

Lifelong Balance

» Active VS Sedentary Lifestyle



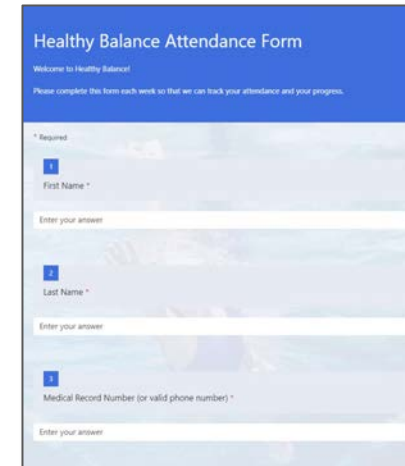
Welcome to class! We will begin shortly!

Lifelong Balance

Active VS Sedentary Lifestyle

Discussion/Reflection Question:

What does an active lifestyle look like to you?



The image shows a digital form titled "Healthy Balance Attendance Form". The form has a blue header with the title and a welcome message: "Welcome to Healthy Balance! Please complete this form each week so that we can track your attendance and your progress." Below the header, there are three input fields, each with a blue square icon containing a white number (1, 2, and 3) and an asterisk indicating they are required. The first field is labeled "First Name *", the second is "Last Name *", and the third is "Medical Record Number (or valid phone number) *". Each field has a white input area and a "Enter your answer" label below it.

Have you filled out the attendance form?

Lifelong Balance Member Resources

- All your guides, logs, and tools are available on the **Lifelong Balance Resources** page



Scan QR code or visit:
positivechoice.org/Lifelong-Balance

A screenshot of the website's 'Lifelong Balance Resources' page. The page features a navigation bar with links for 'CONTACT', 'CALENDAR', 'SEARCH', 'Our Services', 'Español', 'About Us', 'KP Members', and 'News'. A green button labeled '← BACK TO KP MEMBERS' is positioned above the main heading. The heading 'Lifelong Balance Resources' is centered. Below it, there are two columns of content. The left column, titled 'How to Enroll', provides contact information: 'Phone: (858) 616-5600' and 'Cost: No-cost for KP members and \$160 for 16-week program for non-members (must have taken Healthy Balance prior to enrollment)'. The right column contains a paragraph of introductory text and a section titled 'Program Materials' with two links: 'Lifelong Balance Syllabus' and 'Healthy Balance Workshop Guide'.

Syllabus

- Use our syllabus to track your classes and weeks attended



Scan the QR for the syllabus
or visit:
positivechoice.org/LLBsyllabus

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

Mindful Movement

NECK CAR (Controlled Articular Rotation)

Let's practice!



Check-In/Reflection

**What has worked well for
you since last week?**

Weekly Goal



Breakout Rooms



Breakout Room

- Chat to let your instructor know you are here. Otherwise, relax for a moments and we will be back soon!

**What brought you to
class today?**

Today's Discussion

Impacts of an
Active Versus
Sedentary Lifestyle

Today's Discussion

1

Issues
around
sedentary
behaviors

2

Different
types of
activity

3

How exercise
impacts
eating habits

What do you want to spend the
most time talking about today?



**What do you enjoy about
being more active?**

What Causes Us To Be Less Active?

- **Technology**

- Screens
- Machines
- Motorized transportation

- **Lack of safe spaces**

- **Injuries/illness**

- **Less demanding lifestyle**

- Household chores, less time-consuming
- Ease of shopping

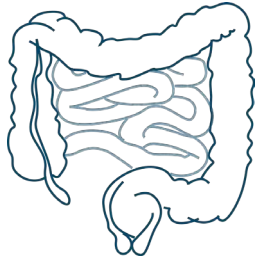
What causes you
to be less active?

What is Physical Inactivity?

