

# Lifelong Balance

## » Metabolism



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

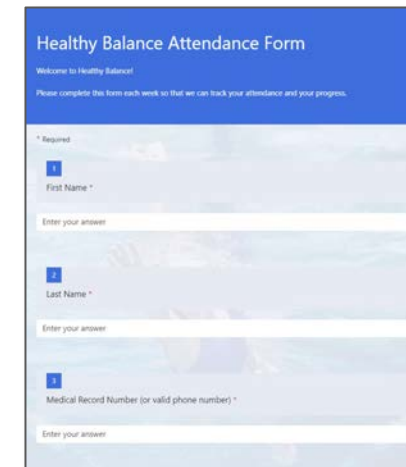
# Lifelong Balance

## Metabolism

---

### Discussion/Reflection Question:

How can you change your body composition?



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 required input fields, each marked with a blue asterisk icon. 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 box 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's 'Lifelong Balance Resources' page. The page features a navigation bar with 'CONTACT', 'CALENDAR', and 'SEARCH' links. Below the navigation, there 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. To the right, there is a paragraph of introductory text and a rounded box titled 'Program Materials' containing links for '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](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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### 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

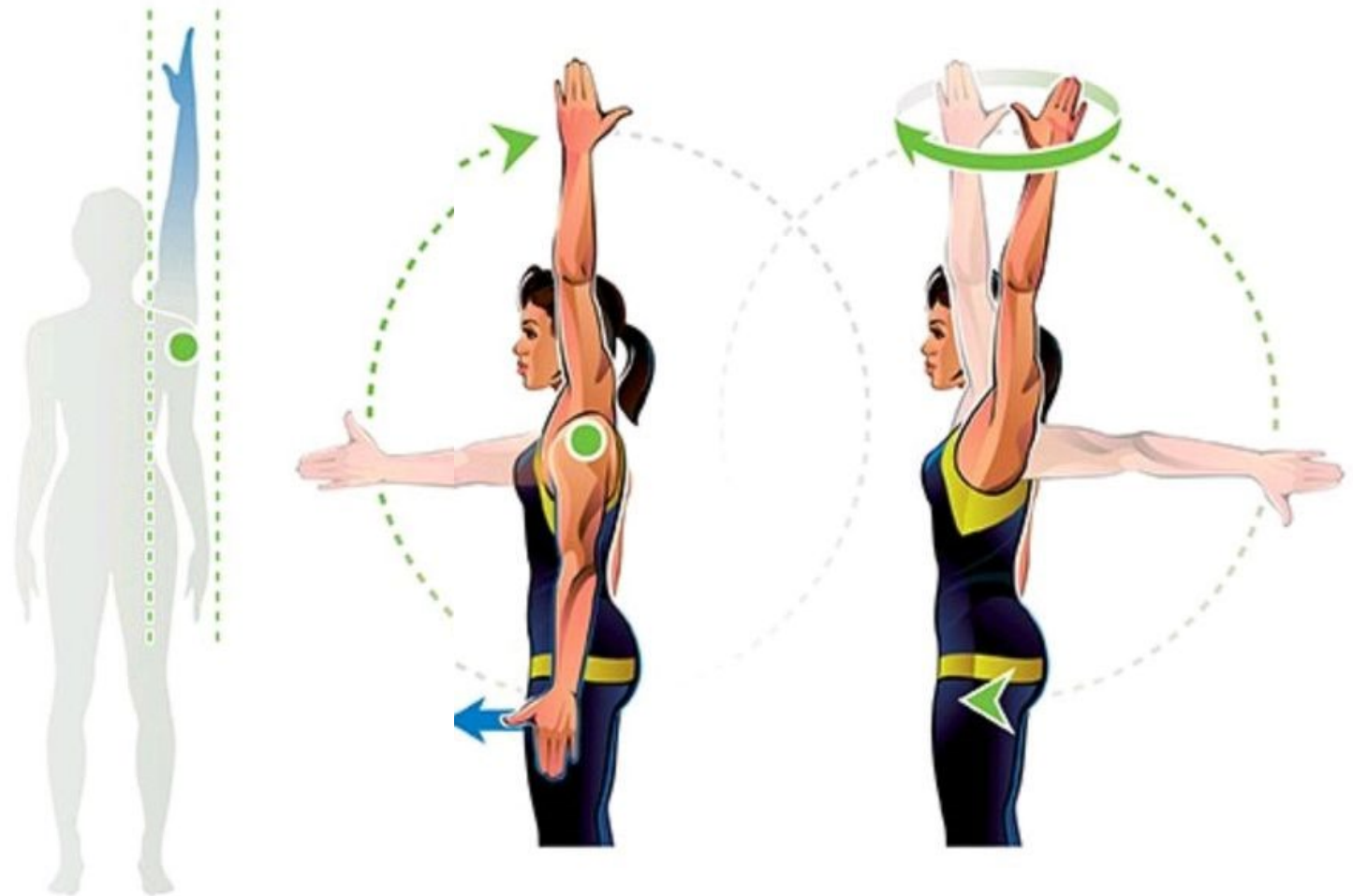
15. Food Prep for Lifelong Health

16. Mindful Resilience

# Mindful Movement

## SHOULDER 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

# Understanding Your Metabolism

# Today's Discussion

1

Understanding  
metabolism

2

