

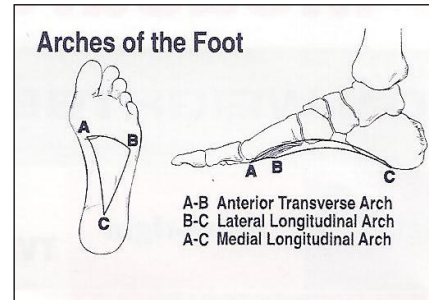
“Connecting to Wellness” Cheat Sheet

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.

ARCHES TEST - VISUAL

Arches of Feet: Feet have 3 normal arches: Your feet are the foundation of your body. They support you when you stand, walk, or run. And they help protect your spine, bones, and soft tissues from damaging stress as you move around. Your feet perform better when all their muscles, arches, and bones are in their ideal stable positions. The foot is constructed with **three arches** which, when properly maintained, give exceptional supportive strength. These three arches form a supporting vault that distributes the weight of the entire body. If there is compromise of one arch in the foot, the other arches must compensate and are subject to additional stresses, which usually leads to further compromise. A lose of the arch of the foot causes the knee and hip to rotate internally leading to knee, hip and back problems.

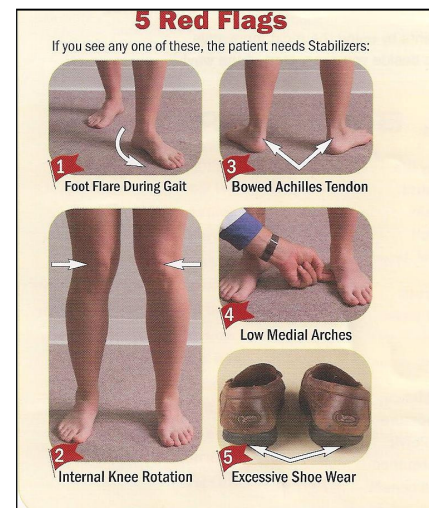


VISUAL CHECK: CIRCLE ANY OF THE RED FLAGS TO RIGHT

Results of VISUAL CHECK:

RIGHT FOOT: Normal or Abnormal

LEFT FOOT: Normal or Abnormal



Both feet are normal score yourself a 3 or if you wear custom made orthotics everyday. One foot normal score yourself a 2 or if you wear some type of generic orthotic or arch support everyday. Both feet abnormal score yourself a 1 and wear no type of orthotic or arch support.

Both Feet Abnormal

One Foot Normal

Both Feet Normal

1
SICKNESS · CRISIS

2
AVERAGE

3.
PREVENTION · WELLNESS

www.connectingtowellness.com

RE-EVALUATE

30 DAYS 45 DAYS 90 DAYS 120DAYS 1/2 YEAR __YEAR

DATE _____ NAME _____

Visual TEST	SCORE	
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