

Lifelong Balance

» Nurturing Your Gut



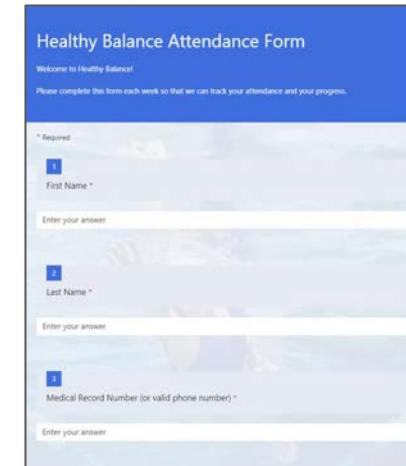
Welcome to class! We will begin shortly!

Lifelong Balance

Nurturing Your Gut

Discussion/Reflection Question:

How does understanding the link between food and health affect your eating decisions?



The image shows a screenshot of 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

A screenshot of the website's 'Lifelong Balance Resources' page. The page features a navigation bar with 'CONTACT', 'CALENDAR', and 'SEARCH' links. Below the navigation is a green button labeled '← BACK TO KP MEMBERS'. The main heading is 'Lifelong Balance Resources'. A blue box on the left contains 'How to Enroll' information, including phone number (858) 616-5600 and cost details. A text block on the right describes the program's benefits. A rounded box on the right contains 'Program Materials' with links to '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

WRIST 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

Nurturing Your Gut

Today's Discussion

1

Understanding
your
microbiome

2

Prebiotics
for a healthy
gut

3

Fermented
foods and
probiotics

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



Gut Health

Gut health is a term used to describe activity within the digestive tract that can either positively or negatively affect your overall health and how you feel



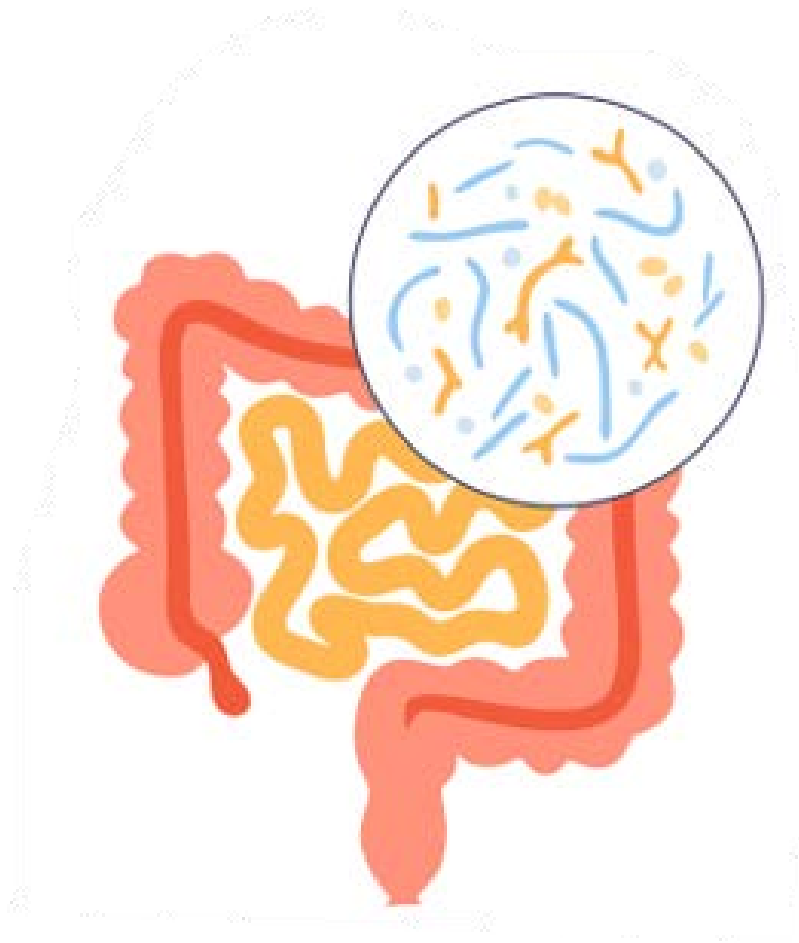
What is the microbiome?

What is the microbiome?

