

Lifelong Balance Syllabus



Class Information

Day: _____

Time: _____

Department Phone: 858-616-5600

Instructor Information

Name: _____

Desk Phone: _____

Or message via KP.org

Date

Topics

- | | |
|-------|--------------------------------------|
| _____ | 1. Active Versus Sedentary Lifestyle |
| _____ | 2. Time to Eat |
| _____ | 3. Muscle Training |
| _____ | 4. Routines |
| _____ | 5. Nurturing Your Gut |
| _____ | 6. Metabolism |
| _____ | 7. Habits and Personal Why |
| _____ | 8. Weight Plateaus |
| _____ | 9. Food Quality and Cravings |
| _____ | 10. Positive Thinking and Action |
| _____ | 11. Sugar and Your Health |
| _____ | 12. Taking Care of Your Heart |
| _____ | 13. SELF Through the Ages |
| _____ | 14. Movement Options |
| _____ | 15. Food Prep for Lifelong Health |
| _____ | 16. Mindful Resilience |