

Lifelong Balance

» Food Quality & Cravings



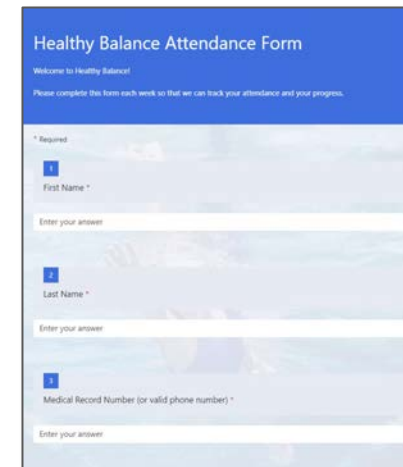
Welcome to class! We will begin shortly!

Lifelong Balance

Food Quality & Cravings

Discussion/Reflection Question:

How can knowing what's in your food help you eat healthier?



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 required fields, each with a blue asterisk icon and a "Required" label. The first field is "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

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.

POSITIVE CHOICE
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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

THORACIC 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

Food Quality and Cravings

Today's Discussion

1

Healthy food
strategies

2

Challenges
to eating
healthy

3

Positive
behaviors

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



Food Focus

Choose more vegetables, fruits, whole grains, fish, nuts, and legumes



Make Healthy Choices

- Small changes
- Water
- Less sugar
- More whole, unprocessed foods
- Balance and variety



**What is one benefit
you've noticed from
eating healthy?**

**What do you find most difficult
about eating healthy?**

Convenience Idea #1

Prepare foods in advance

Example of meal prep:



Prepare proteins



Roast/grill vegetables



Cook grains/beans



Make sauces



Assemble extras

Convenience Idea #2

Prepare foods and store



How do you eat healthy on a budget?

Lower Cost Healthy Food Options

- Beans
- Lentils
- Oatmeal
- Brown rice
- Bananas
- Carrots
- Cabbage
- Whole chicken
- Milk
- Yogurt
- Fortified cereals
- Hummus
- Quinoa
- Potatoes



THRIVE Break

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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!

Why do people choose less healthy foods?



Unhealthy Foods Can Trick the Brain

These foods often...

- Trigger brain “reward” chemicals
- Make us crave more
- Lead to overeating



Positive Habits Can Boost Feel-Good Brain Chemicals

Ask yourself:

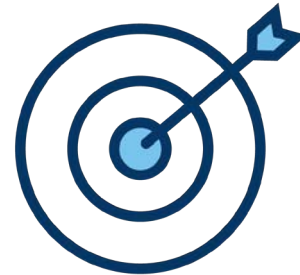
- Will this habit move my life in a positive direction?
- Can I push through the initial discomfort of change?
- Am I willing to plan for success?
- Am I willing to practice until it feels rewarding?

Examples of Positive Behaviors

That Spark Feel-Good Chemicals



New Experiences



Working on Goals



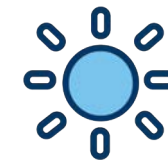
Good Sleep



Rest & Relaxation



Exercise



Sun & Outdoors

Positive Behaviors Keep You Balanced



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

This Week

Choose a weekly goal, or make up your own:



Prepare foods
in advance



Increase
movement



Plan new positive
behavior



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

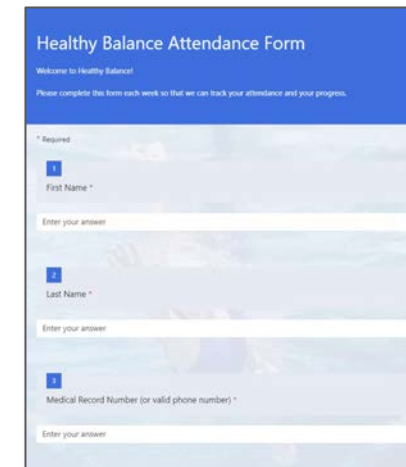
I will set my timer every day for a 20 second exercise snack.

Lifelong Balance

» Positive Thinking & Action

Discussion/Reflection Question:

How can the way you think affect your health?



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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.