- Your body is home to up to 100 trillion tiny living things, like bacteria, fungi, and viruses
- Microbes inhabit all human body surfaces, but the greatest number live in the gut



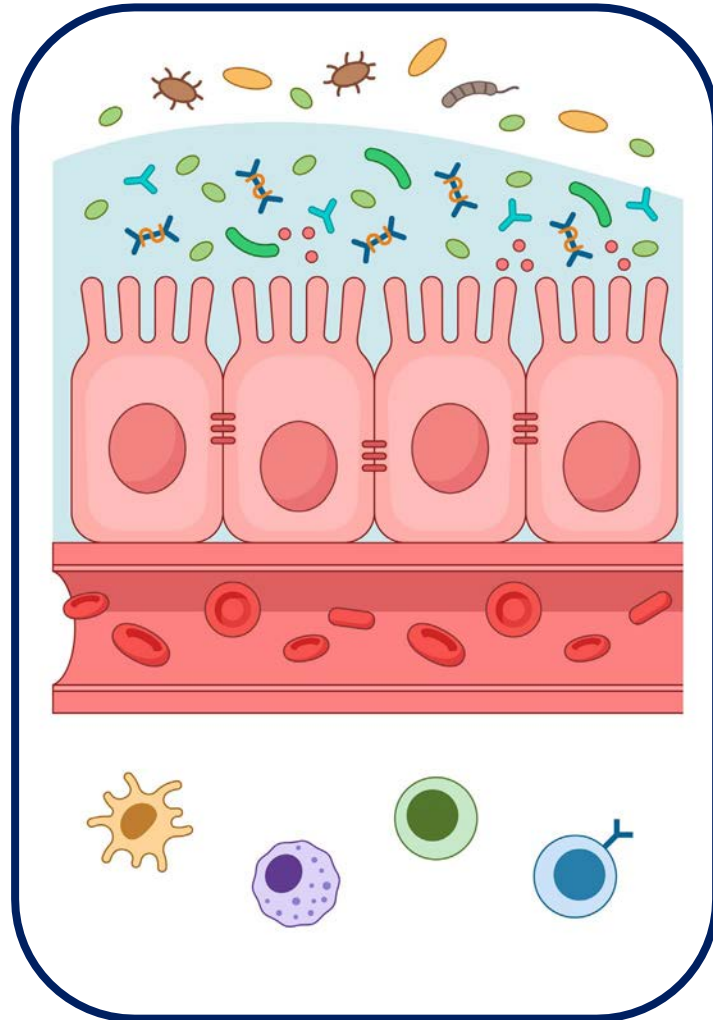
Gut Microbiota



- Is a subset of the microbiome
- Contains microbes unique to you
- Acts as a key interface between your body and food
- Helps break down food, absorb essential nutrients, and ward off harmful microbes

