

Lifelong Balance

» Time to Eat



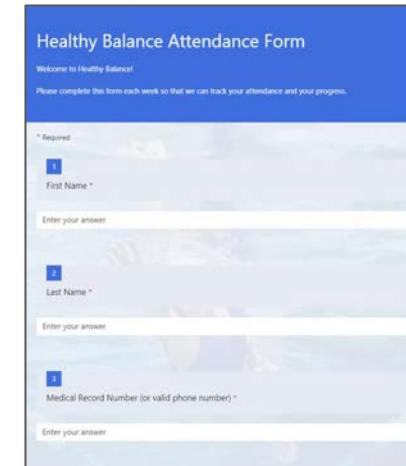
Welcome to class! We will begin shortly!

Lifelong Balance

Time to Eat

Discussion/Reflection Question:

How can meal timing affect your weight?



The image shows a digital form titled "Healthy Balance Attendance Form". At the top, it says "Welcome to Healthy Balance!" and "Please complete this form each week so that we can track your attendance and your progress." Below this, there are three required fields, each marked with a blue square icon containing a number: 1. "First Name *", 2. "Last Name *", and 3. "Medical Record Number (or valid phone number) *". Each field has a text input area below it with the placeholder text "Enter your answer".

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 page for Lifelong Balance Resources. The page features a navigation bar with links for CONTACT, CALENDAR, and SEARCH. Below the navigation bar, there are links for Our Services, Español, About Us, KP Members, and News. A green button labeled "← BACK TO KP MEMBERS" is visible. The main heading is "Lifelong Balance Resources". There are two main sections: "How to Enroll" and "Program Materials". The "How to Enroll" section provides contact information and cost details. The "Program Materials" section lists links for the Lifelong Balance Syllabus and Healthy Balance Workshop Guide. A descriptive paragraph explains the program's benefits and session structure.

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Lifelong Balance Resources

How to Enroll

Phone:
(858) 616-5600

Cost:
No-cost for KP members and \$160 for 16-week program for non-members (must have taken Healthy Balance prior to enrollment)

Ready to take the next step in your wellness journey? Lifelong Balance helps you reinforce healthy habits, break free from what's holding you back, and stay current on the latest nutrition and movement practices. Weekly 60-minute virtual sessions include guided movement, engaging discussions, and connection with fellow graduates.

Program Materials

[Lifelong Balance Syllabus](#)

[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

SCAPULA CAR (Controlled Articular Rotation)

Let's practice!



positivechoice.org/shoulder-CARs



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

Why When You
Eat Matters

Today's Discussion

1

Understanding
circadian
rhythm

2

Getting in
more
movement

3

Nutrition
timing to
support
longevity

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



Your Daily Rhythm in Real Life

- Everyone has an eating rhythm, even if it's unplanned
- People can eat all day without realizing it
- Many of us don't notice how often we snack or graze between meals
- The first step toward change is simply noticing your pattern

Notice Eating Patterns

- Write down when you usually have your first and last meal

Is your schedule different on weekends?

What could you change by 30 minutes this week?

What is circadian rhythm?

Circadian Rhythm

Your Body Has a Built In Clock

- Every cell in your body runs on a 24-hour rhythm
- Your brain's "master clock" sits just above the eyes
- It uses light and food timing to stay on schedule
- When your clock is steady, your body works smoothly

