

# “Connecting to Wellness” Cheat Sheet

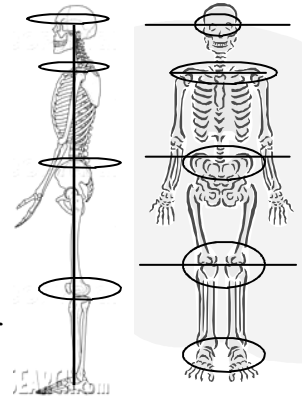
## 1 Corinthians 6:19-20

**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.**

### POSTURE TEST - VISUAL

Posture: Posture simply refers to the alignment of your body. If you had perfect posture the forces of gravity would be distributed equally throughout your body and there wouldn't be too much stress on any one joint, ligament or muscle.

Stand with your feet shoulder width apart, toes pointing straight to the front. Your knees should be aligned with your ankles, keep a slight bend in the knee and avoid “locking” them. Your hips should be in line with your knees and your pelvis should be in a neutral position. If you were to imagine that your pelvis was a bowl of water, neutral would be the place where the water wasn't spilling out to the back or to the front. Keep your abdominal muscles tight and draw your shoulders back so that they are also in line with your hips. Your ears should be over your shoulders and chin parallel to the floor.



Visually check ( ✓ ) if your posture is like the Posture Charts:

**Side Posture:** Head \_\_\_ Shoulders \_\_\_ Pelvic \_\_\_ Knees \_\_\_ Ankle \_\_\_

**Front Posture:** Eyes \_\_\_ Shoulders \_\_\_ Pelvic \_\_\_ Knees \_\_\_ Feet \_\_\_

*If you need help seek the help of someone who evaluates posture or make an appointment at our office to be evaluated.*

If you checked all the regions above score yourself a 3. If you left one to two regions unchecked score is a 2. If you unchecked more than 2 regions give yourself a 1.

> 2 Regions Unchecked       1to2 Regions Unchecked       All Regions Checked

<b>1</b> SICKNESS · CRISIS	<b>2</b> AVERAGE	<b>3.</b> PREVENTION · WELLNESS
-------------------------------	---------------------	------------------------------------

www.connectingtowellness.com

RE-EVALUATE

30 DAYS   45 DAYS   90 DAYS   120DAYS   1/2 YEAR   \_\_ YEAR

VISUAL TEST	SCORE	
-------------	-------	--

DATE \_\_\_\_\_ NAME \_\_\_\_\_