Strength  
training and  
cardio

3

Eating for  
metabolism

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



# What is Metabolic Rate?



- The rate at which the body uses energy (calories) while at rest to support all your current tissues and cells
- Includes every process your body does to keep you alive

# Energy Usage

Energy (calories) is burned at different rates between muscle and fat tissue



**Muscle = Higher calorie burn**



**Fat = Lower calorie burn**

# Every Body is Unique

Two people with the same height and weight can have different metabolisms



# Resting Metabolic Rate

The amount of muscle you have helps determine your resting metabolic rate (RMR) or how many calories you burn at rest



**Height 5'11"**  
**45% muscle**  
**RMR: 2050 cal**



**Height 5'11"**  
**36% muscle**  
**RMR: 1750 cal**

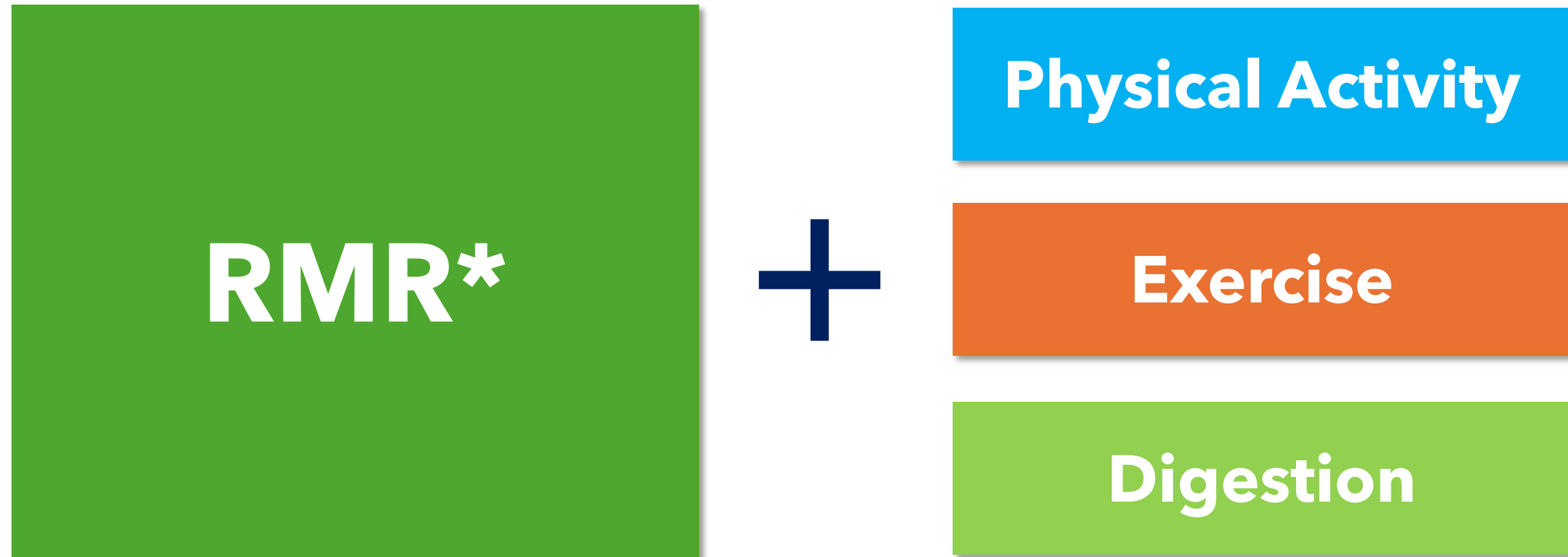


**Height 5'6"**  
**35% muscle**  
**RMR: 1590 cal**



**Height 5'6"**  
**28% muscle**  
**RMR: 1340 cal**

# What is Total Energy Expenditure



*Accounts for about 75%*

\*The higher your RMR, the more energy you use during physical activity and exercise

# Learn About Your Metabolism

## SECA - Body Composition Testing

Schedule a body composition test to find out your percent of muscle, fat, estimation of RMR and more!