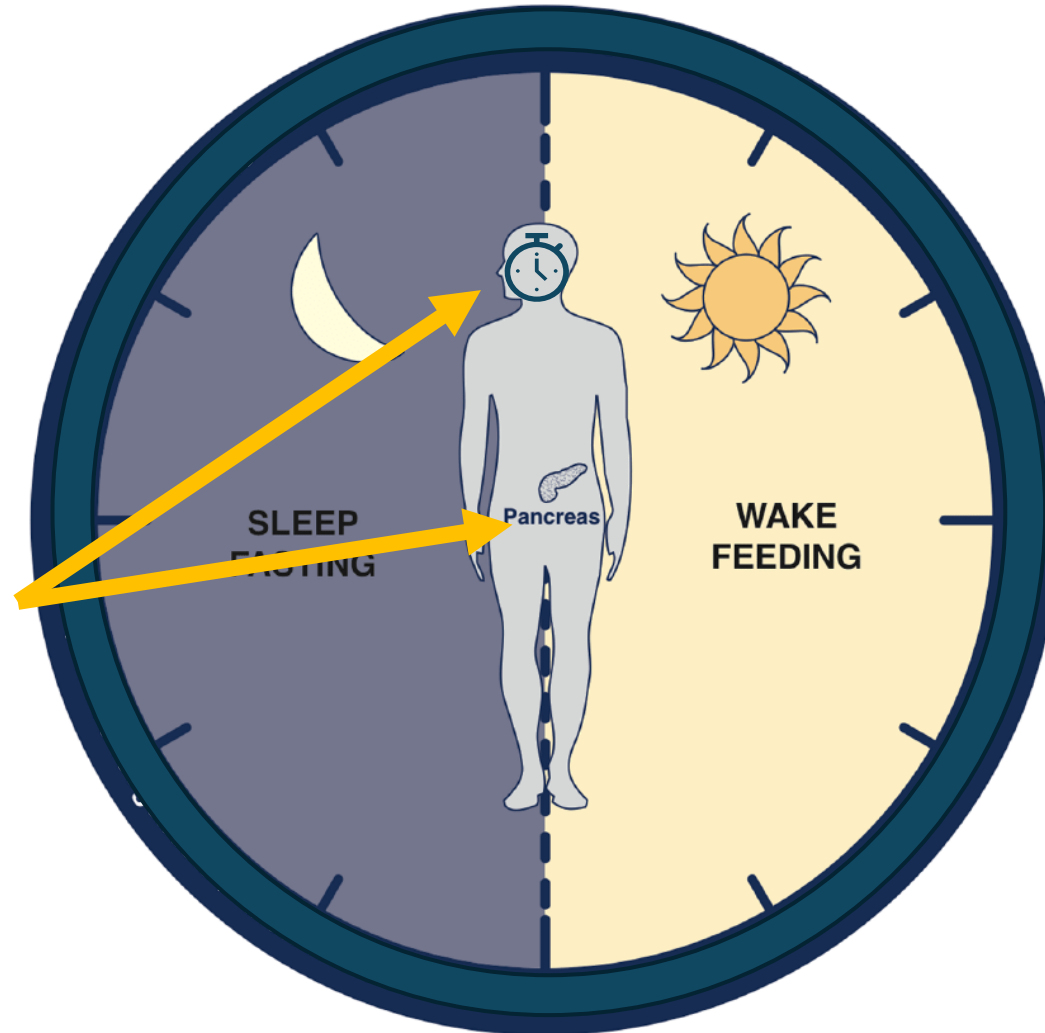


Your Circadian Rhythm

Circadian Clock

(Master Invisible Clock)

- Takes controls from light and food
- Triggers the release of insulin and cortisol - hormones that regulate blood sugar and energy levels



Circadian Rhythms

- A 24-hour cycle biological rhythm
- Regulates your body functions

Circadian Rhythm

How Light and Food Work Together

- Morning light tells your body “wake up and use energy”
- Food timing gives your organs another time cue
- Eating at regular hours helps your body know when to digest and when to rest

