

Lifelong Balance

» Habits & Personal Why



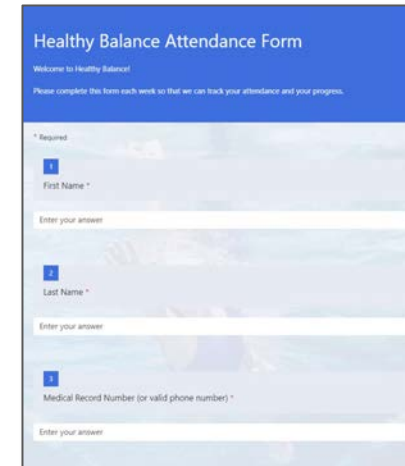
Welcome to class! We will begin shortly!

Lifelong Balance

Habits & Personal Why

Discussion/Reflection Question:

How do habits affect your quality of life?



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 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 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

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. A descriptive paragraph explains the program's benefits and session structure.

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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

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

HIP CAR (Controlled Articular Rotation)



Let's practice!



VARIATION:
Do hip CARs
on all fours

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

Healthy Habits and Your Personal Why

Today's Discussion

1

Understanding
how habits are
formed

2

Establishing
tiny habits

3

Tiny habits
for nutrition
and exercise

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



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!



Set a timer for 30 minutes.

**When the timer goes off,
we'll do an exercise snack
together!**

What are habits?

Habits are things that we do, or think, automatically because they were repeated so many times



Why are habits important?

In order to make changes and maintain them, you will need to develop habits that support that change



Know Your “Why”

Know Your "Why"

What are you working towards?

"I want to boost my energy levels"

"I want to feel more comfortable in my clothes"

"I want to keep up with my kids/grandkids"

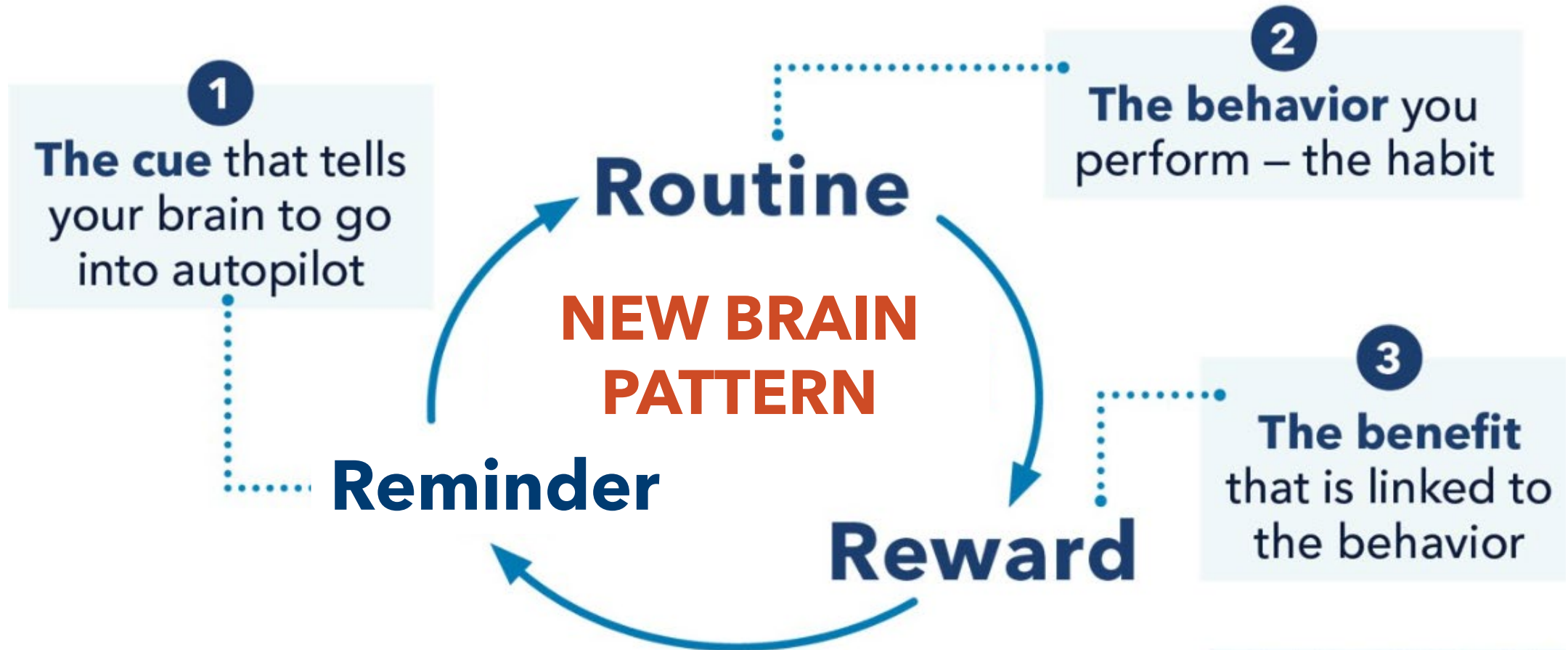
"I want to improve my overall health"

"I want to be healthy for the rest of my life"

What is your why?

