



"Health by the Numbers"

Presented by Dr. Asha Fields Brewer
Founder/Director, Temple Fit Health, Inc. 501(c)(3)



Psalms 68:19,
KJV

Unison

Are your organs working in unison? You should have at least **1 healthy bowel movement** per day.

Ecclesiastes
4:9-10, KJV

Accountability

At least **2 people** should know your goals: you and your accountability partner. You are more likely to be successful this way!

Proverbs 4:23,
ESV

Framework

Red blood cells have a lifespan of 120 days. Create healthy eating habits that are sustainable for at least **4 months**.

Genesis 1:27, 31,
KJV

Man

Have your exercise results plateaued? Add variety at least every **6 weeks** to continue your progress.

Psalms 127:1-2,
ESV

Completion

7-9 hours is considered a full/complete night of sleep for an adult. Getting less than this can increase stress and hunger hormones.

Wisdom is the principal thing; therefore get wisdom:
and with all thy getting get understanding.
- Proverbs 4:7, KJV



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About Your Presenter



- "Creator of Healthy Conversations" — National Speaker, Author, Educator
- Doctor of Chiropractic with additional degrees and training in exercise science, healthy lifestyle coaching, success coaching, and event management
- CEO/Owner of The Temple Fit Company LLC Wellness Education & Event Management Agency
- Founder of Temple Fit Health, inc. 501(c)(3) faith-based wellness nonprofit organization
- Manages 35+ wellness speakers and fitness instructors in 6 key areas of wellness: physical, spiritual, mental & emotional, intellectual, social, career & financial
- Published author of 2 wellness books + 2 wellness journals,
 - *Overflow: Six Strategies to Beat Burnout & Reclaim Your Abundant Life*
 - *Eat, Drink, Do: 3 Principles for Health by the Bible*
 - *Exhale: Women's Affirmation Journal*
 - *Reflection: Women's Wellness Journal*



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