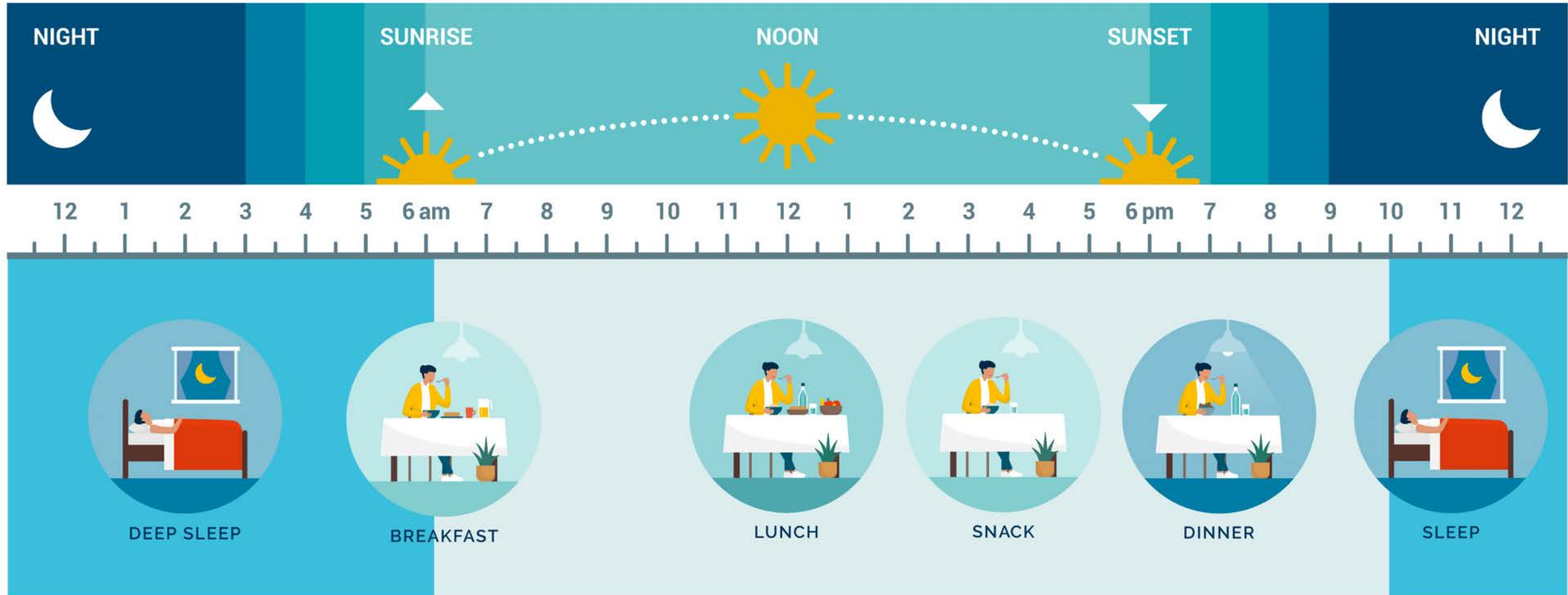


Circadian Rhythm

- Meal timing influences your circadian cycle and body weight
- Eating meals regularly has favorable effects on weight and health