Intestinal Lining

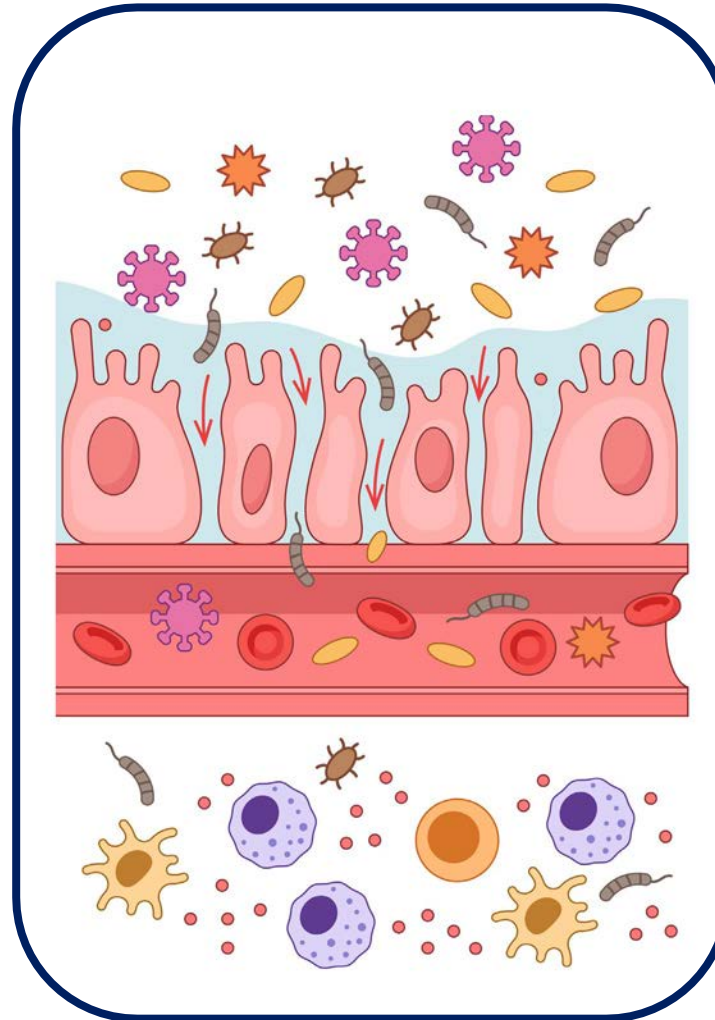
State of Balance



Mucus lining

Blood stream

Inflammation

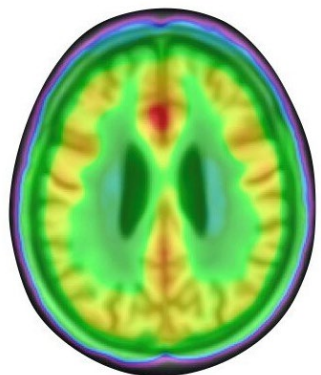
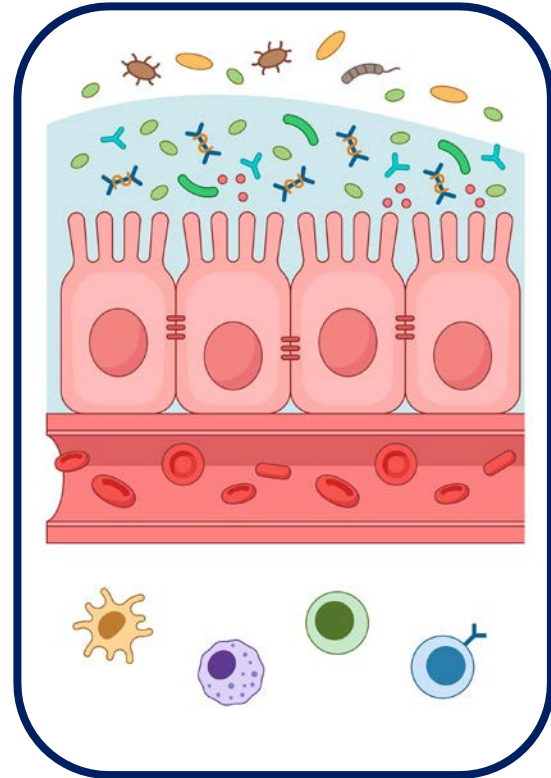


