

## **“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.**

## **Flexibility**

### **Getting Started**

Print out the Stretching Sheet and start using it. Start with the minimum amount of days and minimum amount of reps. Each week try adding more days or reps. If any stretch hurts highlight it and skip it for a week or two and try it again.

Purchase an Intracell or other massage device. Print out the Intracell Sheet and follow the instructions.

Ask your Connecting to Wellness Support group or chiropractor of a good massage therapist and make an appointment.

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.*