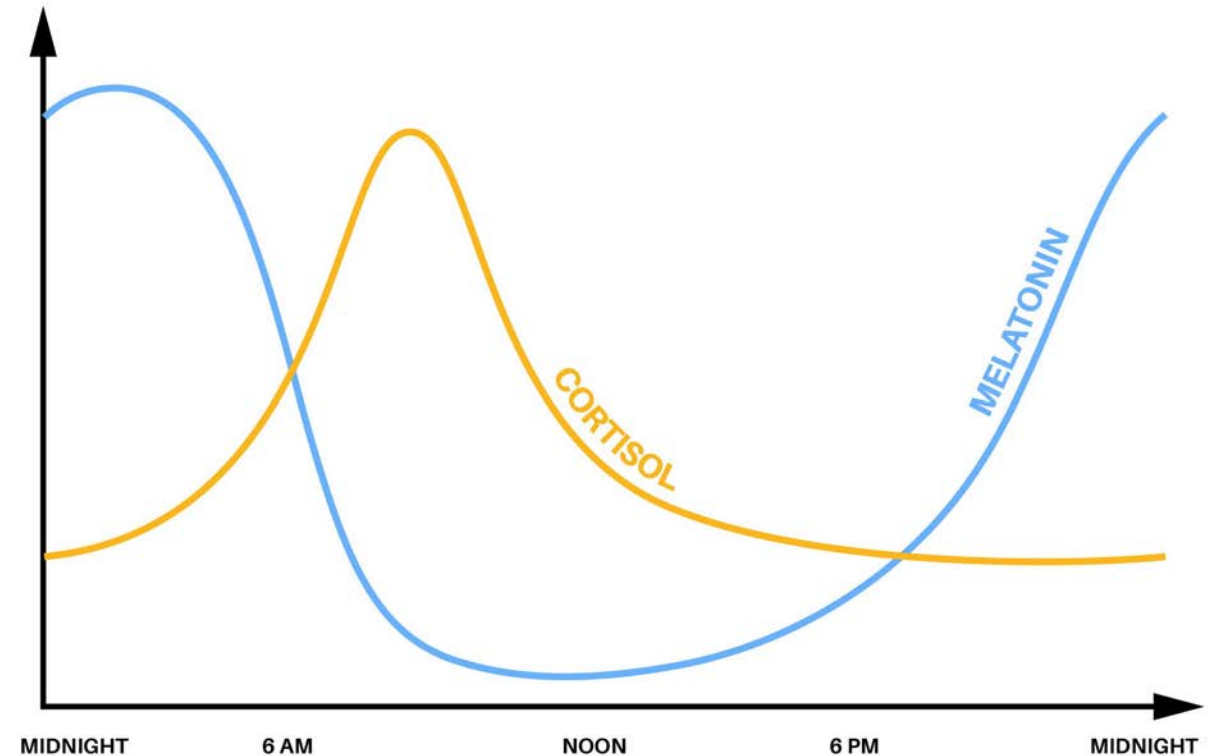
Daily Circadian Rhythm Example



Circadian Rhythm

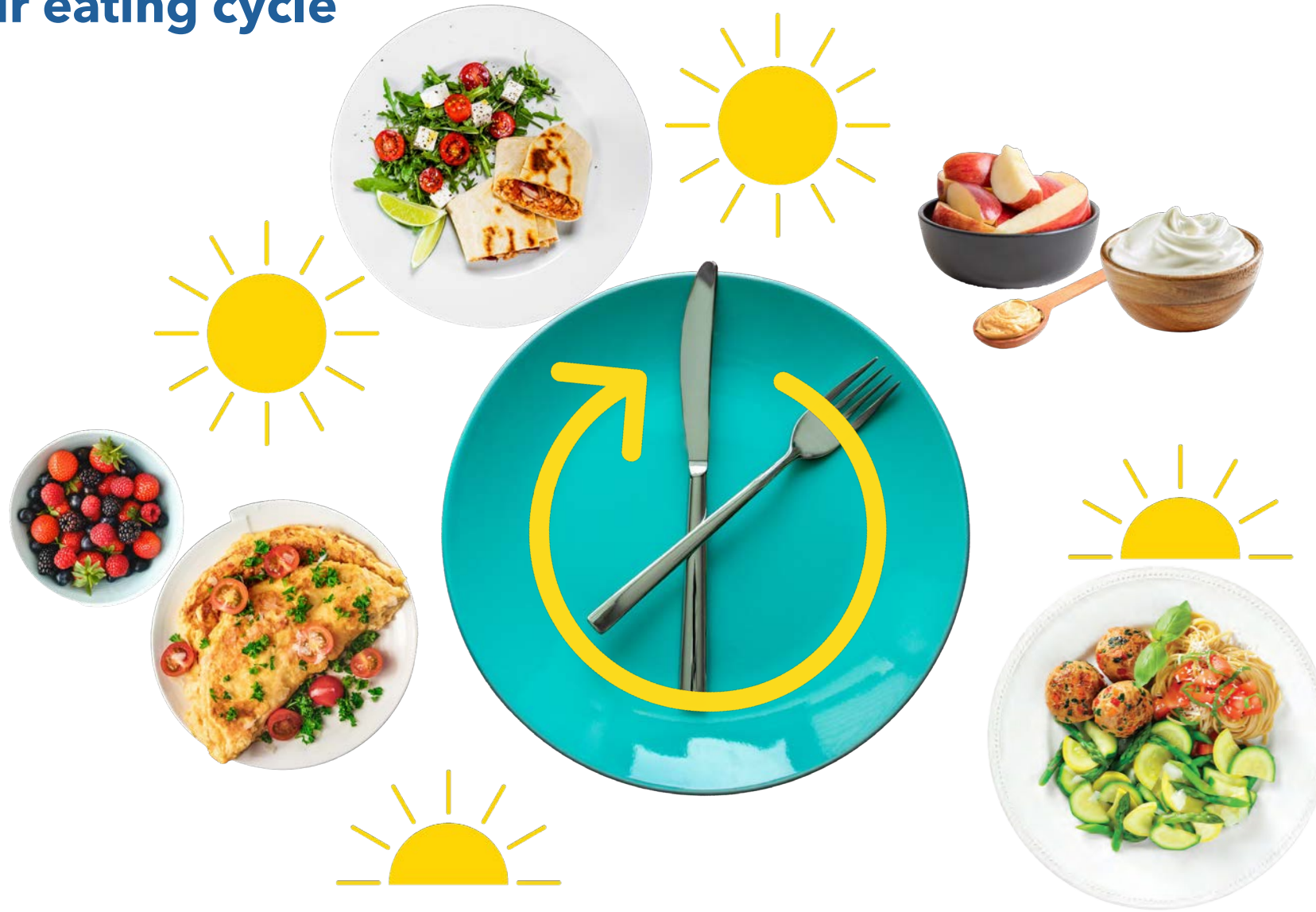
Hormones That Follow the Clock

- Cortisol peaks in the morning to help you wake up
- Melatonin rises at night and slows digestion
- Insulin works best during daylight hours
- Eating late means insulin works poorly, so more sugar is stored as fat



Feeding the Circadian Rhythm