Harmful microbes can damage the lining of the intestines and leak into the blood stream



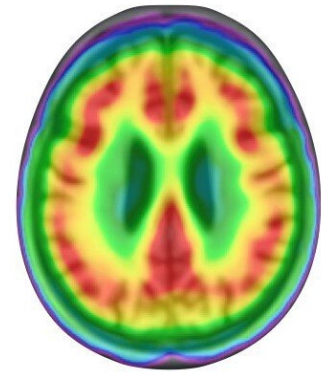
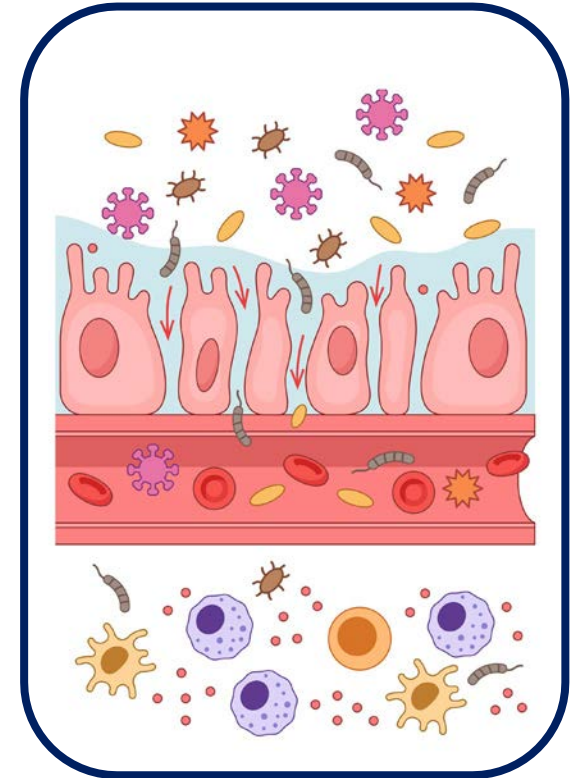
How Processed Foods Impact Your Body

