

Chapter 1 : First Place Member Kit: The Bible's Way to Weight Loss - | SlugBooks

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Now, there is a way, call it a miracle if you will, that success can finally be in the grasp of everyone who desires to bring all areas of their life—physical, spiritual, emotional, and mental—into a more healthy balance. For the past 27 years, hundreds of thousands of Christians have achieved lasting weight loss through First Place, a grace-filled, Bible-based weight-management program with groups in more than 12, churches. This revolutionary program uses everyday foods, includes a support and accountability component, and focuses on biblical health and disease prevention. Recently, the program has been completely revamped. First Place 4 Health takes the program to the next level, shifting the focus from weight management to complete wellness. Members of First Place 4 Health learn that pursuing holistic health is not optional for followers of Christ; it is a necessary component to Christian living. How did the First Place program begin? Early in , twelve men and women began to pray. Knowing that God is interested in everything that concerns his children, they prayed that God would help them create a program that would help them lose weight and find balance in every area of life—spiritually, mentally, emotionally, and physically. God answered that prayer, and in they held the first meeting of First Place, the Christian weight-management program they had created, in their home church, First Baptist Church of Houston, TX. Although it was not created to be a worldwide program, First Place has grown to several hundred thousand members in more than 12, churches of many denominations in all fifty states and in foreign countries. In First Place entered a partnership with the Southern Baptist Convention and worked closely with them for eight years to develop the program. Since First Place has partnered with Gospel Light, who designed and published the revised First Place program materials, including the exciting new First Place 4 Health curriculum. How is First Place different from other weight-management programs? The Bible teaches that we are four-sided people. First Place is not just about dropping pounds. And we are convinced that this is only possible when we put our relationship with Christ first, not just in theory but also in purposeful action that leads to positive transformation. By applying disciplines that affect the whole person, you will not only experience physical health, but will also experience total health—health for life. The program has now been renamed First Place 4 Health. What changes are included in the new materials? The principles of Christ-centered priorities, choices for total health, and community are still our core message. We have simplified the program with new materials that have been reorganized for easy access. First Place has always taught—and will continue to teach—the basic disciplines named in the original nine commitments, but now the language and delivery of the message is different. The emphasis now is on acknowledging the preeminence of God in all of life, learning what the Scripture says about how we are to live, and making healthy choices for positive change to balance the four areas of life, mental, physical, spiritual, and emotional. Also, we have a completely revamped food plan that is easier than ever to implement. There are no more diabetic exchanges—just adherence to the USDA food pyramid guidance system and easily measureable serving sizes i. Even the exercise portion of the program has been revamped to reflect the current research. We used to stress commitments—which is a good concept. We wanted people to be dedicated to pursuing health. But we have found that people sometimes looked at commitments as laws, and if laws were broken, then guilt and rigidity set in. Instead, we are inviting people to make a number of positive changes in their lives. No one does them all perfectly, and there are many ways to live a healthy life. This new approach helps our members develop the plan that works best for them while giving themselves grace to make mistakes and adjustments along the way. Why do you ask First Place 4 Health participants to commit to the program for an entire year? Learning to give Christ first place in your life includes learning new ways to think, new ways to feel, and new ways to act. These kinds of changes are what will make permanent lifestyle changes possible. Think of it this way. For several years now, the number of gastric bypass surgeries has grown astronomically throughout North America. Practitioners promise that you will lose pounds in a year. I have a friend who had gastric bypass surgery. She did lose pounds that first year,

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but she has gained back fifty pounds since then. Surgery addresses only the physical. Lasting change is hardly ever accomplished via a quick fix, anyway. You will have lost the same amount of weight you would have lost with gastric bypass surgery, but your life will be totally different from the way it would have been with surgery. Over the course of a year, you can make true changes in your lifestyle—changes that will stand the test of time. Who should join a First Place 4 Health program? This program is for men and women of all ages who want to lose excess weight, lower cholesterol, learn better eating habits, or become more disciplined in the areas of prayer, Bible study, and exercise. The reasons why people are overweight are numerous. For some, the extra pounds feel like protection for a deep emotional wound. The foundation for this comprehensive program is the book *First Place 4 Health: Discover a New Way to Healthy Living*, which provides a framework for addressing wellness in each of the four areas of life. This updated version includes a simple, sensible new food plan based on the USDA food pyramid and new exercise guidelines as well.

Chapter 2 : First Place Health (Author of First Place 4 Health Member's Kit (First Place 4 Health))

*First Place Member Kit: The Bible's Way to Weight Loss [Carole Lewis] on www.nxgvision.com *FREE* shipping on qualifying offers. This kit is needed by every First Place group member to get started on the road to a healthy, balanced lifestyle.*

Chapter 3 : Group Starter Kit : First Place 4 Health :

This kit is needed by every First Place group member to get started on the road to a healthy, balanced lifestyle. It contains the Member's Guide, the Choosing to Change book, 13 Commitment Records, 4 motivational audiotapes, the Prayer Journal and the Scripture Memory Verses: Walking in the Word.

Chapter 4 : First Place 4 Health

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Chapter 5 : www.nxgvision.com: first place member kit

First Place 4 Health Member's Guide. This is the where-to-go reference guide for doing the First Place 4 Health program. The material is easy to understand and to follow. Simple Ideas for Healthy Living. Here are many ways to eat well, exercise and live right, all in one place.

Chapter 6 : First Place Member Kit: The Bible's Way To Weight Loss by Carole Lewis

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.

Chapter 7 : Download First Place Member Kit: The Bible's Way to Weight Loss PDF Online - Video Daily

The First Place 4 Health Group Starter Kit includes everything necessary for leaders to teach members how to begin a new way of thinking about health through a renewed mind, emotions, body and spirit.

Chapter 8 : first place 4 health member's kit (first place 4 health) | Health Books Review

*The Christian diet industry expands along with American waistlines, spawning new products and programs each year. In *First Place: The Original Bible-Based Weight Loss Plan*, Carole Lewis discusses.*