10-12 hour eating cycle

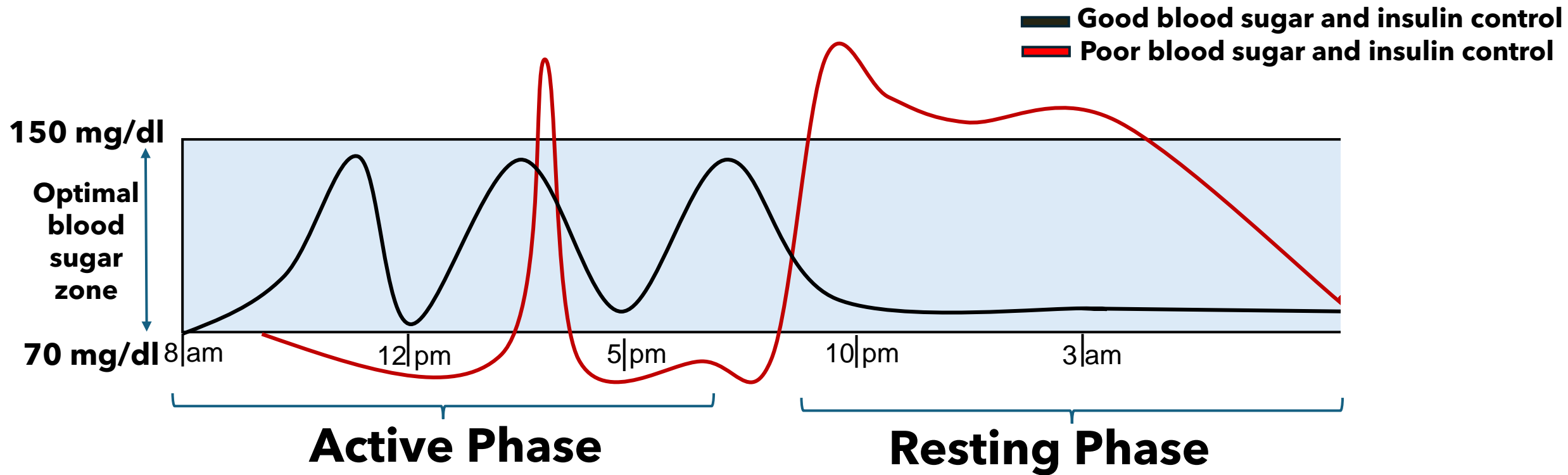


Aligning Food Intake with Activity

Eating meals during the time of day when your body is most active:

- Allows food to synchronize with the rhythm of your internal clock
- Allows insulin to use blood sugar for energy instead of taking it to fat storage
- Decreases the prevalence of metabolic diseases such as obesity, diabetes, and various cardiovascular diseases