Developing Active Lifestyle Habits

The Habit Loop



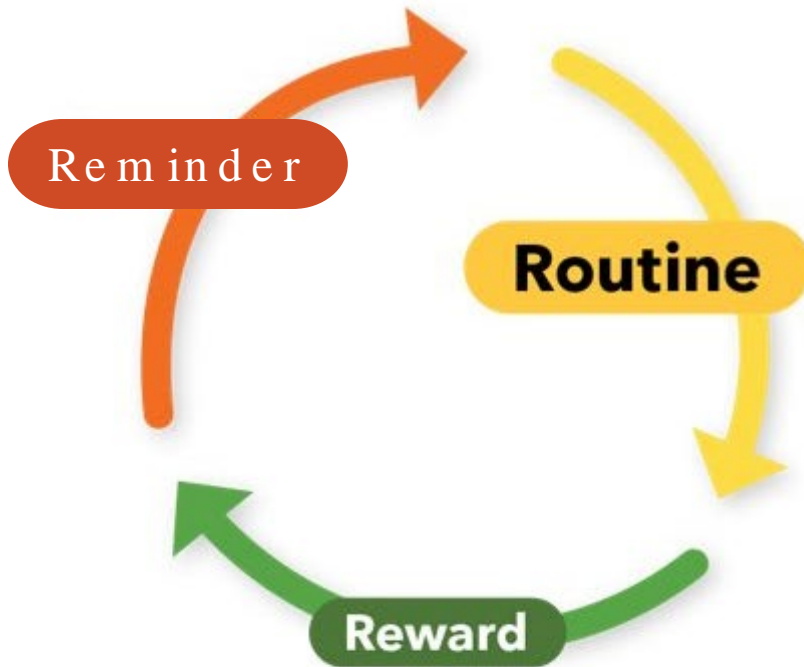
Developing Active Lifestyle Habits

Old Routine



Developing Active Lifestyle Habits

New Routine



**Improved nutrition, energy,
and weight management**

Instead of grabbing fast food:

- » Bring a cooler with water, healthy snacks, meal-prepped food.

- » Order something healthy, such as a salad with grilled chicken or a protein bowl.

Starting a New Habit

Example:

I want to **start** a walking routine.



- **Reminder: Make it obvious**
 - Put my shoes by the front door
- **Routine: Make it easy**
 - Only commit to 15 minutes to not overwhelm myself
- **Reward: Make it attractive**
 - Go with my partner or take my dog with me to make it fun

Replacing Old Habits

Example:

I want to **stop** eating while watching TV or another device.



- Instead of watching TV or another device while you're eating, look forward to watching after you have eaten
- Do exercises or something that keeps your hands busy

Why Breaking Food Habits is Hard

- **Food habits provide:**

- Short-term pleasure
- A mechanism for coping
- Your brain's reward system reinforces food habits by seeking to repeat eating for pleasure or coping



Setbacks

Four common stressors:

H

- **Hungry** - can be a physical, emotional or reward

A

- **Angry** - when you perceive you were wronged

L

- **Lonely** - withdrawing into yourself out of fear or doubt

T

- **Tired** - low energy that compromises your ability to make decisions and cope

Setbacks

Common Reasons

H Hungry

A Angry

L Lonely

T Tired

Potential Plans

P • **Prioritize** eating on a schedule

L • **Listen** to the cause of your anger

A • **Arrange** to meet a friend

N • **Night** night! Go to sleep

Plans to Combat Setbacks

- Note three to four strategies that you will do before a setback hits
- Refer to your notes if/when tempted by a setback





THRIVE Break

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Thrive Break

Seated Back Rotation



- Sit near the front of a sturdy chair
- Keep feet flat on the floor
- Twist your upper body to one side
- Place your opposite hand on your thigh (deepen the twist)
- Hold 10-30 seconds
- Repeat on the other side
- Do 3-5 times each side

