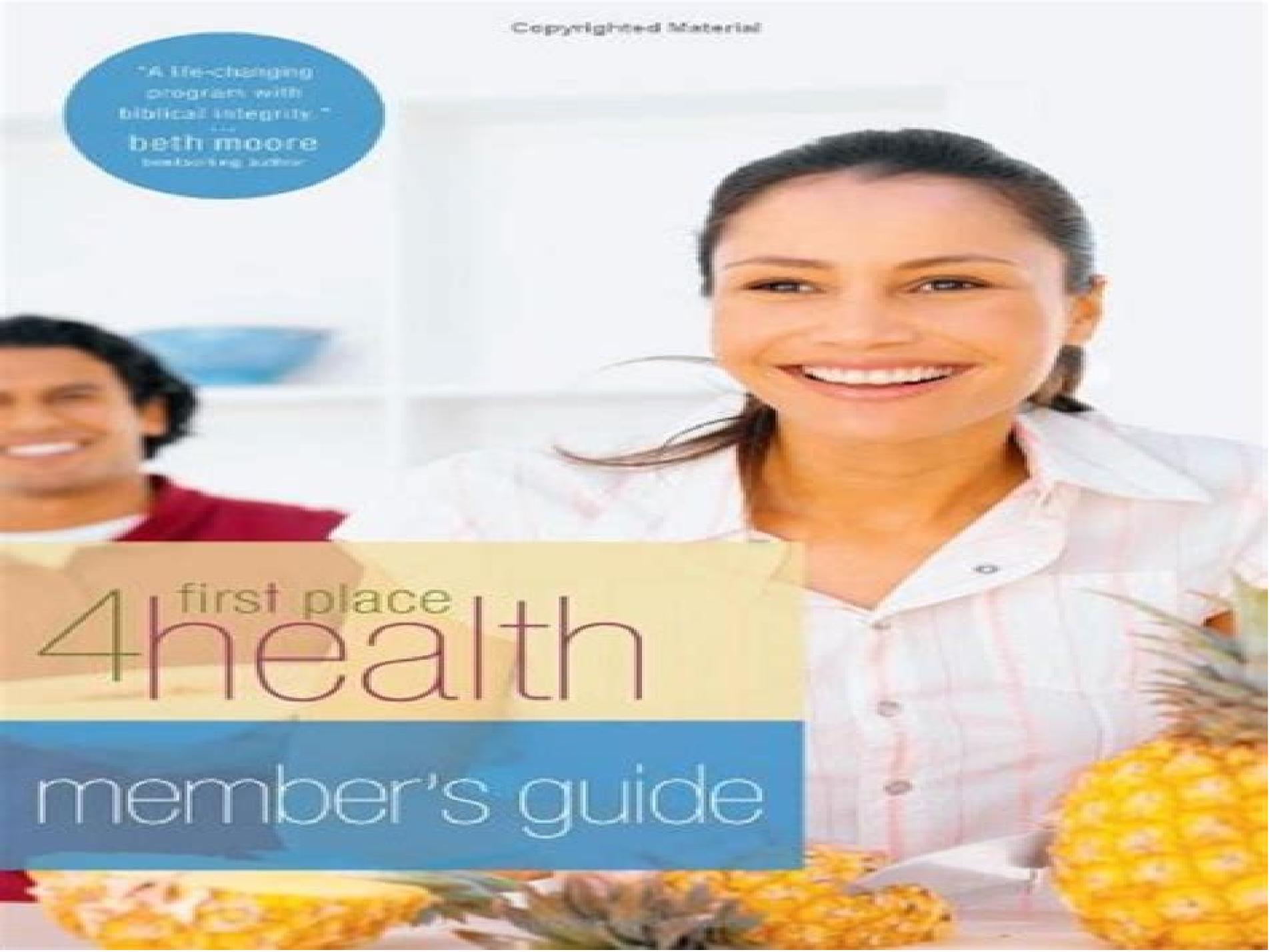


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First Place 4 Health Members Guide