Choose one

- A. An activity that burns only a few calories
- B. A movement that requires minimal energy expenditure
- C. Not engaging in enough movement for health benefits

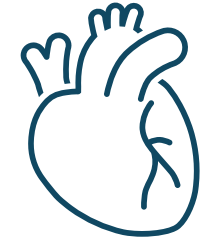
Effects of Physical Inactivity



Digestive
Issues



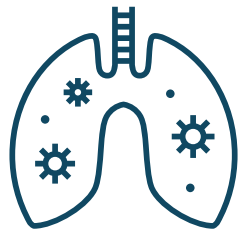
Poor Mental
Health



Poor
Circulation



Bone
Loss



Diminished
Lungs

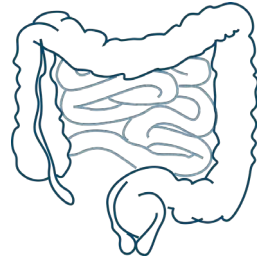


Fat
Gain



Muscle
Atrophy

Which Benefit of Physical Activity Resonates With You Most?



Stimulates
Digestion



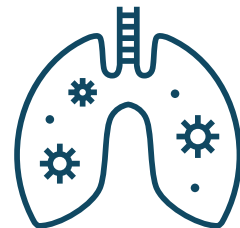
Improves
Mental Health



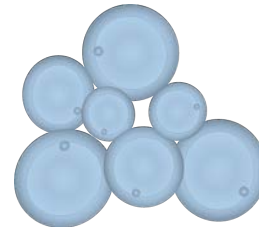
Increases
Heart Efficiency



Improves
Bone Health



Increases Lung
Capacity

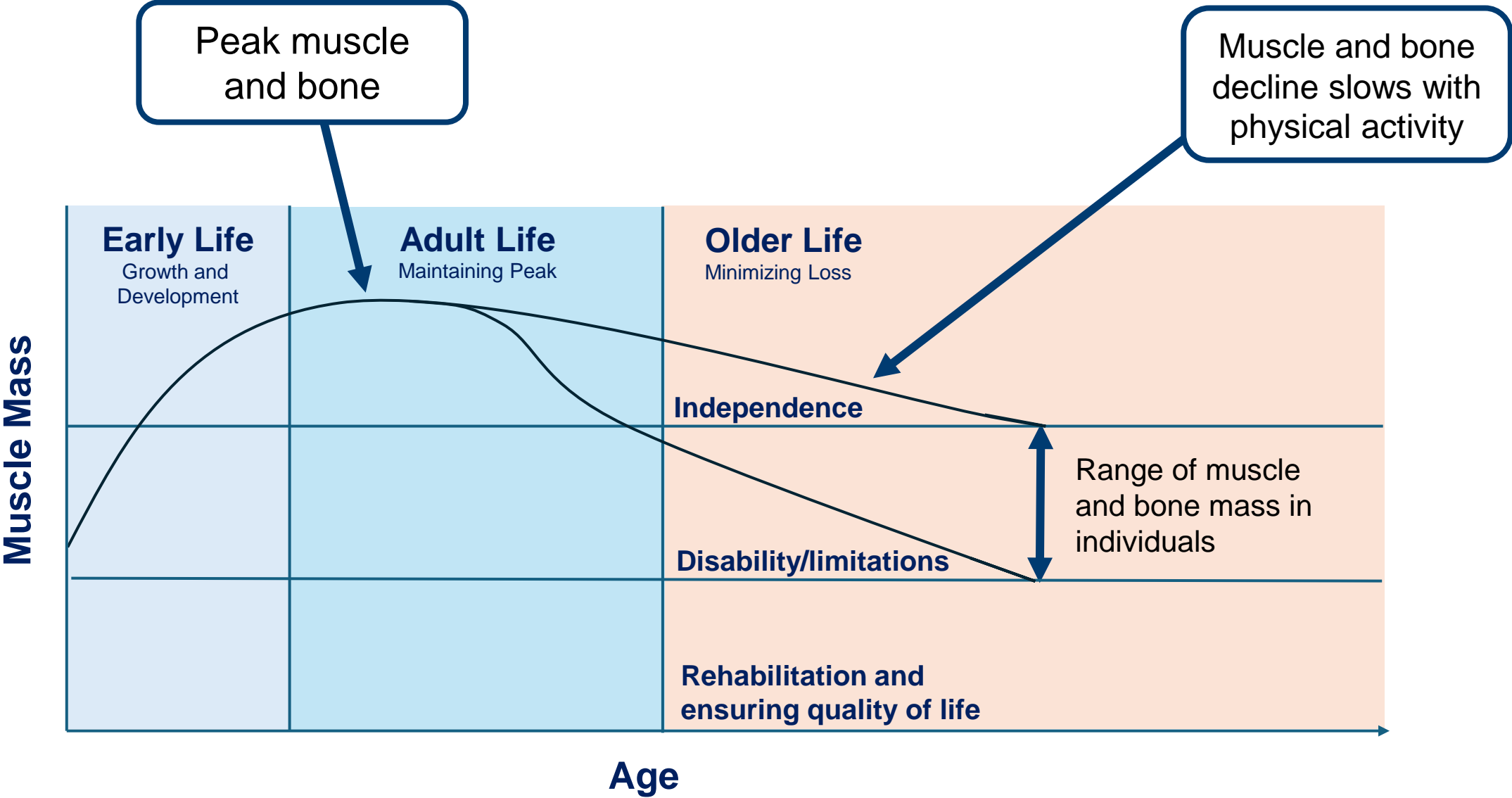


Helps
Weight Loss



Stimulates
Muscle Growth

Muscle, Bone, and Activity



Muscle, Bone, and Activity

Active



Inactive
lifestyle

Inactive



Exercise at
any age

Exercise



Improved
muscle

Reactivation



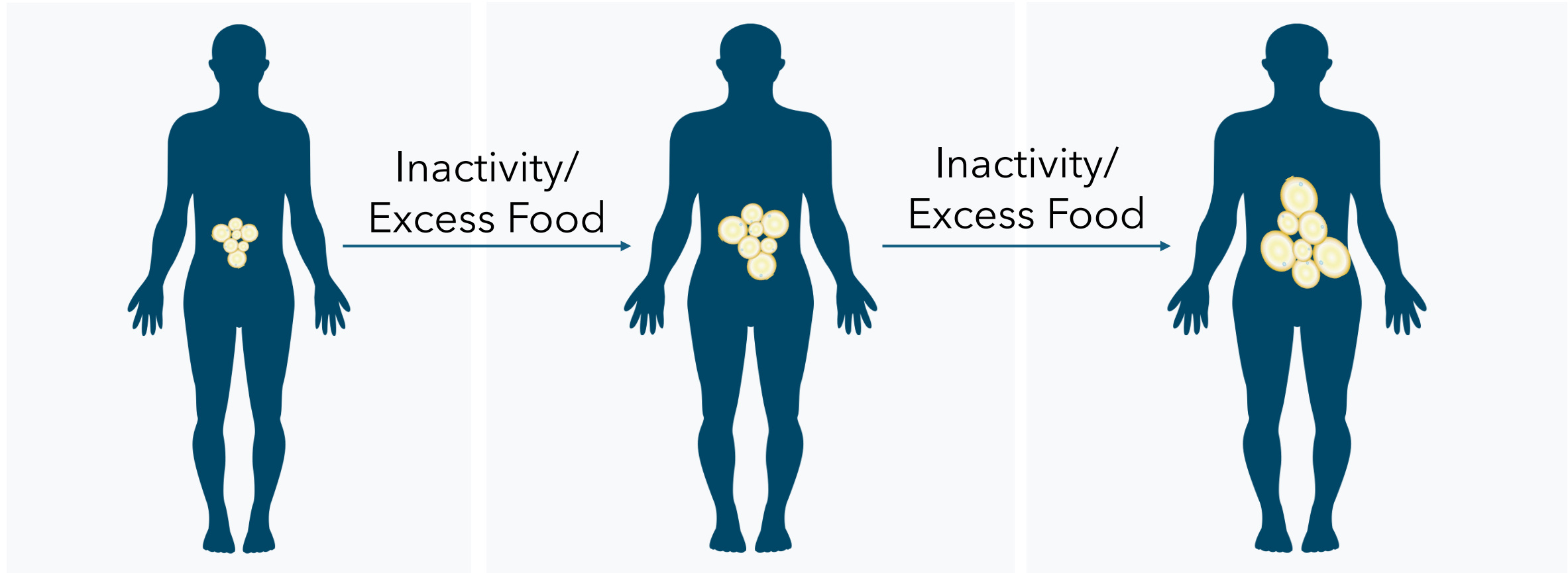
**Deactivation and loss of
muscle mass and function**