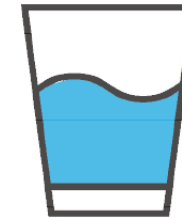
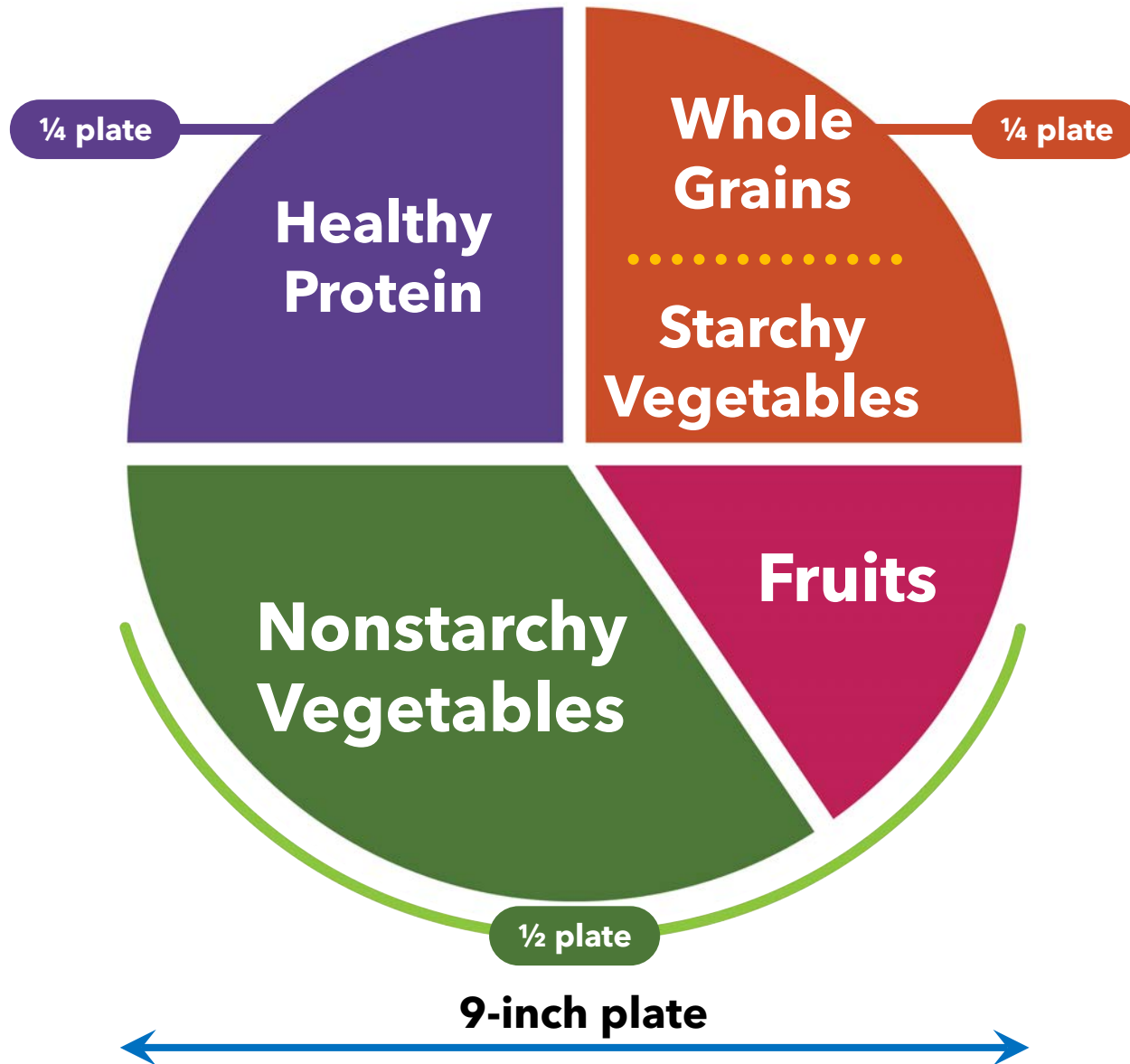
Complete the survey by clicking the link in the chat or scanning the QR code.



SCAN ME

The Healthy Plate

Refer to the Healthy Balance book for recommended portions, healthy food ideas, and recipes.



Water



Healthy fat



Seasonings