

“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.

Strength

Getting Started

Buy some exercise bands (Synergy or Therabands) to start working out. They are great way to start out and have to take to work or on a trip. Bands are always a way to workout even you can not get to the gym or a weight system.

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

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.

Ask your Connecting to Wellness Support group or chiropractor of a great personal trainer and make an appointment.

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.