Unprocessed Foods



Brain inflammation level
Low  High

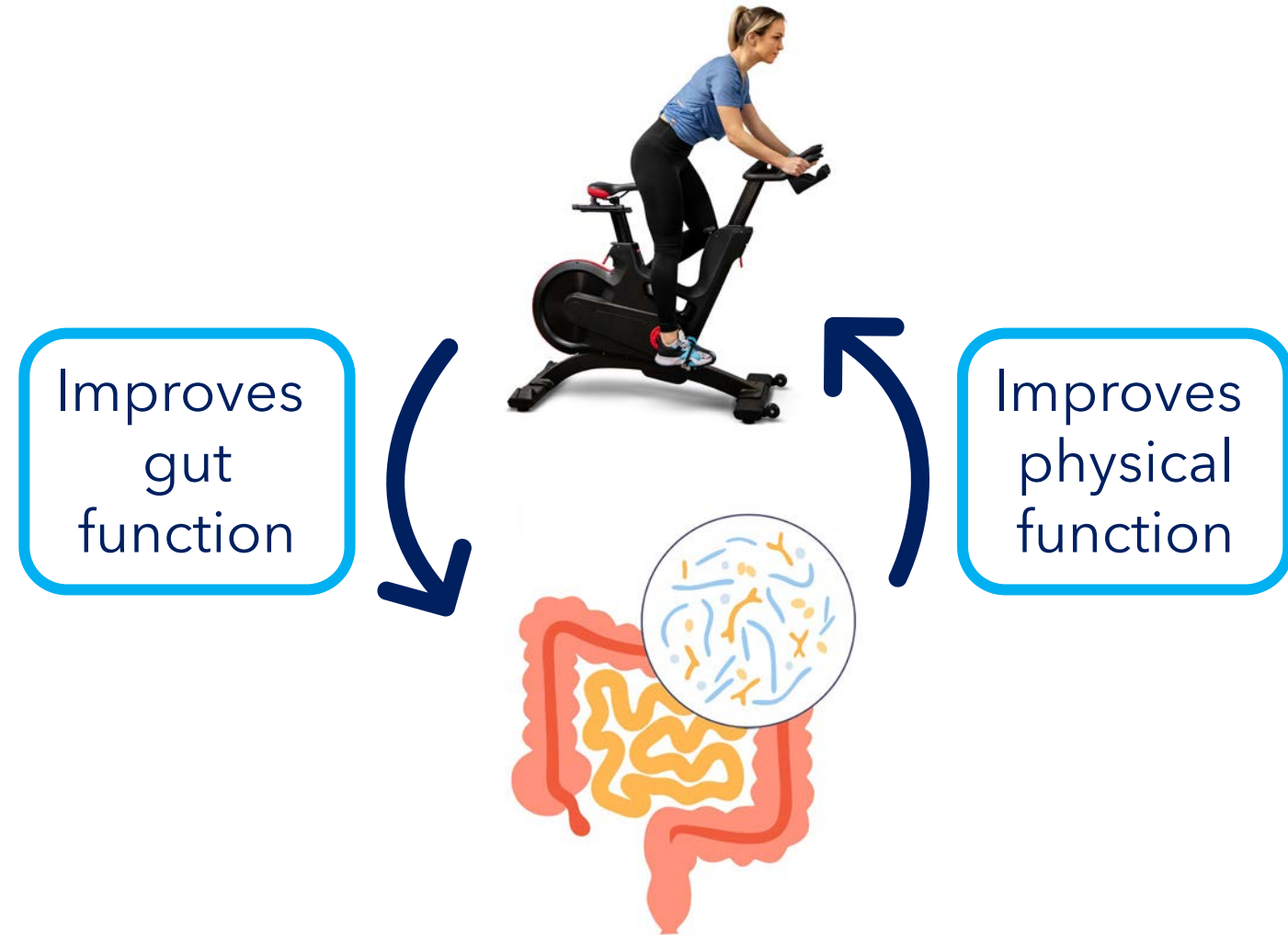
Processed Foods



Brain inflammation level
Low  High

Physical Activity Helps the Microbiome

- Physical activity promotes beneficial bacteria
- A healthy gut microbiome enhances exercise





THRIVE Break

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER



Thrive Break

Specific Muscle Function Exercises

For

Movements of Daily Activity

Squat

Lunge

Push/Pull

All

- 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 into an overhead compartment
- Playing with your kids or grandkids
- Other...

Thrive Break

Alternating Side Lunges

1. Stand tall with your feet hip-width apart
2. Step to the side with your right leg and touch the right foot or knee with your left hand
3. Return to the starting position and repeat the movement with the left leg



Modified

Let's Try

Gut-Friendly Foods

- Natural fibers (prebiotics)
- Protein
- Vitamins, minerals
- Live, active organisms (probiotics) that feed good bacteria
- Anti-inflammatory properties that promote your health



Taking Care of Your Gut

Prebiotics

- Whole plant, fibrous foods
- Acts as a fuel source for the bacteria in the microbiota
- **Sources:** beans, lentils, whole grains, fruits and vegetables



Adjusting to Increased Fiber

- **Increase fiber gradually:** Allow your body time to adjust to the increased fiber
- **Stay hydrated:** drink plenty of water to help fiber move through your system
- **Decrease discomfort:** if you experience gas, bloating, or other symptoms reduce your fiber intake

What are some examples of foods that negatively affect your gut?

