

4^{first place} health

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Living Program



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(CHURCH NAME) Loses Weight Through Faith-Based Weight Loss Program

FOR IMMEDIATE RELEASE

CONTACT: (Contact Name/s, Church Name, Contact #)

(Church Address)

(Your City, Your State) Every year, Americans spend billions of dollars on weight-loss programs and products. Many are on a search for a quick fix, unwilling to consider permanent changes in their lifestyle as the answer. However, for the members of **(Church Name)**, they have discovered that the Bible holds the answer to the obesity epidemic. By following the *First Place 4 Health* program, a faith-based weight loss plan supported and endorsed by registered dietitians and physicians, members of **(Church Name)** have already lost a total of **(Number of Pounds)**.

Meeting in weekly support groups, the members of **(Church Name)** follow a 12-week curriculum that is centered around achieving balance in four essential areas of their lives: emotional, spiritual, mental and physical. *First Place 4 Health* encourages members to adopt practical disciplines in all four areas. These include regular attendance and fellowship (emotional); prayer, Scripture reading and Bible study (spiritual); Scripture memory and keeping a food record (mental); and eating well and exercising (physical). *First Place 4 Health* helps members learn how to be victorious over past eating patterns and how to commit their minds and, ultimately, their bodies to God.

(TESTIMONIAL QUOTE FROM CHURCH MEMBER ALREADY PARTICIPATING IN THE FIRST PLACE 4 HEALTH PROGRAM, AND/OR FIRST PLACE 4 HEALTH CONTACT PERSON)

The *First Place 4 Health* program has delivered faith-based health and weight management instruction and support to small groups meeting in churches since 1981. *First Place 4 Health* has been active in more than 12,000 churches with over a half million successful members! The program points members to God's strength and creates a compassionate support group that helps members stay accountable in a positive environment.

At **(Church Name)** on **(Day, Location, Time)** meetings are currently being held. For more information or to join a *First Place 4 Health* group, contact (Contact Name and Number).

"First Place 4 Health is about more than weight loss—it's about lifestyle change that encourages every participant to find balance in his or her own life," Carole Lewis, National Director of *First Place 4 Health*.

