

# Lifelong Balance

## » Muscle Training



**Welcome to class! We will begin shortly!**

# Lifelong Balance

## Muscle Training

### For Class Today:

Please grab a set of bands, household items or weights you're comfortable lifting

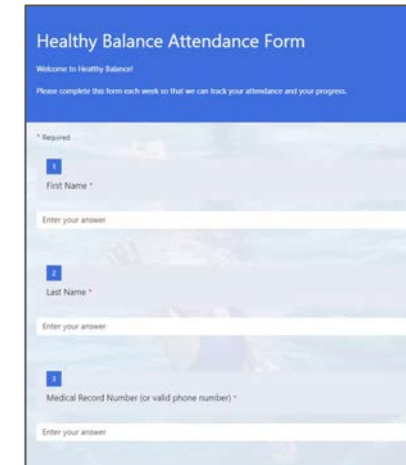


# Lifelong Balance

## Muscle Training

### Discussion/Reflection Question:

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



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 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](https://positivechoice.org/Lifelong-Balance)

A screenshot of the website page for Lifelong Balance Resources. The page features the organization's logo and navigation menu at the top. A green button labeled "← BACK TO KP MEMBERS" is visible. The main heading is "Lifelong Balance Resources". Below this, there is a "How to Enroll" section with contact information and a "Program Materials" section with links to a syllabus and a workshop guide. The text describes the program as a 16-week virtual session for reinforcing healthy habits.

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thrive  
SAN DIEGO, CA

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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](https://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

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### 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

## ANKLE 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

# The Importance of Muscle Training

# Today's Discussion

1

Understand  
impacts of  
muscle mass  
decline

2

Getting in  
more  
movement

3

How to fuel  
your muscles  
with protein

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



**How do your muscles  
help you do the things  
you enjoy?**

# Muscle Function for Life

## Muscle function helps you with daily activities like:

- Getting out of bed
- Getting out of a chair or off a couch
- Getting in and out of a car
- Going up and down stairs
- Walking your dog
- Walking
- Opening heavy doors
- Lifting a bag of groceries
- Gardening
- Putting a travel bag in an overhead compartment
- Playing with your kids or grandkids
- Other...