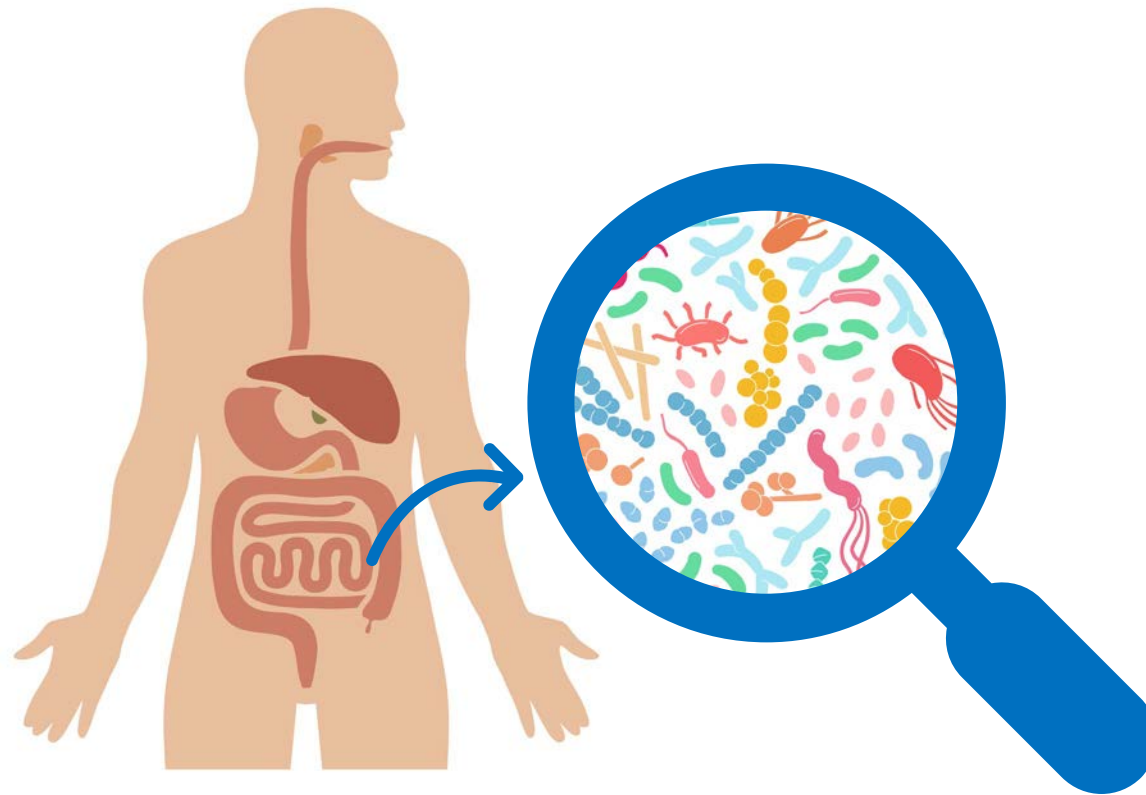
Unfriendly Gut Foods

They contain:

- Food components with no or minimal whole foods
- Unhealthy types of dietary fat, sugars, and sodium
- Additives and ingredients such as dyes, flavorings, emulsifiers and preservatives



Fuel Your Gut



- Feed your gut a variety of fiber-rich and fermented foods to increase microbiota diversity, keeping you healthy!

