

Healthy Balance Syllabus



Class Information

Day: _____

Time: _____

Location: _____

Instructor Information

Name: _____

Desk Phone: _____

Or message via KP.org

Department Phone: 858-616-5600

Date

Topics

Prior to enrollment

1. Welcome to Healthy Balance

2. Balancing Calories In Versus Calories Out

3. Setting Strategies for Healthy Eating

4. Starting and Progressing Your Fitness Routine

5. Healthy Habits for Stress and Sleep

6. Creating Meals and Snacks

7. Understanding Eating Behaviors

8. Label Reading and Tracking Food

9. Burning Calories with Cardio

10. Changing Habits for Your Health

11. Eating Away from Home with Success

12. Getting More Active with Strength, Balance, and Flexibility

13. Mindful Eating

14. Opportunities to Be More Active

15. Keeping Your Heart Healthy

16. Increase Confidence and Motivation for Long-Term Success

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 (links to resources, including exercise videos)
- [Youtube.com/@positivechoice](https://www.youtube.com/@positivechoice) Check out our YouTube Channel!
- Positivechoice.org/podcast Listen to our Positive Choice Wellness Podcast on any podcasting application or YouTube
- KP.org/healthybalance
- KP.org/recipes
- KP.org/exercise - for discounts on gym memberships and more!
- 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 10: Get Started
- Page 15: Make Weekly Goals
- Page 19: Healthy Food Groups
- Page 20: The Healthy Plate
- Page 72: Joy in Movement
- Page 112: Healthy Cooking Tips



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

[facebook.com/groups/HealthyBalancePCIWC](https://www.facebook.com/groups/HealthyBalancePCIWC)