First Place 4 Health, Carole Lewis

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Food on the Go Pocket Guide First Place 4 Health,2008-07-01 The Food on the Go Pocket Guide is a quick and easy reference for on the go meals when members need to access health and nutrition information *First Place 4 Health Member's Guide* First Place 4 Health,2008-06-01 Join the hundreds of thousands of women and men who have a healthier lifestyle and a closer walk with God thanks to First Place 4 Health You will see improvement in every area of your life emotional spiritual mental and physical Learn how to establish a quiet time and a Scripture reading plan how to adopt a new way of thinking about food and exercise how to win over worry and handle your emotions and why we all need accountability and support Follow the action steps in the First Place 4 Health program and God s power will begin to work in and through you to achieve your total health goals Step by step choice by choice your life will be transformed Like all your First Place 4 Health materials this Member s Guide is easy to understand and is based on the proven success of our Christ centered healthy living program You ll find all you need to get started and stay on track **First Place 4 Health Member's Guide** ,2008 **Bod 4 God** Steve Reynolds,2010-10 The media labeled Steve Reynolds The Anti Fat Pastor after he lost more than 100 pounds and launched a stunningly successful weight loss program in his church and community In Bod 4 God Pastor Steve reveals the four keys that have unlocked the door to health and fitness for him and for countless others who have dedicated their bodies to God Steve had been overweight all of his life he weighed over 100 pounds in the first grade After playing football during high school and college he vowed never to exercise or run laps again That was one promise he kept ballooning to 340 pounds and staying there for years Now in Bod 4 God he shares the simple lifestyle changes both inside and out that led to his incredible weight loss and he invites readers to change their lives forever by committing their bodies to Gods glory In addition Steve shows local churches how to impact the health of their entire community by hosting Losing to Live Events such as weight loss competitions and team driven fitness campaigns **Better Together Devotional** Carole Lewis,2011-07-07 God created us to worship and serve Him in close community with other people In Better Together a collection of 240 inspirational readings and twelve encouraging testimonies from First Place 4 Health members around the world readers will find encouragement to nurture healthy lasting relationships that bring glory to God and satisfy their deepest needs for fellowship Each month of devotional readings is based around one theme central to enrich community Love Service Patience Fellowship Compassion Encouragement Harmony Forgiveness Honor Godliness Prayerfulness and Obedience Readers will love hearing from everyday people just like them who are wrestling with how to apply God s Word to their lives and seeing Him at work in their relationships *Moving Forward Together* First Place 4 Health,2008-07-01 Moving Forward Together is an exciting study that gives readers new incentive to focus on the journey of following Christ and living according to His precepts Based on Philippians 3 13 14 this study guides readers to understand how moving forward towards God s purpose for our lives requires a power beyond our human capabilities with committed trusting friends

at our sides Learn how to be free from the past handle the day to day pressures in the present and move forward to the future God has planned All new and easy to use the First Place 4 Health Bible studies contain 12 weekly studies to help participants prepare day by day for the weekly group meeting as well as providing a handy method for tracking daily and weekly progress Also included are inspirational and motivational Scripture memory verses on laminated cards two weeks of Menu Plans with macro micronutrients listed a walking chart and a coordinating Scripture Memory Music CD for training the mind while training the body Join the thousands of people nationwide who are experiencing balanced healthy living with First Place 4 Health

Hope 4 You Carole Lewis,2010-12-16 What is hope Where does it come from How can believers face the future with confidence not with blind optimism but deep trust in God s plans In *Hope 4 You* First Place 4 Health National Director Carole Lewis examines the theme of hope as presented in God s Word and illustrates what hope is and is not through the real life experiences of Carole and a number of her friends in the faith Carole leads readers on an exploration of Scripture which identifies the Holy Spirit as the Source of all hope With this understanding believers can walk with God which restores hope work with God which renews hope and wait on God which revives hope Carole underscores that hoping is never passive or inactive it is productive meaningful and full of purpose Hope motivates us to take practical steps toward our mental physical emotional and spiritual goals

Light and Healthy Holidays First Place 4 Health,2008-11-03 *Light Healthy Holidays* provides staying power during the tempting holiday season and encouragement to reflect on the true reason for the holidays This complete resource includes devotions holiday helps holiday menus and recipes and a small group guide Topics Included Devotions on giving thanks and God s gift of love Read about replacing fear with joy Holiday menus and recipes How can you achieve your holiday goals Holiday survival tips

First Place 4 Health Member's Kit Carol Lewis,First Place 4 Health,2008-07 The First Place 4 Health Member s Kit contains everything necessary for members to begin a new way of thinking about health and a renewed mind body and spirit It will help them make positive changes in their thought patterns have better control over their emotions transform the way they fuel and recharge their bodies and relate better to God

My Food Plan First Place 4 Health,Carole Lewis,2011-08-03 The *My Food Plan* booklet also includes a two week quick start plan with menus and shopping lists to help new members jumpstart their pursuit of a balanced diet The *My Food Plan* booklet brings healthy food choices within reach of anyone who is ready to change

Leader's Guide First Place 4 Health,2008-07-01 The First Place 4 Health Leader s Guide is the essential reference guide for leading the First Place 4 Health program Organized for easy use the Leader s Guide shows leaders how to set up the program how to choose and train leaders how to conduct meetings and much more Includes additional resources publicity ideas and reproducible forms for use with each new group

Stop It! Carole Lewis,2005 If you have tried everything in your power to change your bad habits and lose weight and nothing has worked here s the answer Stop it Just stop it and stop it and stop it again It s that simple In this practical book Carole Lewis the national director of First Place featured in *Prevention* and *Shape* magazines

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