Insulin moves blood sugar into cells for energy



Circadian Rhythm

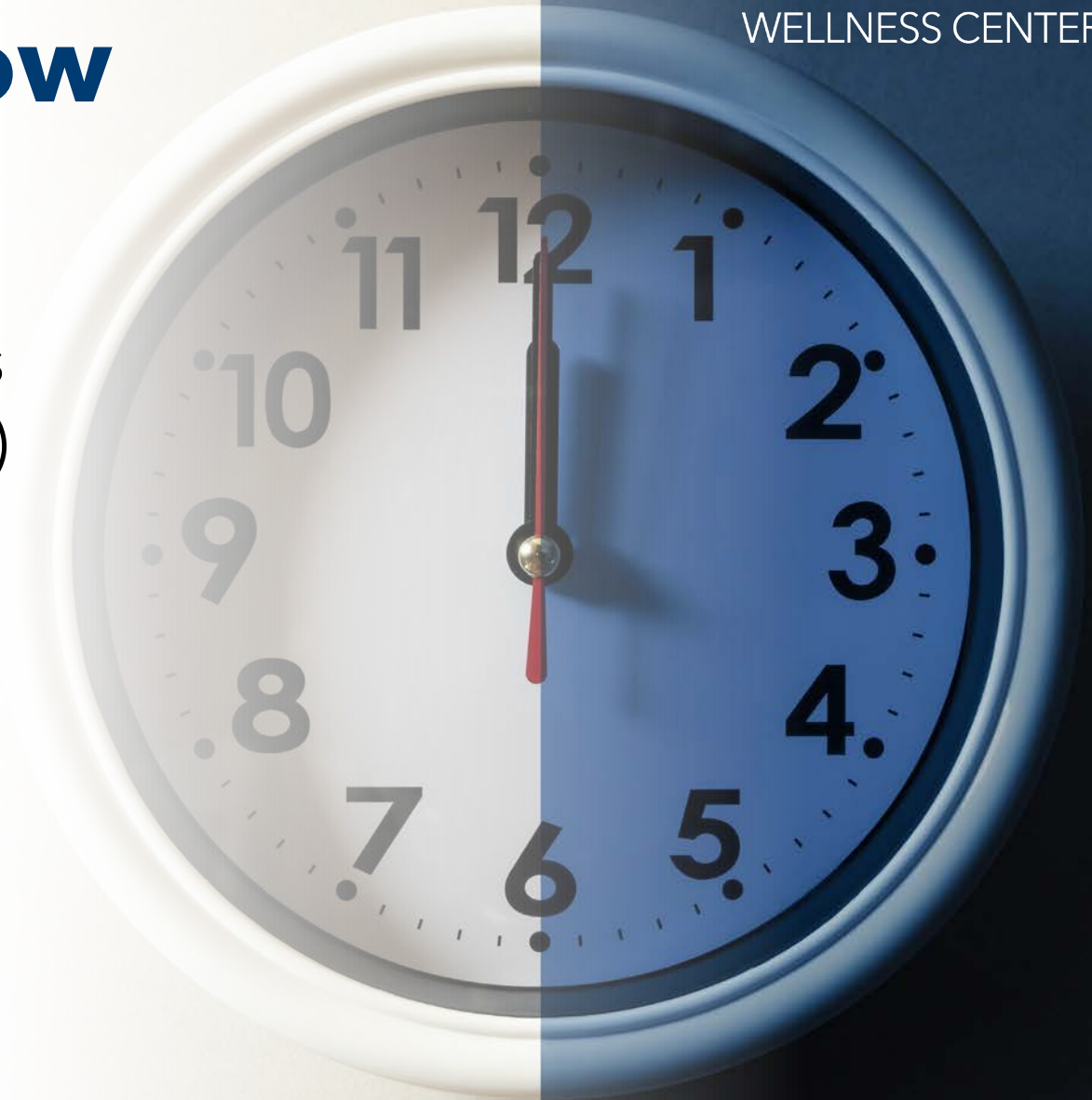
Eating at Regular Times

- Regular eating times help control hunger and blood sugar
- Better energy during the day
- Easier weight management
- Improved sleep and recovery



Non-Eating Window

- Stop eating at least 12 hours each night (like 7pm to 7am)
- You can go up to 14-16 hours, if desired
- Sleep helps your stomach rest, and your muscles heal



Circadian Rhythm

When Your Clock Gets Off Track

- Irregular meals or late-night snacking confuse your clock
- “Social jet lag” happens when weekends and weekdays look very different
- Being out of sync can raise blood sugar and hunger hormones
- Over time, this may lead to weight gain and fatigue

How Movement Helps You

- **Tells Your Body It's Time to Be Awake**

Moving during the day helps your brain know it's time to be alert and active.