Inactivity Can Cause Visceral Fat

Visceral fat

- Sits deep within the abdominal cavity ("belly fat")
- Is called "active fat"
- Is not a passive storage depot
- Is an active endocrine organ
- Secretes hormones
- Influences how your body functions
- Increases the risk of health problems like diabetes and heart disease

Visceral Fat



Inactivity + Plentiful Food = Excess Belly (Visceral) Fat

**What are some reasons
you might want to spend
less time sitting?**

Inactivity and Prolonged Sitting

To help counteract health hazards,
after sitting for 30-60 minutes:

Walk for 5
minutes

OR

Do a quick (15-
30 second)
"exercise snack"



Prolonged sitting is
hazardous to your health!

What is an exercise snack?

A 15-30 second activity, 3 times a day, that requires vigorous effort!

Examples include:

- Stair climbing
- Chair squats
- Jumping (or walking) jacks
- Pushups
- Get creative!





THRIVE Break

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER



Thrive Break

Bone Strengthening: Drop Squat

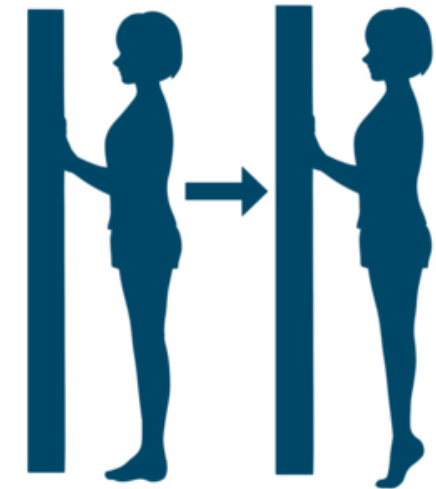
Step 1: Stand with your legs hip to shoulder width apart, feet flat on the floor

Step 2: Bend your knees slightly and immediately straighten them again

Step 3: Bounce up onto your tiptoes

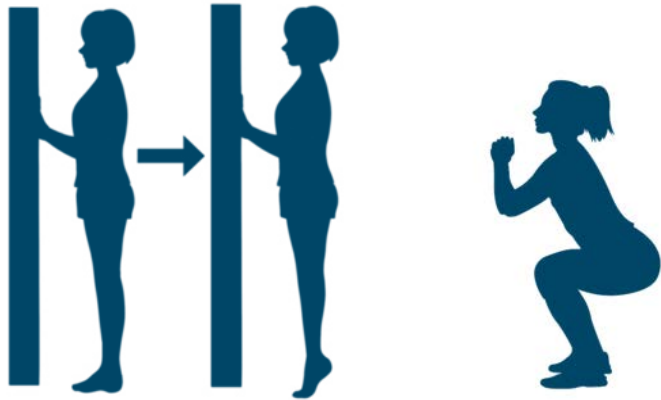
Step 4: Pause, and then lower back down dropping into a full squat, making sure that your knees track over your feet and don't cave in

Step 5: Repeat



Learn Proper Form and Progress

Bone Strengthening Drop Squat



Learn the technique,
then start adding weight

See a personal trainer for
exercises specific to your needs

Positive Choice: 858-616-5514

Beginner	Intermediate	Advanced
Heal Lift Bounce up on your tiptoes and drop into a squat	Step Up Step off a raised platform and land on the ground	Jump Jumps, hops, bounds
10 Steps	10 Steps	3-5 mins
Rest	Rest	Rest
10 Steps	10 Steps	3-5 mins
Rest	Rest	Rest
10 Steps	10 Steps	3-5 mins
Rest	Rest	Rest

