More Information](#)

HOPE FOR ME WOMEN'S WELLNESS WEEKEND
January 28-30, 2022
North East, MD
[More Information](#)

VIRTUAL CHRISTMAS PARTY
December 4, 2021
[Online](#)

JOURNEY TO THE HOLY LAND
March 22 - April 2, 2022
[More Information](#)

RESTORE ME MAKING US NEW AND SETTING US FREE
May 15-17, 2022
North East, MD
[More Information](#)

WELLNESS WEEK
October 6-13, 2022
Round Top, Texas
[More Information](#)

WEBINAR **DEC 13TH**

Deliciously Happy Christmas

With Lisa Lewis

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ADDRESS: First Place For Health, 622 22nd St., Suite 100, Galveston, Texas 77550

Holy Land

Walk with Jesus in His Land

All taxes and tips included



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the Trip
Brochure

TOUR HOST:
First Place for
Health



March 22 - 31, 2022
\$3,844 from NEW YORK
\$3,944 from HOUSTON

(Based on minimum of 25 passengers)

March 31, 2022
Post Ext. Petra, Jordan \$783

(Based on minimum of 25 passengers)