- **Helps You Wake Up**

Exercise in the morning helps you feel more awake by turning off sleep signals

- **Helps You Sleep Better at Night**

Being active during the day can help you fall asleep faster and sleep deeper

- **Keeps Your Schedule on Track**

If your sleep is off, regular movement can help reset your body clock



THRIVE Break

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Thrive Break

Seated or Standing Crunch

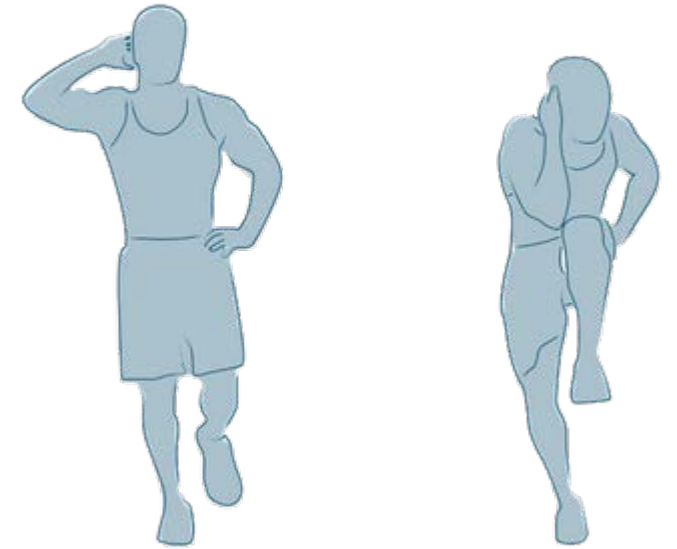
Step 1: Stand with your feet about hip width distance apart

Step 2: Bring your hands or hand to the back of your head

Step 3: Lift one foot off the floor, bring your knee up as high as possible

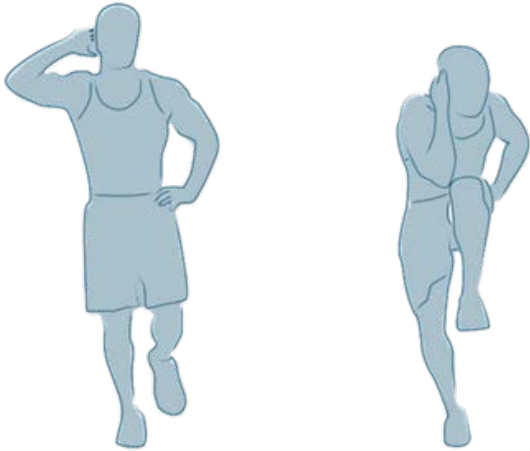
Step 4: Keep your hands or hand behind your head as you reach the opposite elbow towards your knee, bend down as you do so