***What activities are you happy your muscles do for you?***

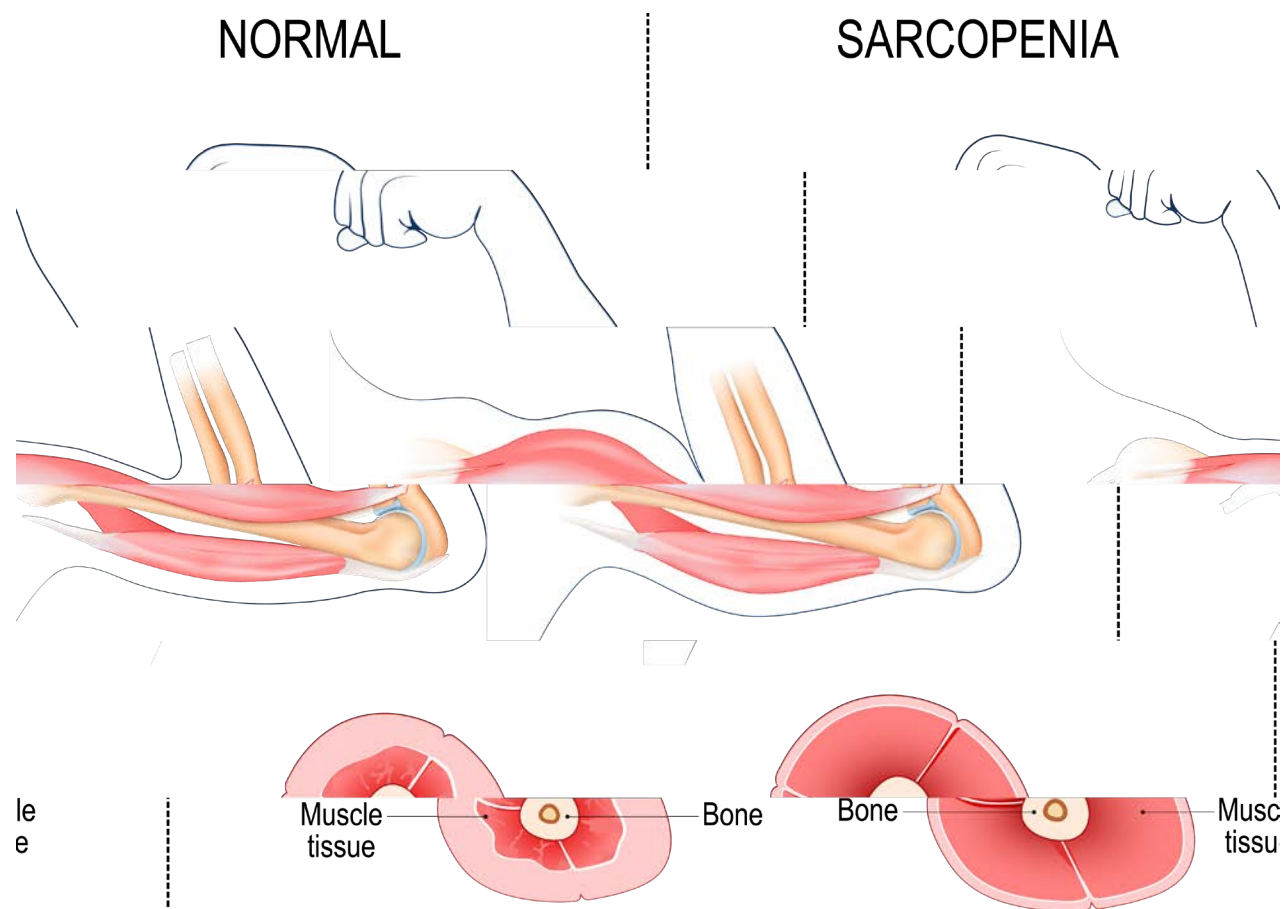
# Physical Inactivity & Muscles

Physical inactivity causes:

- Muscle loss
- Loss of strength and power



# What Happens When You Lose Muscle?