Thrive Break

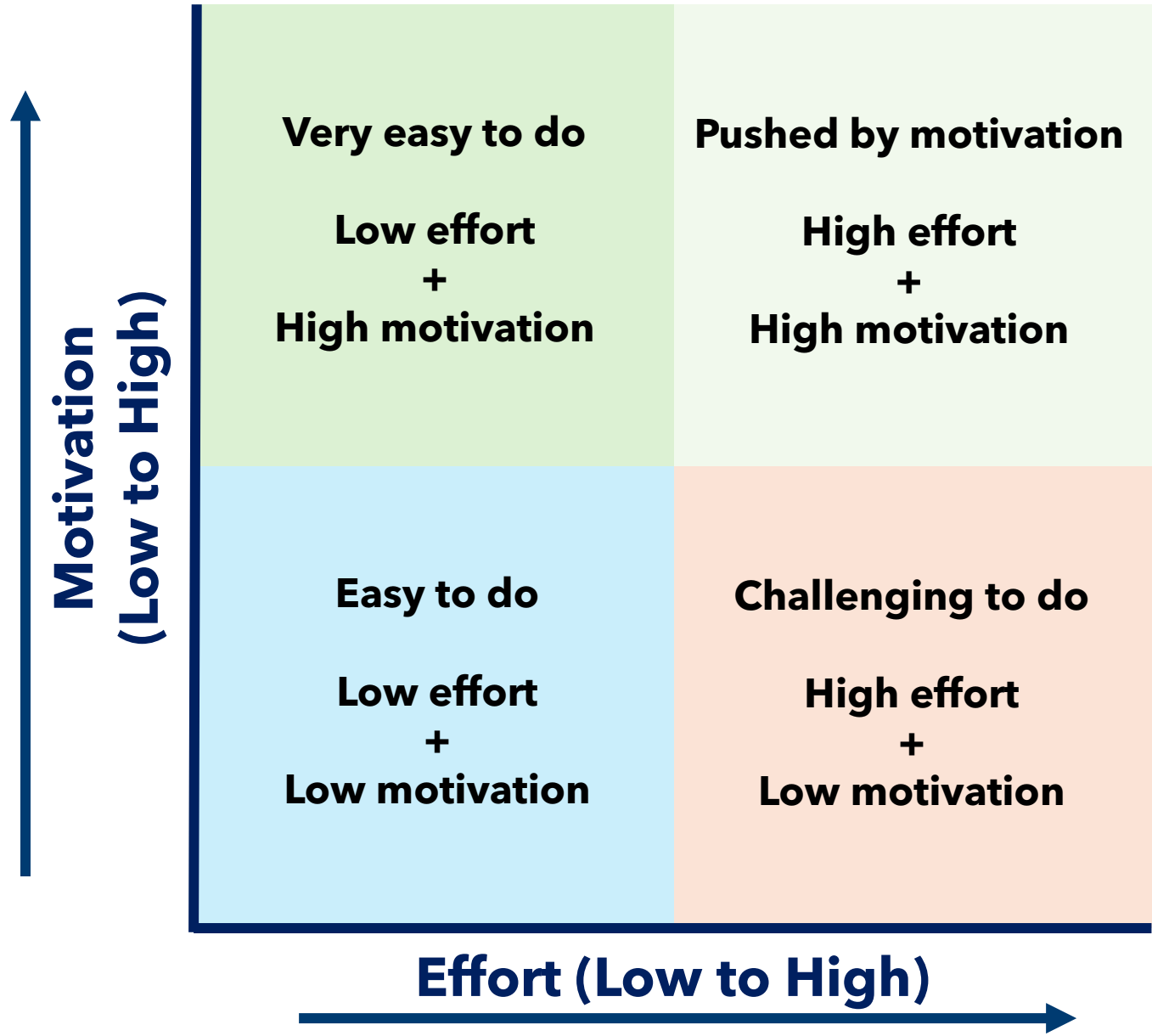
Shoulder Stretch

- Stand with your back against a wall
- Raise arms to shoulder height, elbows bent
- Touch elbows and wrists to the wall
- Slowly slide arms up and down
- Hold 10-30 seconds
- Repeat 3-5 times

Stop if you feel sharp pain



Habits and Motivation



Motivation Mountain

- High motivation helps us take on the steep climb
- Low motivation may lead us to the gentler path
- Both paths still move us forward



**High
Motivation**

**Low
Motivation**

Motivation Mountain

When we start with something easy to do, it increases our motivation to do it more.



