

“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.

Nutritional

Getting Started

Use the Adult Tracking Sheet and Instructions to figure out your Ideal Weight, Ideal Calories, and Meal Ratios. Use the websites that coincide with the sheet.

Read the Article in Nutrition Category on How to Read A Food Label.

Use the Food Tracking Sheet to write down the current foods that you eat on a regular basis (most people eat the same foods over and over again) breaking them into Carbohydrates, Proteins, and Fats (Fiber).

Use the Meal Ratio Tracking Sheet or Online Tracker to see what your current meal ratios are for Carbohydrates, Proteins, and Fats (Fiber).

Start eliminating inflammatory foods out of your meals using forms on the website and nutrition data website for help.

Start reading food labels at the grocery store while buying foods and drinks that fit your Ideal Meal Ratios. Start planning out your meals to fit your Ideal Meal Ratios.

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.