Muscle loss, strength and function (sarcopenia) has been recognized as a key driver of limitations in physical function and mobility

# Balance

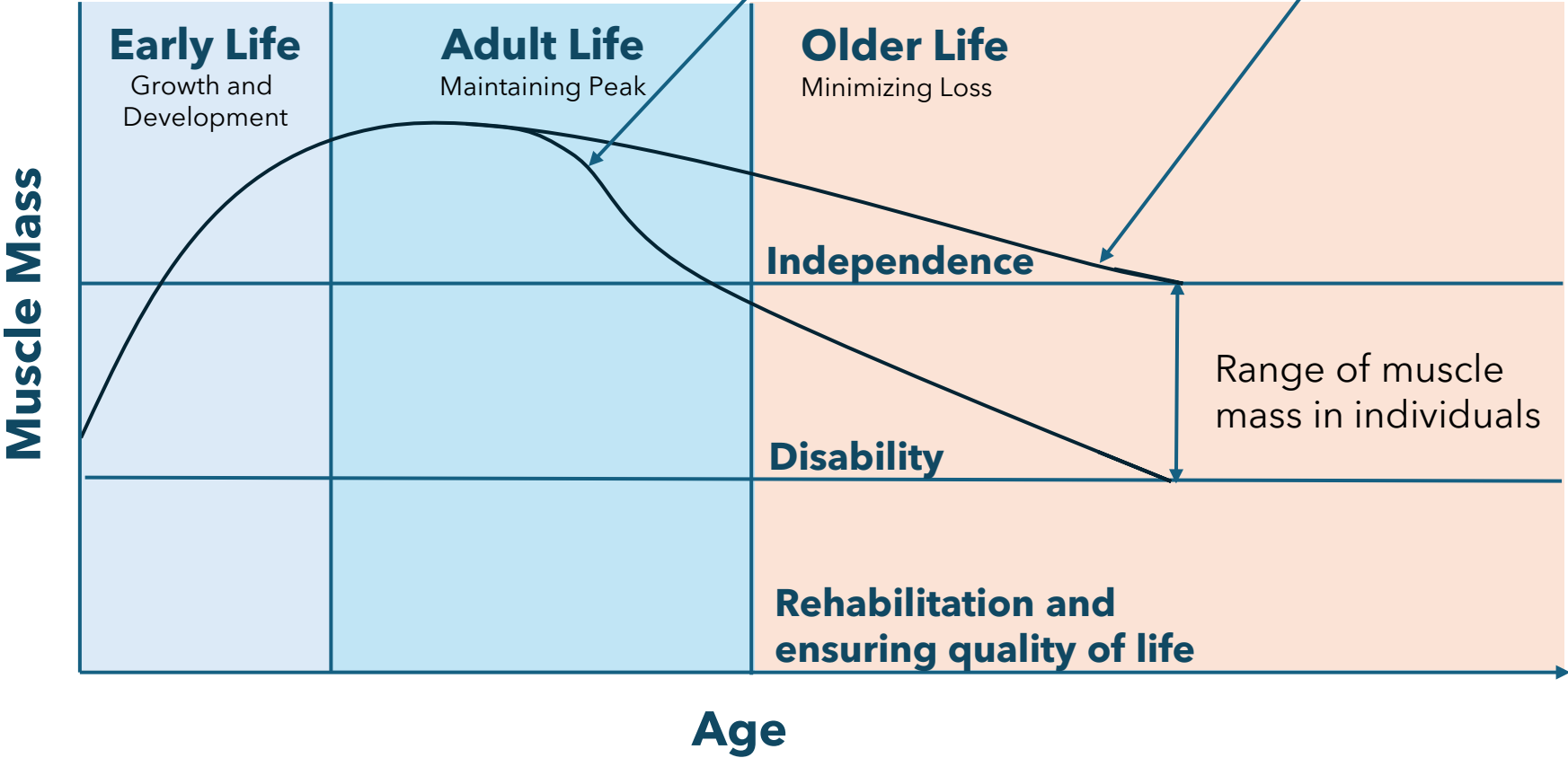
Muscle loss and function (sarcopenia) can contribute to your loss of balance and may increase the risk of injuries and falls.



