

## **“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.**

## **Nervous System**

### **Getting Started**

Print out the Connecting to Wellness Cheat/Checklist Forms. Start hitting the targets on the Checklist. Improving your nervous system is removing interference physically, chemically, and emotionally.

Join a church that you can connect to God through worship and praise. Join a church that is connecting the community to God and get involved.

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. Go to section of website called Getting Started and follow the instructions.

*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.*