Strength Training Recommendations

- 2 to 3 days a week
- Perform 2-4 sets of 8-12 repetitions
- Warm-up with activities that mimic your workout
- Use each major muscle group
- Choose exercises that are challenging
- Incorporate stretching into your cool-down
- Rest muscle groups 48 hours between workouts

*See a personal trainer for
exercises specific to your needs*

Positive Choice: 858-616-5514



Movements to Help You Stay Active



**Physical
Activity**



Cardio



**Strength/Resistance
Training**



Flexibility

Bone Strengthening

See a personal trainer for exercises specific to your needs

Positive Choice: 858-616-5514

Movements for Life

- Along with activities that improve your muscles, bones and body composition, be sure to include lifestyle activities you enjoy
- Just 150 minutes of activity per week improves your quality of life

**What activities do you
enjoy doing?**

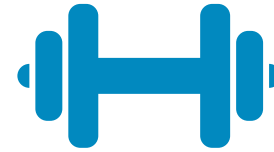
Movement Training Tips to Avoid Injury



Warm Up



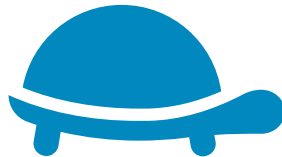
**Prioritize
Stretching**



**Safe
Equipment**



**Stay
Hydrated**



Start Slow



**Use Proper
Technique**

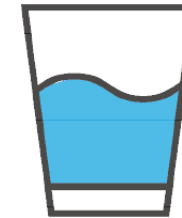
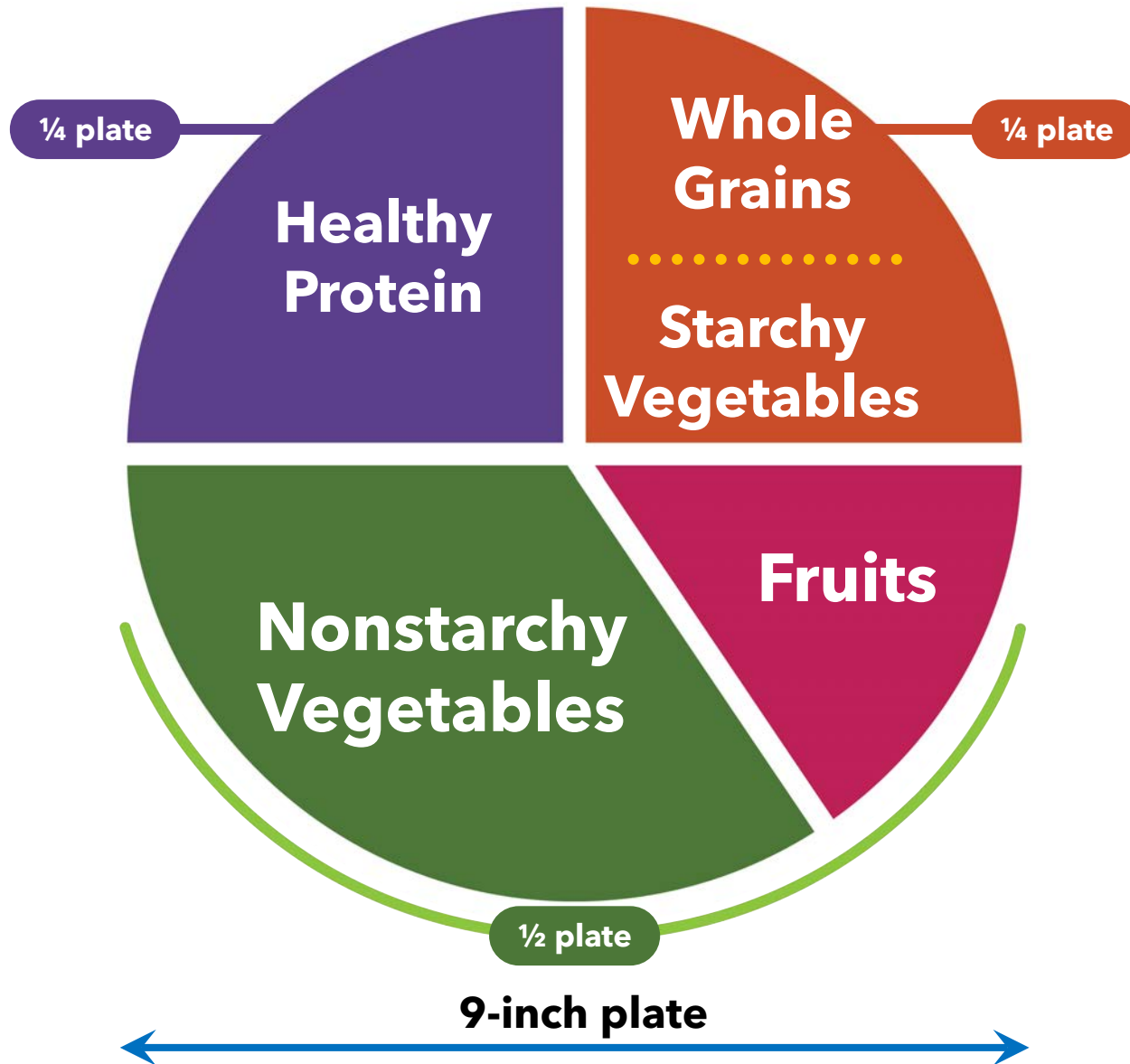