Step 5: Tap your elbow to knee and then repeat with the other side



Learn Proper Form and Progress

Seated or Standing Crunch



Learn the technique,
then start adding height

See a personal trainer for
exercises specific to your needs

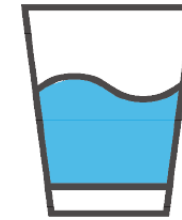
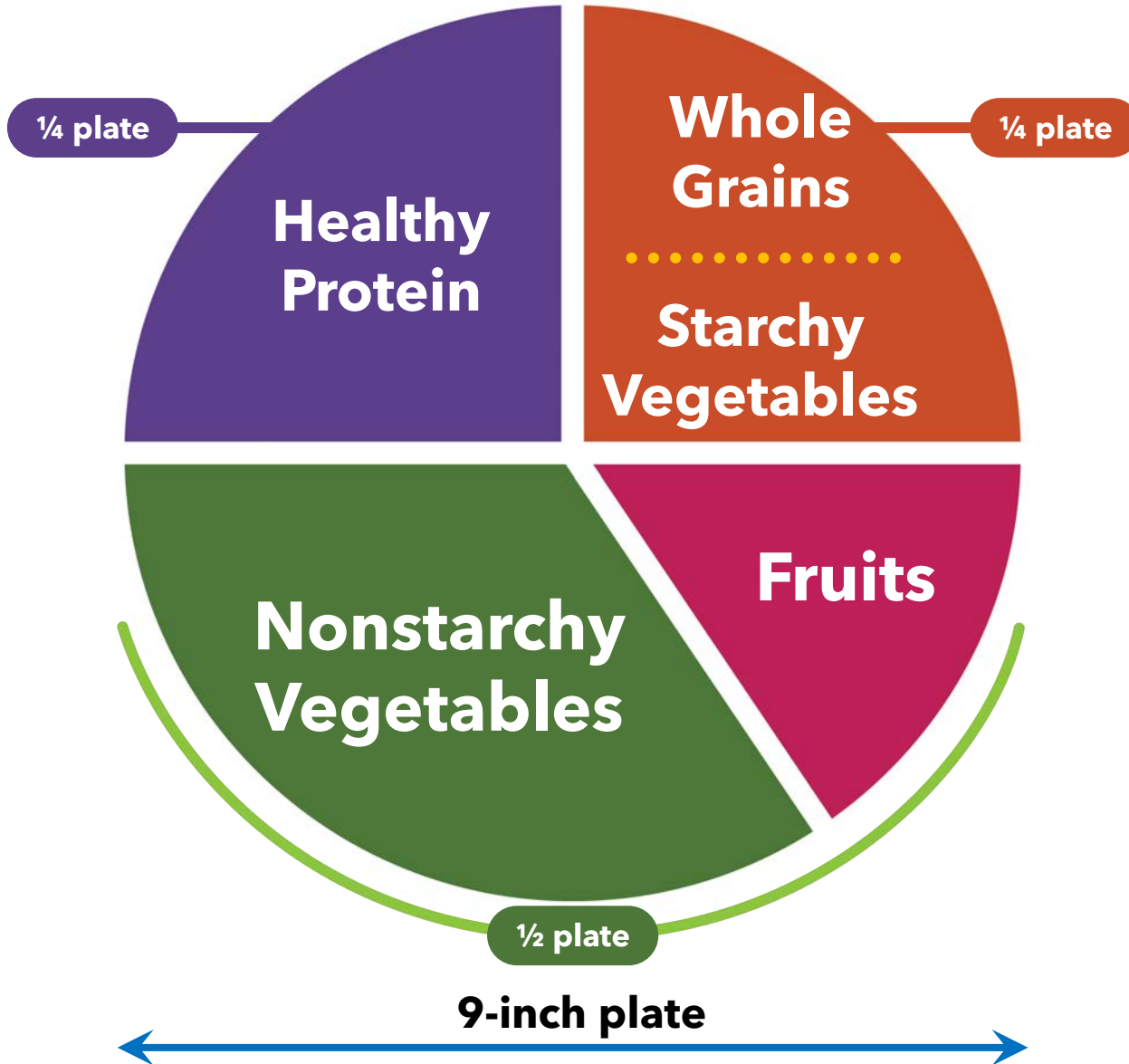
Positive Choice: 858-616-5514

Beginner	Intermediate	Advanced
<p><i>Seated or Standing Crunch</i> Tap elbow to opposite knee</p>	<p><i>Bicycle Crunch</i> Lay down, legs to tabletop, opposite knee to elbow</p>	<p><i>Reverse Crunch</i> Lay down, legs to 90 degrees, lift hips off floor</p>
10 Crunches	10 Crunches	10 Crunches
Rest	Rest	Rest
10 Crunches	10 Crunches	10 Crunches
Rest	Rest	Rest
10 Crunches	10 Crunches	10 Crunches
Rest	Rest	Rest

When can I eat to support my chronotype?

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 #1



Nutrition Recommendation

Sample Daily Eating Plan #2



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:



Align eating habits
with circadian rhythm



Increase
movement



Eat regularly



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

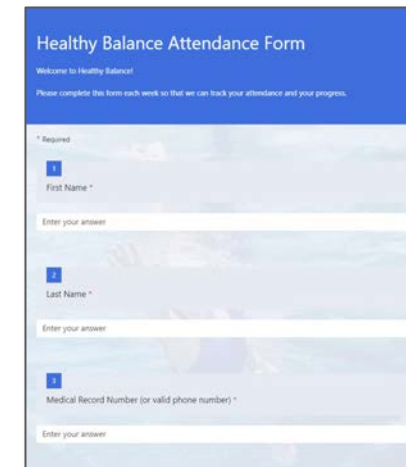
I will eat at consistent times throughout the day to line up with my circadian rhythm.

Lifelong Balance

» Muscle Training

Discussion/Reflection Question:

Why is it important to maintain muscle mass as we age?



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Have you filled out the attendance form?

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