Start Easy

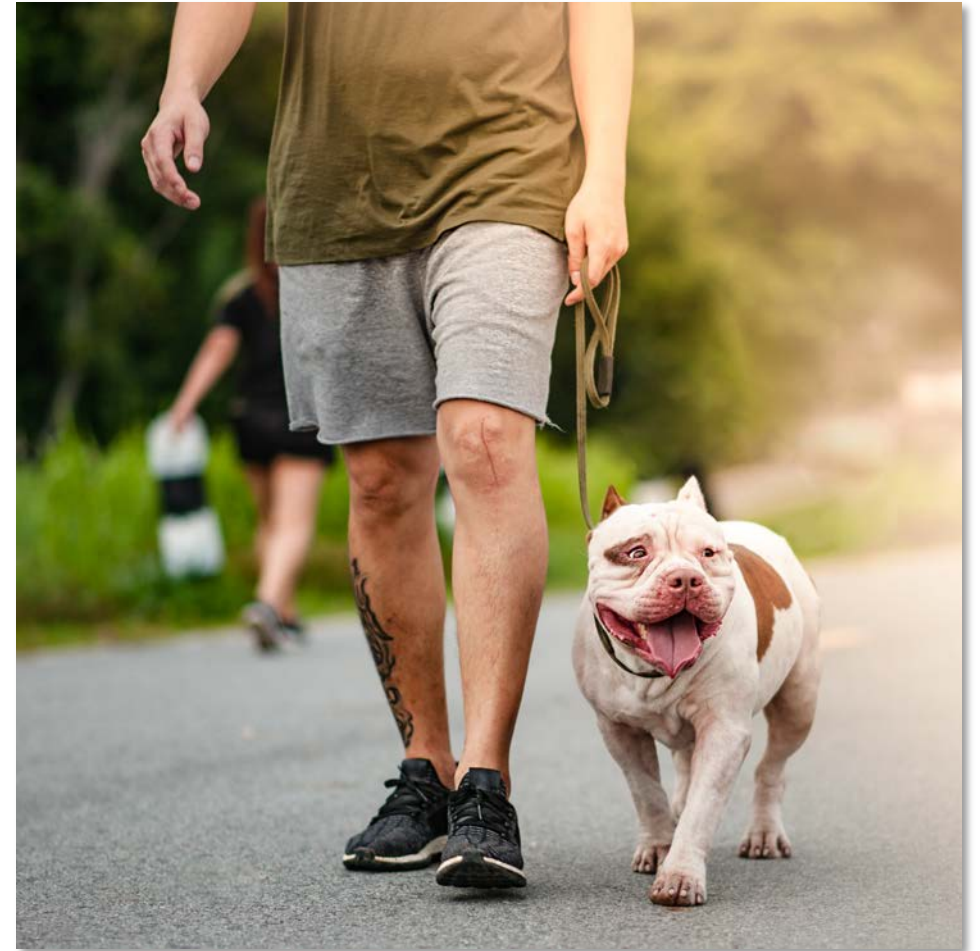
Confidence Builds

Motivation Strengthens

Sustainable Change

Routines Create Habits

- Daily routines help you get to where you want to go
- When routines become habits, they can keep you anchored



Tiny Habits

- Take 30 seconds or less
- Are anchored to something you do daily
- Ridiculously easy to succeed

**Let's talk about a real-life
tiny habit for both
nutrition and exercise**

Nutrition Tiny Habit Idea

Eat at least ½ cup of beans, peas, or lentils daily

- High in protein
- Rich in fiber
- Loaded with antioxidants

Studies show this tiny habit alone can attribute to weight loss, and lengthen your life span



Nutrition Tiny Habit Idea

Eat at least three colors of produce each day



**Prepare a snack of
fresh vegetables**



**Eat a variety of
colorful fruits**

Need Ideas for Healthy Foods?

Check out Kaiser Permanente's resources!

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



Exercise Tiny Habit

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!



Exercise Tiny Habit

Interval Training

- Start with 1 (10-30 second) interval a week
- Build to 2 sessions a week
- Repeat the 10-30 second interval 5 - 7 times

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



Know Your "Why"

What are you working towards?

"I want to boost my energy levels"

"I want to feel more comfortable in my clothes"

"I want to keep up with my kids/grandkids"

"I want to improve my overall health"

"I want to be healthy for the rest of my life"

Remember your why

**What is one small step
you can take to work on
your healthy change?**

This Week

Choose a weekly goal, or make up your own:



Post a plan for
a setback



Do an exercise
snack



Establish a
tiny habit



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

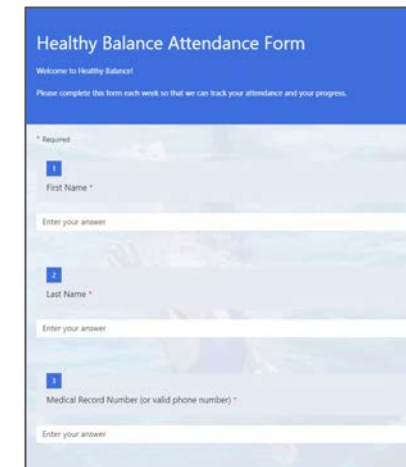
I will set my timer every day for a 20 second
exercise snack.

