

“Connecting to Wellness” Cheat Sheet - Prices

1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

SLEEP		<i>Daily</i>	Checklist
Before sleep (if not done before then after)	Meditation (CD or self)	Christaudio.com (avg. \$8) or CD (\$17.95) office	
	Journal/Prayer/Affirmation/ Bible Reading (Whole Bible in a year— chronological)	Transformation Journal Free (website) www.ewordtoday.com (Bible plan) Free	
Sleep	Orthotic Pillow (if needed)	\$45 (office)	
Meal(s)		<i>Daily with one day off</i>	
Ideal Weight and Meal Ratios	No acidic or inflammatory foods Prayer Supplements if needed	PH strips (\$3 to \$15) office Zyto (RT office only) Cook Books (\$10 to \$20 dollars) website or office if in stock	
In between meals			
Protein drink or glycemc drink		20 to 40 dollars (RT, Health Section of Grocery, and Health Food Stores, Jay Rob Website)	
Breathing exercise or meditation		Pamphlet (office) or Christaudio.com	
Work/Home/etc.			
Orthotics for feet (if needed)		\$160 to \$300 office (custom made) or podiatrist/store (\$15 to \$600)	
Back supports for chair, etc. if needed		\$35 to \$50 office	
Water bottle	6 to 8 glasses a day		
Cardio Training		(2 to 4 times a week)	
aerobic	Starting intensity level to next level (using training sheets/Cardio club)	Polar Heart Rate Watches and similar watches (\$25 to \$300) RT/Walmart/ Etc. Free Cardio Club sign up on website or office (training sheets e-mailed or picked up at office)	
anaerobic	Body for Life Training Sheet	website	
	Or personal trainer or supervised gym	Avg. \$50	
Strength Training		(3 to 4 a week)	
Bands or barbells	Starting minimal sets and reps and work up each week	Synergy Bands (\$50) RT/website Barbells and bands (\$15 to \$600) Walmart/Etc. Sheets website.	
	Or personal trainer or supervised gym	Avg. \$50	
Flexibility		3 to 4 a week	
Intracell or massage device	Every body part for 20 to 40 passes	\$45 to \$75 office or stores	
stretching	Start an minimum and work up to maximum or Yoga, personal trainer, supervised class, video	website	
massage	Massage therapist or spouse/parent/.spa	\$60 available RT	
Chiropractic			
Individual Score Sheet Package	Individual score forms and score sheet	website	
Wellness Exam	Exam to fill out Entire Score Sheet	\$87	
Individual Exam(s)	Exam to fill out Individual Test(s) on score sheet	\$0 to \$60 (depends on insurance coverage if any)	
X-Ray(s)	AP/Lateral X-ray to evaluate posture. Cervical/Thoracic/Lumbar region(s)	\$0 to \$150 (depends on insurance coverage if any and number of regions)	
Treatment	Adjustment/Therapy/Education	\$0 to \$50 (depending on insurance coverage if any) a visit	