Feeding Your Microbiome

Prebiotics

Fiber rich plant-based foods

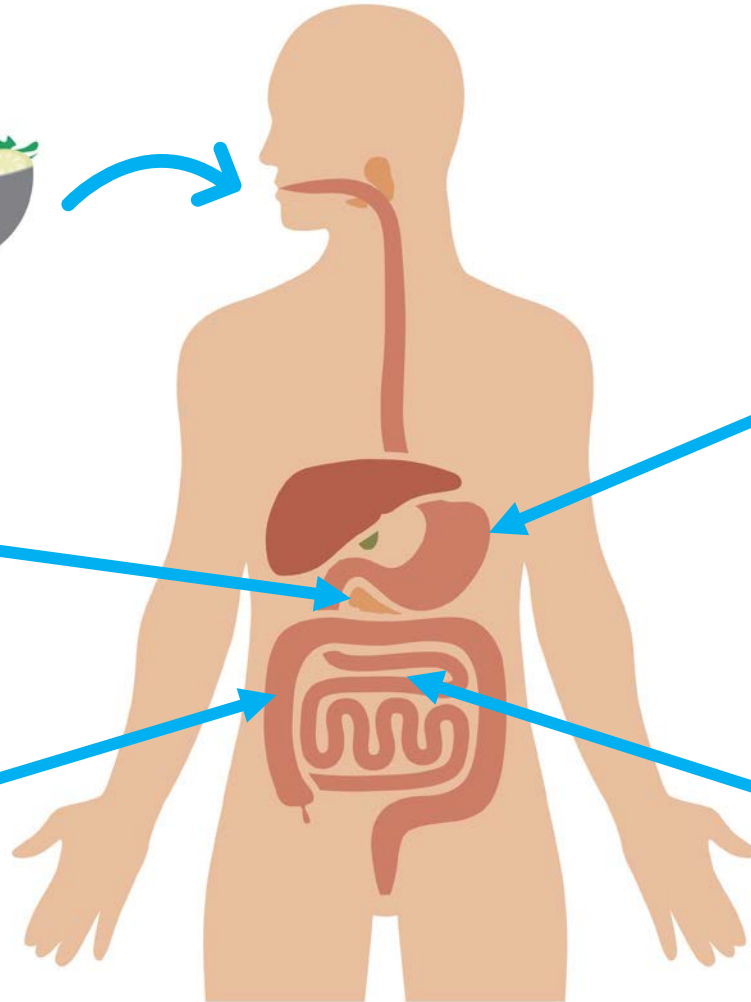


Probiotics

Fermented foods



Eating Dietary Fiber



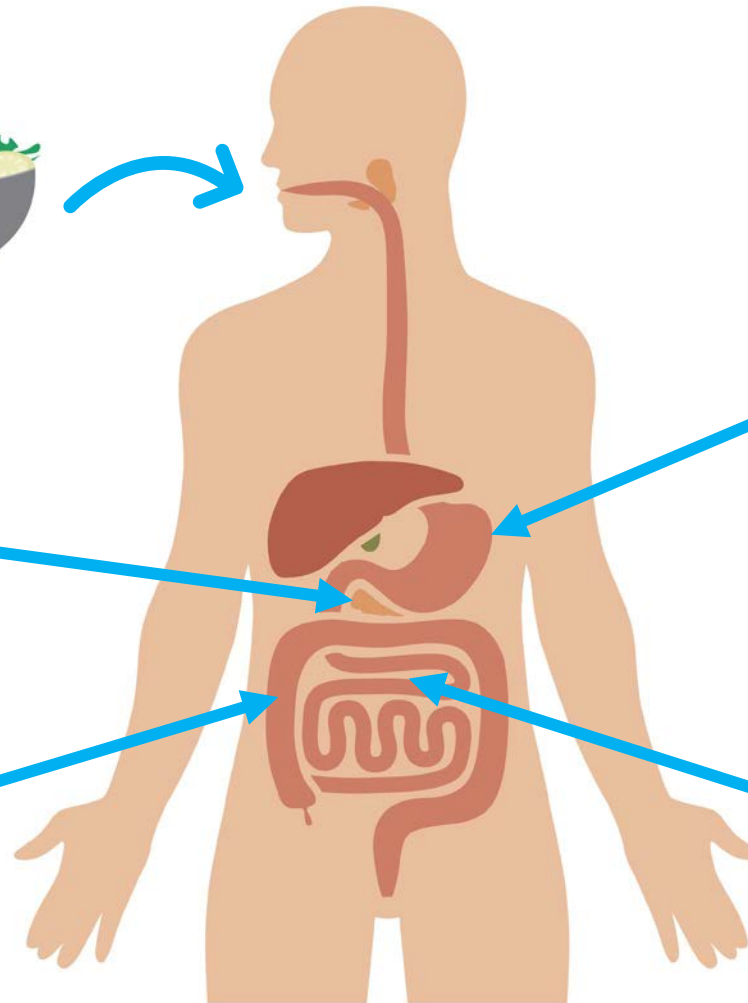
- Lowers blood sugar after eating

- Helps food waste move through the large intestines

- Increases Glucagon-Like Peptide (GLP-1)
- Decreases hunger

- Increases good bacteria in the gut

Eating Dietary Fiber



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**How much fiber is
recommended per day?**

25 - 35 grams per day (minimum)