Lifelong Balance

» Weight Plateaus

Discussion/Reflection Question:

What has helped you break through a weight plateau?



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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.

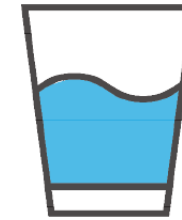
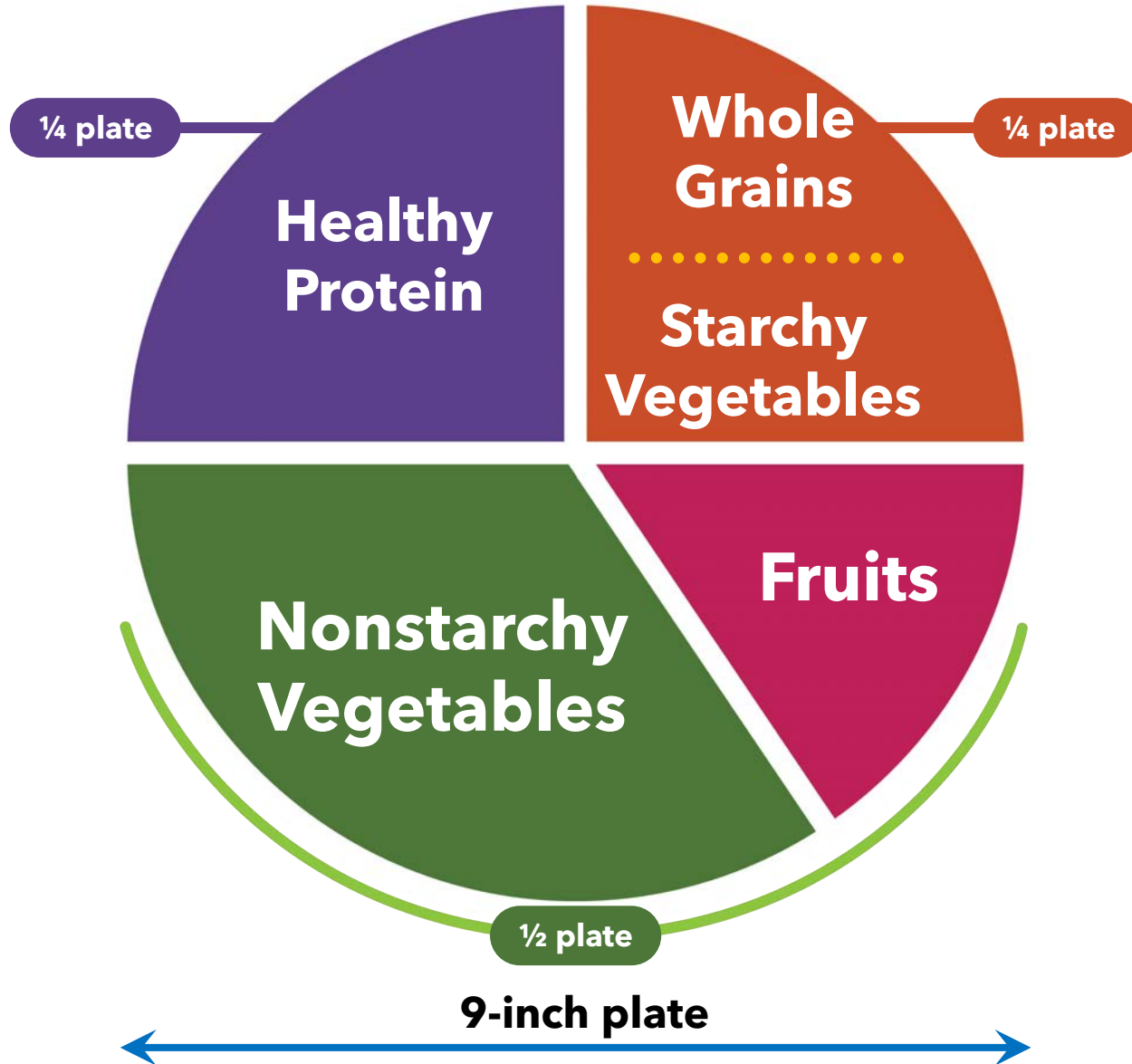
Complete the survey by clicking the link in the chat or scanning the QR code.



SCAN ME

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