# Muscle Decline

We can lose ~8% of muscle mass per decade after age of 40

Muscle decline slows with physical 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**



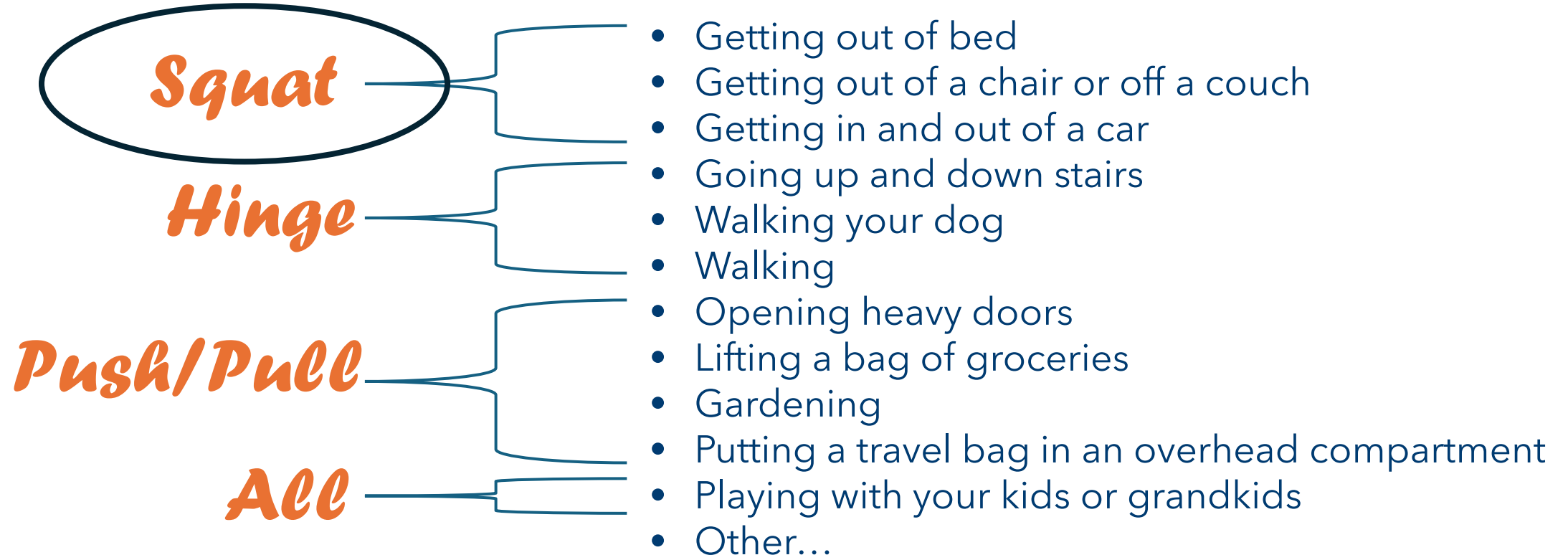
# THRIVE Break

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# Movements of Daily Activity

Muscle function exercises help you with daily activities!



# Thrive Break

## *Squat*

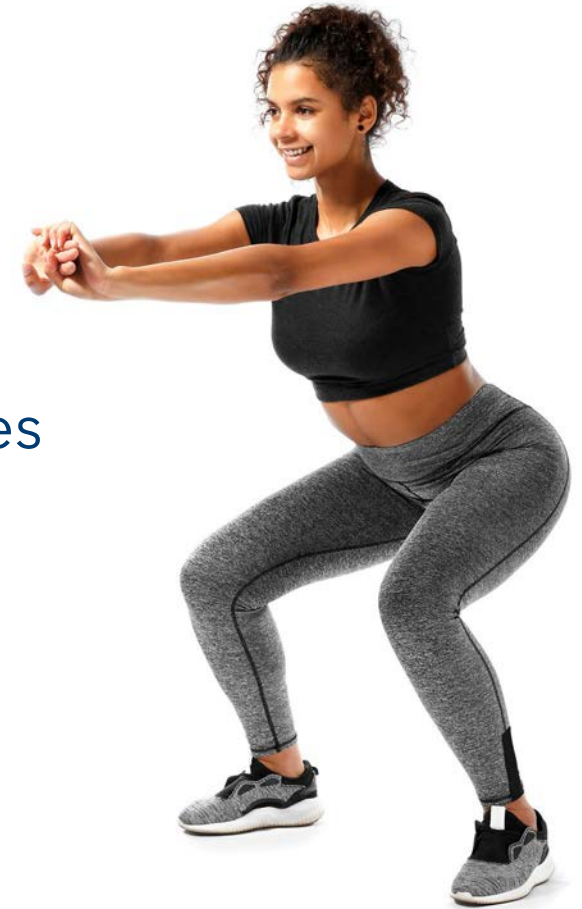
**Step 1:** Stand straight with feet hip-width apart

**Step 2:** Soften your knees

**Step 3:** Put your weight on your heels, wiggle your toes

**Step 4:** Push your hips back and lower down as if sitting in a chair

**Step 5:** Press your heels down, contract your glutes and press up to standing



# Learn Proper Form and Progress

## 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
<p><b>Air Squat</b> Use your own body weight</p>	<p><b>Goblet Squat</b> Add weight: rock, medicine ball, barbell or kettlebell</p>	<p><b>Double Wt Squat</b> Add more weight: double barbell or kettlebell</p>
10 Squats	6-10 Squats	6 Squats
Rest	Rest	Rest
10 Squats	6-10 Squats	6 Squats
Rest	Rest	Rest
10 Squats	6-10 Squats	6 Squats
Rest	Rest	Rest

# Strength Training Recommendations

- 2 to 3 days a week
- 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**



# Types of Strength Training

Body Weight



Free Weights  
or Dumbbells



Resistance Bands



Weight Machines



*If you have a chronic condition,  
talk with your doctor before  
starting an exercise routine.*

# Resistance Training

## Phase In

Resistance training progression

- Focus on form, not weight (resistance)
- Start with no weight or very light weight
- Gradually increase intensity and weight over time

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

**Positive Choice: 858-616-5514**

# Prioritize Safety

- Focus on your breathing
- Start easy
- Stay hydrated
- Prioritize controlled movements and proper form
- Check resistance bands for cracks and tears
- Listen to your body, don't push beyond your limits
- If you feel lightheaded, sick, or pain, stop right away

*Proper nutrition is crucial for muscle function!*

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 thrive  
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**What can you eat to  
support your muscles?**

