

“Connecting to Wellness”

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.

Cardiovascular

Getting Started

Print out the Cardio Training Sheets and fill out the forms. Watch the Cardio Club Video. Start at the level that the form indicates and start gradually working your way up in intensity and time.

Join the Cardio Club so every 30 days you can be e-mailed new Training Forms.

Buy a Polar Heart Rate Monitor to monitor your heart rate during exercising and track how many calories (including fat) you are burning.

If you haven't started already: Do your Connecting to Wellness Score Sheets and start using the Connecting to Wellness Cheat Sheets/Checklist.

If you haven't started already: Start or Join a Connecting to Wellness Support Group.

Not all diet and exercise plans suit everyone. You should always consult your licensed health care provider before starting a diet, taking any form of prescription, herb or supplement, or embarking on any fitness, cardiovascular, or weight training program.