

“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.

Posture

Getting Started

Print Out the Posture Booklet: Poor Posture Hurts/Good Posture Works. Start with doing the Wall Test everyday.

Buy supports to help maintain or restore the cervical, thoracic and lumbar curvature.

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.