Visit: [positivechoice.org/seca](https://positivechoice.org/seca)

Call: (858) 616- 5514



**What is one thing you can do  
to improve your metabolism?**

# NEAT

- Non-Exercise Activity Thermogenesis
- Park farther away when running errands
- Work in your garden
- Go out to do your shopping instead of shopping online



**What ways can you start increasing your activity?**

# Strength Training

## Increases

- Resting metabolic rate (RMR)
- Muscle mass
- Bone health



If you have not been active, consult your healthcare provider before beginning an exercise program.

# Muscle Strengthening Progression

## Tips:

- Focus on progressive overload
- Gradually increase weight, reps, or sets over time
- Maintain proper form and ensure adequate rest and recovery



# Interval Training

## Increases

- Stamina
- Heart health
- The ability to burn body fat



If you have not been active, consult your healthcare provider before beginning an exercise program.

# Boost Your Cardio

Increase your speed or intensity, then recover

1

## Step 1: Pick Up the Intensity

- Short bursts (10-30 seconds)
- Increase intensity, move strong



2

## Step 2: Recover

- Slow down
- Catch your breath



## Start Small

- Do 1 short burst once a week

## Build Up

- Work toward 2 sessions a week
- Repeat bursts 5-7 times

# Interval Training Suggestions

- Push and recover
- Repeat an interval cycle 5–7 times
- Choose whichever type of interval training that works for you
  - High intensity can last from 20 seconds to 1 minute
  - Low intensity can last from 10 seconds up to 3 minutes
- *There is no right or wrong way to interval train*

# Sample Interval Training

<b>Warm Up (5 Minutes)</b>		
1	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
2	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
3	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
4	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
5	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
<b>Stretch/Cool Down (5 Minutes)</b>		



# THRIVE Break

POSITIVE CHOICE  
INTEGRATIVE  
WELLNESS CENTER



# Thrive Break

## *High Intensity Interval, Drop & Raise*

**Step 1:** Quickly drop your body down into a low position, hands on thighs or floor

**Step 2:** Explosively push yourself back up to a standing or elevated position

**Step 3:** Mimic a "drop" and "raise" motion, while maintaining good form and maximizing intensity within a short timeframe



*Let's try!*

# Exercise Ideas

- **Try new activities**
  - Enter a walking event
  - Sign up for a yoga class
  - Try a new outdoor sport
- You won't know if you like it until you try it
- Remember, it's okay if you don't like it!



# Exercise Ideas

## Finding what you like

- Do you like being active alone, with a friend, in a class, at home, or at a gym?
- If the first activity you try doesn't feel right, don't give up
  - Try something new until you find one you enjoy



**What types of activities  
do you enjoy?**

# What can I eat to support my metabolism?

# Protein for Strength Training

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

- 4 - 5 oz. lean meat, poultry, or fish
- 5 eggs, or 8 egg 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**

# 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**

# 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.

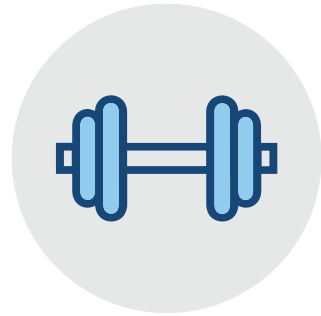
Complete the survey by clicking the link in the chat or scanning the QR code.



**SCAN ME**

# This Week

Choose a weekly goal, or make up your own:



Add in muscle-strengthening activities



Add in interval training



Eat to fuel your muscles



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

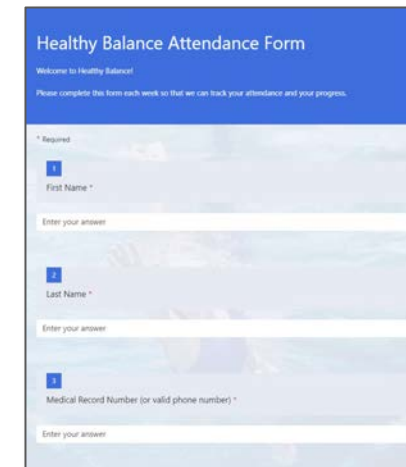
I will do one, 20 second interval session this week.

## Lifelong Balance

### » Habits

### Discussion/Reflection Question:

How do habits affect your quality of life?



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 a required field. 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 placeholder text "Enter your answer" below it.

Have you filled out the attendance form?