# Macronutrients

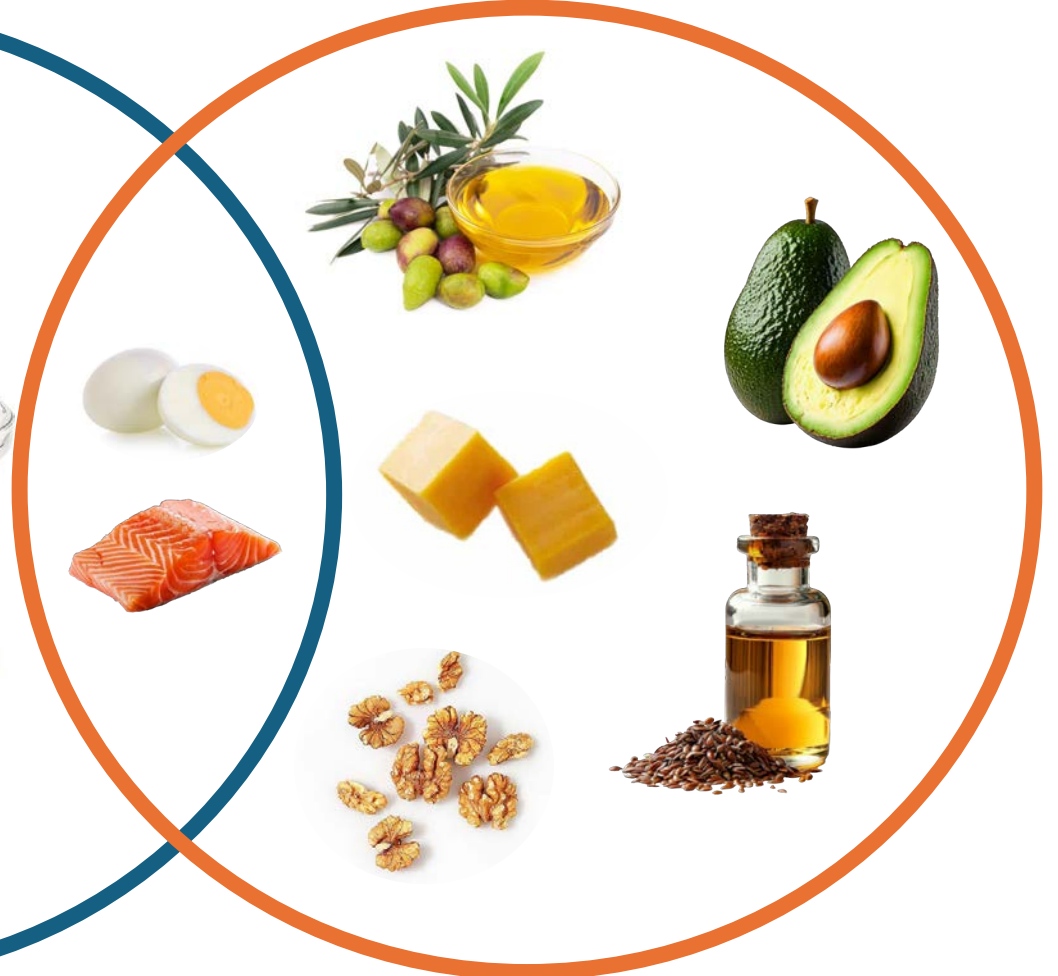
## Carbohydrates



## Proteins



## Fats



# Lifetime Muscle Maintenance

Carbohydrates

Proteins

Fats



# How Do You Get Enough Protein?

## Prefer to eat more intuitively?

- Aim for eating lean protein at every meal and snack

## Tracking your food?

- Aim to have at least 20-30g per meal, plus 5-10g per snack



*See a registered dietitian for  
foods specific to your needs*

**Positive Choice: 858-616-5514**

# Protein for Strength Training

## How much is 20-30 grams of protein?

- 4-5 oz lean meat, poultry, or fish
- 8 egg whites, or 2 eggs plus 2-3 whites
- 1 ½ cup tofu
- 1 ½ cup edamame soybeans
- 1 cup tempeh
- 2 ½ cup milk/soy milk
- 1 cup cottage cheese
- 1 ½ cup Greek yogurt
- Protein supplements (read label for grams per serving)