**Appropriate
Footwear**

**How does being
active change your
eating behaviors?**

The Healthy Plate

Refer to the *Healthy Balance* book for recommended portions, healthy food ideas, and recipes.



Water



Healthy fat



Seasonings

Nutrition Recommendation

Sample Daily Eating Plan



Milk (soy or cow), 1 cup
Quinoa, ½ cup
Eggs, 2
Fruits or
Vegetables, 1 cup



Fish, 4 oz.
Beans, ½ cup
Mango ½ cup
Vegetables, 1 cup
Avocado, ¼



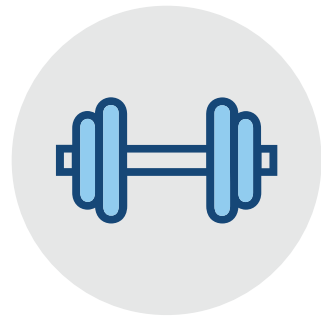
Yogurt, 1 cup
Berries, 1 cup
Nuts, 2 Tbsp



Tofu, 4 oz.
Brown Rice, ½ cup
Vegetables, 2 cups
Sesame Seeds, 2 Tbsp

This Week

Choose a weekly goal, or make up your own:



Add in muscle-strengthening activities



Increase movement



Increase healthy food choices



Other

Action Plan

Make it Personal

» Strengthening Your "How"

Your personal action plan should be specific, realistic, and something you can do this week.

What first step would you like to take this week?

Weekly Goal

Action Plan

Make it SMART



Specific



Measurable



Action-
Oriented



Realistic



Timely

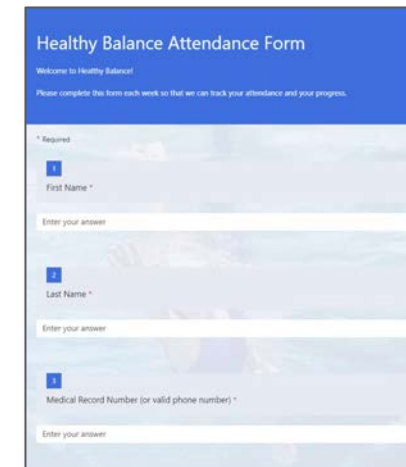
I will add in 2 sessions of exercise snacks
to my routine this week.

Lifelong Balance

» Time to Eat

Discussion/Reflection Question:

How can meal timing affect your weight?



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Lifelong Balance



Your feedback matters—and it's completely anonymous.

Please take a moment to share your thoughts. Honest feedback helps us improve Lifelong Balance for everyone.

Complete the survey by clicking the link in the chat or scanning the QR code.



SCAN ME