The average American eats 10-14 grams of fiber per day

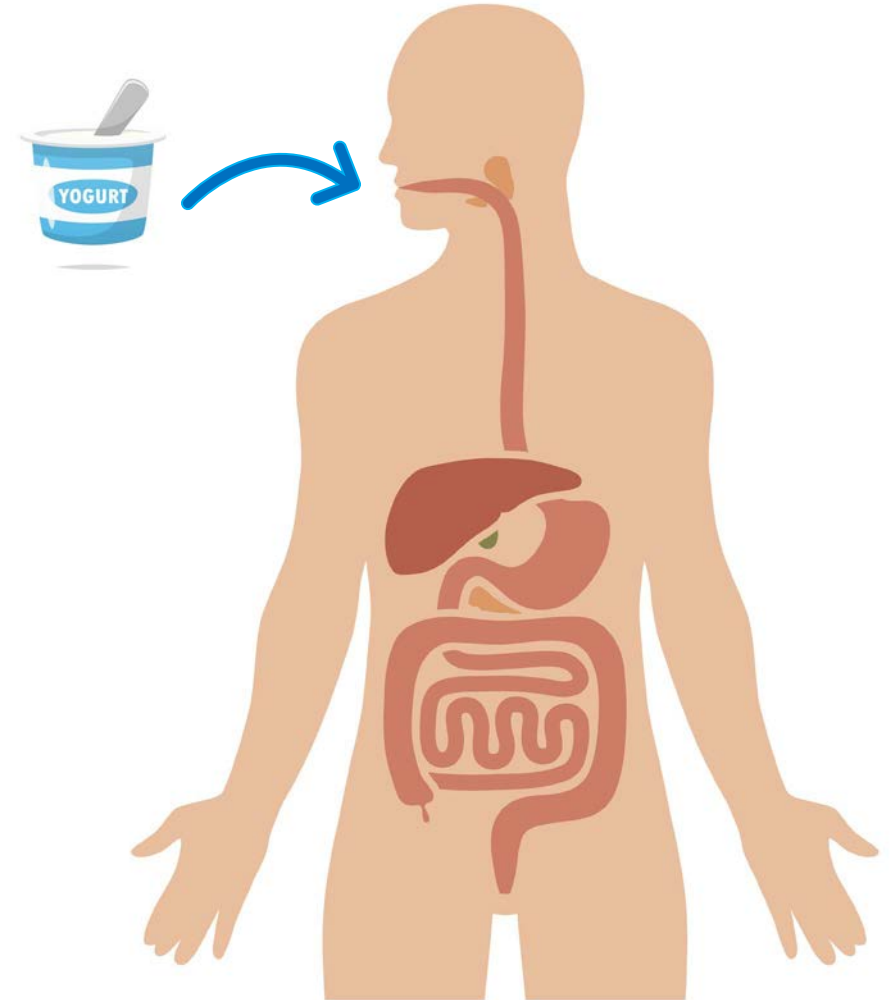
Fermented Probiotic Foods

- Fermentation is a form of food preservation that improves gut health by creating live, active organisms (probiotics) that feed good bacteria.



Fermented Foods

- Improve the diversity of the gut microbiota
 - Increases good gut bacteria
- Reduces the risk of:
 - Cardiovascular disease
 - Weight gain
 - Inflammatory bowel diseases
 - Some cancers
 - Type 2 diabetes



Fermented Food Examples



Kimchi



Kombucha



Sauerkraut



Tempeh



Kefir



**Live-active
cottage cheese**



Plain yogurt



Fermented vegetables



Miso paste

Fermented Plant Products

Fermented Milk Products

Probiotics



5 live and active cultures:
S. Thermophilus, L. Bulgaricus,
L. Acidophilus, Bifidus and L. Casei.

Companies are not required to list live-active probiotics on their products. However, you may find some products with them listed.

Probiotic Supplements

- It's better to get prebiotics and probiotics from food
- Probiotic supplements:
 - Are not regulated like medications (quality may vary)
 - Don't deliver same health benefits as food
 - Should be prescribed by your doctor
 - May not be suitable for everyone



**Small changes to your
eating can improve
your overall gut health**

**How can you increase
your fiber intake by 10
grams this week?**

The More You Know

One added cup of cooked beans a week can give you 15-20 grams of fiber



Nutrition Recommendation

Getting enough fiber is easier than you think!



Milk (soy or cow), 1 cup	0 g
Quinoa, ½ cup	3 g
Eggs, 2	0 g
Vegetables, 1 cup	4 g
<hr/>	
Fiber	7 g



Fish, 4 oz.	0 g
Beans, ½ cup	8 g
Mango, ½ cup	2 g
Vegetables, 1 cup	4 g
Avocado, ¼	3 g
<hr/>	
Fiber	17 g



Yogurt, 1 cup	0 g
Berries, 1 cup	6 g
Nuts, 2 Tbsp	2 g
<hr/>	
Fiber	8 g



Tofu, 2 cups	2 g
Yams, ½ cup	4 g
Vegetables, 2 cup	8 g
Sesame Seeds	1 g
<hr/>	
Fiber	15 g

Total Fiber = 47 grams

Need Ideas for Gut-Healthy Foods?

Check out Kaiser Permanente's resources!

- kp.org/recipes
- kp.org/healthybalance
- positivechoice.org/cookbook



This Week

Choose a weekly goal, or make up your own:



Add in more high
fiber prebiotic foods



Increase
movement



Add in at least one
probiotic food



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

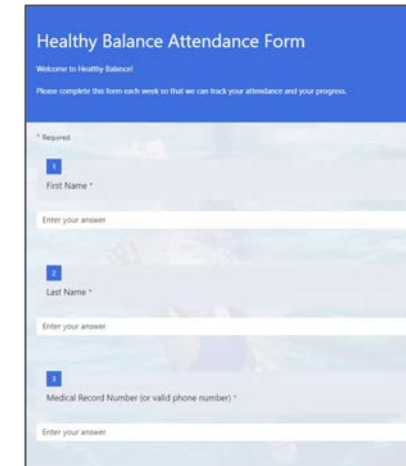
I will add in at least 1 probiotic food into my eating plan this week.

Lifelong Balance

» Body Composition

Discussion/Reflection Question:

How can you change your body composition?



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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