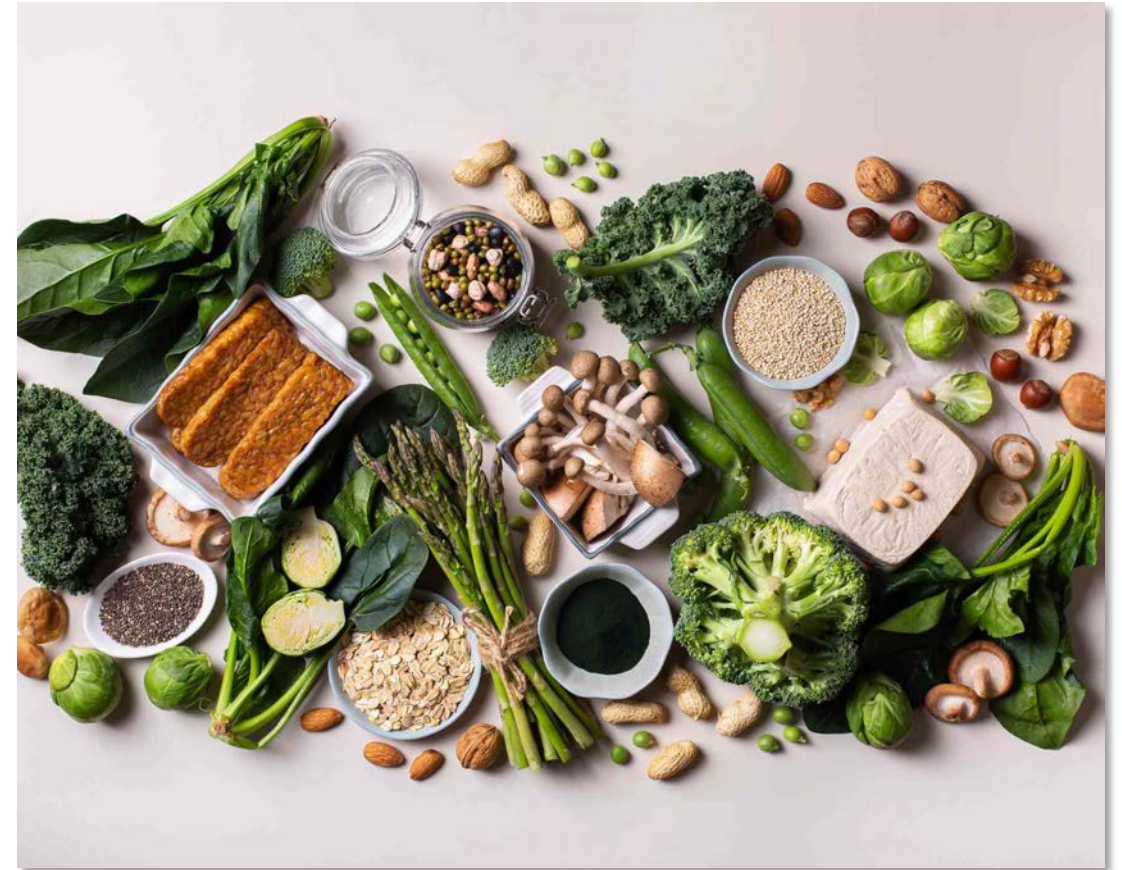
When you strength train, most adults do best with around 20-30 grams per meal (3 meals a day)

*See a registered dietitian for foods specific to your needs*

**Positive Choice: 858-616-5514**

# Variety is Key for Protein

- Protein isn't just found in a single animal food
- Protein is also found in most plant foods
- When you eat a variety of foods, you get protein from multiple sources



# The Plate Method and Protein

Getting sufficient protein may be easier than you think!



