

# Welcome to Healthy Balance

## Class Information

Day: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_  
\_\_\_\_\_

## Instructor Information

Name: \_\_\_\_\_

Desk Phone: \_\_\_\_\_

Or message via KP.org

Department Phone: 858-616-5600

## Date

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## Topic

1. Setting Strategies for Healthy Living
2. Starting and Progressing Your Fitness Routine
3. Increasing Your Confidence
4. Creating Strategies for Long-Term Success
5. Building Your Strength
6. Creating Healthy Meals and Snacks
7. Changing Habits for Your Health
8. Balancing Calories In Versus Calories Out
9. Understanding Eating Behaviors
10. Dining Out Successfully
11. Overcoming Barriers to Your Fitness Routine
12. Finding Your Motivation
13. Reading Labels to Make Healthy Choices
14. Taking Control Over Stress
15. Burning Calories with Cardio
16. Managing Food Triggers

# Healthy Balance Information



## About Healthy Balance

This is a 16- week course covering healthy eating, fitness, and mindsets. People who join this group are often looking to lose weight, increase their exercise routine, lower blood sugar (A1C), lower blood pressure, and/or feel generally healthier. This class is “open enrollment,” meaning that anyone can join at any week. Feel free to use the topic list to follow along and track your classes.

## Checking In

- No need to check in with reception, head straight to the classroom.
- Each week, please fill out the “vitals” slip provided by your instructor.
  - This is how we take attendance and track your progress.
- Please fill out the exercise part, even if your answer is zero.
  - A week is from your last class day to your current class day.
  - Take your average workout minutes and fill in the closest answer.

## Online Resources

- [Positivechoice.org](https://www.positivechoice.org) (links to resources, including exercise videos)
- Positive Choice Integrative Wellness Center on YouTube ([youtube.com/@positivechoice](https://www.youtube.com/positivechoice))
- Listen to our **Positive Choice Wellness Podcast** on any podcasting application
- [Kp.org/healthybalance](https://www.kp.org/healthybalance)
- [Kp.org/recipes](https://www.kp.org/recipes)
- [Kp.org/choosehealthy](https://www.kp.org/choosehealthy) - for discounts on gym memberships, fitness trackers, healthy foods, etc.
- [Kp.org/selfcareapps](https://www.kp.org/selfcareapps)

## Policies

- Participants will be dropped after 3 consecutive missed classes if you do not notify your instructor you will be returning. Please know that you can be added back to a class if you are dropped.
- There are no make-up classes. If you miss a class, you can read the pages in the book, or chat with your instructor before or after class to get a summary.
- You can re-take Healthy Balance as many times as you want, as long as there is space in class.
- Your instructor is available 30 minutes before and after your scheduled class.

## Where to Get Started

- Page 5: See Yourself Successful
- Pages 8-9: The Healthy Plate
- Page 10: Nutrition Fundamentals
- Page 11: How Do You Get Moving?
- Pages 91-93: Foods to Choose More Often/Less Often



Scan the QR code to join our Healthy Balance Facebook group!

<https://www.facebook.com/groups/HealthyBalancePCIWC>