Milk (soy or cow), 1 cup	8 g
Quinoa, ½ cup	4 g
Eggs, 2	14 g
Vegetables, 1 cup	6 g
<hr/>	
Protein	32 g

Fish, 4 oz.	28 g
Beans, ½ cup	7 g
Vegetables, 1 cup	6 g
Avocado, ¼	1 g
<hr/>	
Protein	42 g

Yogurt, 1 cup	14 g
Berries, 1 cup	1 g
Nuts, 2 Tbsp	4 g
<hr/>	
Protein	19 g

Tofu, 1½ cup	21 g
Brown Rice, ½ cup	2 g
Vegetables, 2 cups	12 g
Sesame Seeds, 2 Tbsp	1 g
<hr/>	
Protein	36 g

**Total Protein = 129 grams**

# Eating to Fuel Your Workouts

## Consume equal amount of protein and carbohydrates (1:1 ratio)

- Protein provides amino acids to build and repair muscles
- Carbohydrates supply the energy for protein to build muscles

## Example: \*20-30 protein and carbohydrate meal

- 1 cup cottage cheese or plain yogurt
- $\frac{2}{3}$  cup quinoa or steel cut oats
- 1 cup fruit

*\*See a registered dietitian for foods specific to your needs*

**Positive Choice: 858-616-5514**

# 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.

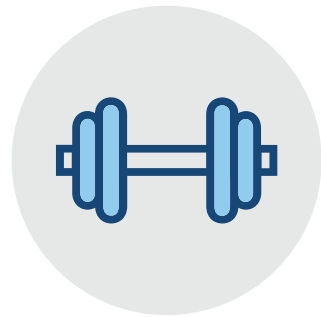
Complete the survey by clicking the link in the chat or scanning the QR code.



**SCAN ME**

# This Week

Choose a weekly goal, or make up your own:



Add in muscle-strengthening activities



Increase movement



Eat enough protein



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

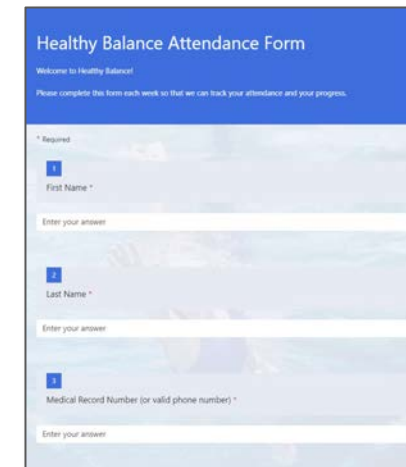
I will add in two muscle strengthening activities this week.

## Lifelong Balance

### » Routines

### Discussion/Reflection Question:

What healthy routine(s) are you doing now for your health?



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Have you filled out the attendance form?

# More Nutrients for Muscles

## Other Nutrients to Support Muscles

- ✓ Calcium
- ✓ Magnesium
- ✓ Omega 3s
- ✓ Vitamin D
- ✓ Zinc

*You can receive your daily muscle nutrients through food*



## Suggested Daily Food Groups and Servings

### Protein, Milk

6 or more servings a day

### Vegetables

5 or more servings a day

### Fruits

2-3 servings a day

### Healthy Fats





4 or more servings a day

### Legumes, Grains, Starchy Vegetables

2 or more servings a day





**Refer to the Healthy Balance book for recommended foods and recipes.**

# Nutrients to Support Muscle

Nutrient / Food	Amount per Day	
<p><b>Calcium</b>            yogurt, milk, leafy greens, canned sardines, oranges, kiwi, nuts, seeds, tofu, and plant-based milks</p>	<p>1,000 - 2,000 mg</p>	 
<p><b>Creatine</b>            animal-based milks, fish, red meat, shellfish</p>	<p>3-5 g</p>	
<p><b>Magnesium</b>            leafy greens, whole grains, avocados, bananas, nuts and seeds, soy products, and cacao</p>	<p>420 mg</p>	

\*If you use a supplement, be sure it is third party tested

# Nutrients to Support Muscle

Nutrient / Food	Amount per Day	
<p><b>Omega-3s</b></p> <p>Marine sources: salmon, tuna, sardines and mackerel            Plant sources: flaxseeds, chia seeds, walnuts</p>	<p>1.6 g</p>	 
<p><b>Vitamin D</b></p> <p>salmon, tuna, sardines, soy milk, yogurt, mushrooms, fortified foods</p>	<p>20 mcg (800 IU)</p>	
<p><b>Zinc</b></p> <p>pumpkin seeds, poultry, meat, wheat germ, oysters, lentils, shellfish, nuts</p>	<p>40 mg</p>	

\* If you use a supplement, be sure it is third party tested