

Lifelong Balance

» **SELF Through the Ages**

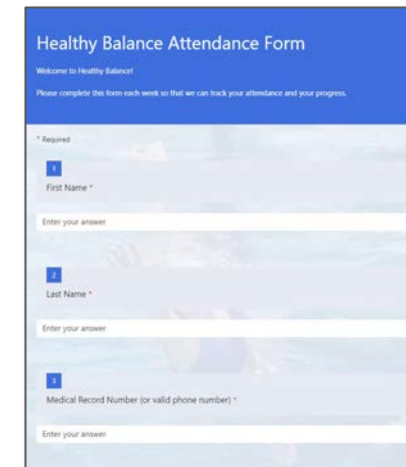


Welcome to class! We will begin shortly!

Lifelong Balance

SELF Through the Ages

Discussion/Reflection Question:
What principles help you live your best life?



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 input fields, each with a blue asterisk icon and a "Required" label. The first field is for "First Name", the second for "Last Name", and the third for "Medical Record Number (or valid phone number)". Each field has a placeholder text "Enter your answer" and a white input box.

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 a navigation bar with links for CONTACT, CALENDAR, and SEARCH. Below the navigation bar, there are links for Our Services, Español, About Us, KP Members, and News. A green button labeled "← BACK TO KP MEMBERS" is visible. The main heading is "Lifelong Balance Resources". There are two main sections: "How to Enroll" and "Program Materials". The "How to Enroll" section provides contact information and cost details. The "Program Materials" section lists links for the Lifelong Balance Syllabus and Healthy Balance Workshop Guide. A descriptive paragraph explains the program's benefits and session structure.

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER

thrive
SAN DIEGO, CA

CONTACT CALENDAR SEARCH

Our Services Español About Us KP Members News

← BACK TO KP MEMBERS

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

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

SELF Through the Ages

Today's Discussion

1

Understanding
your body's
repair system

2

Exploring
the SELF
Principle

3

Healthy
eating for
longevity

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



How can you increase a healthy lifespan?

An Illustrative Model

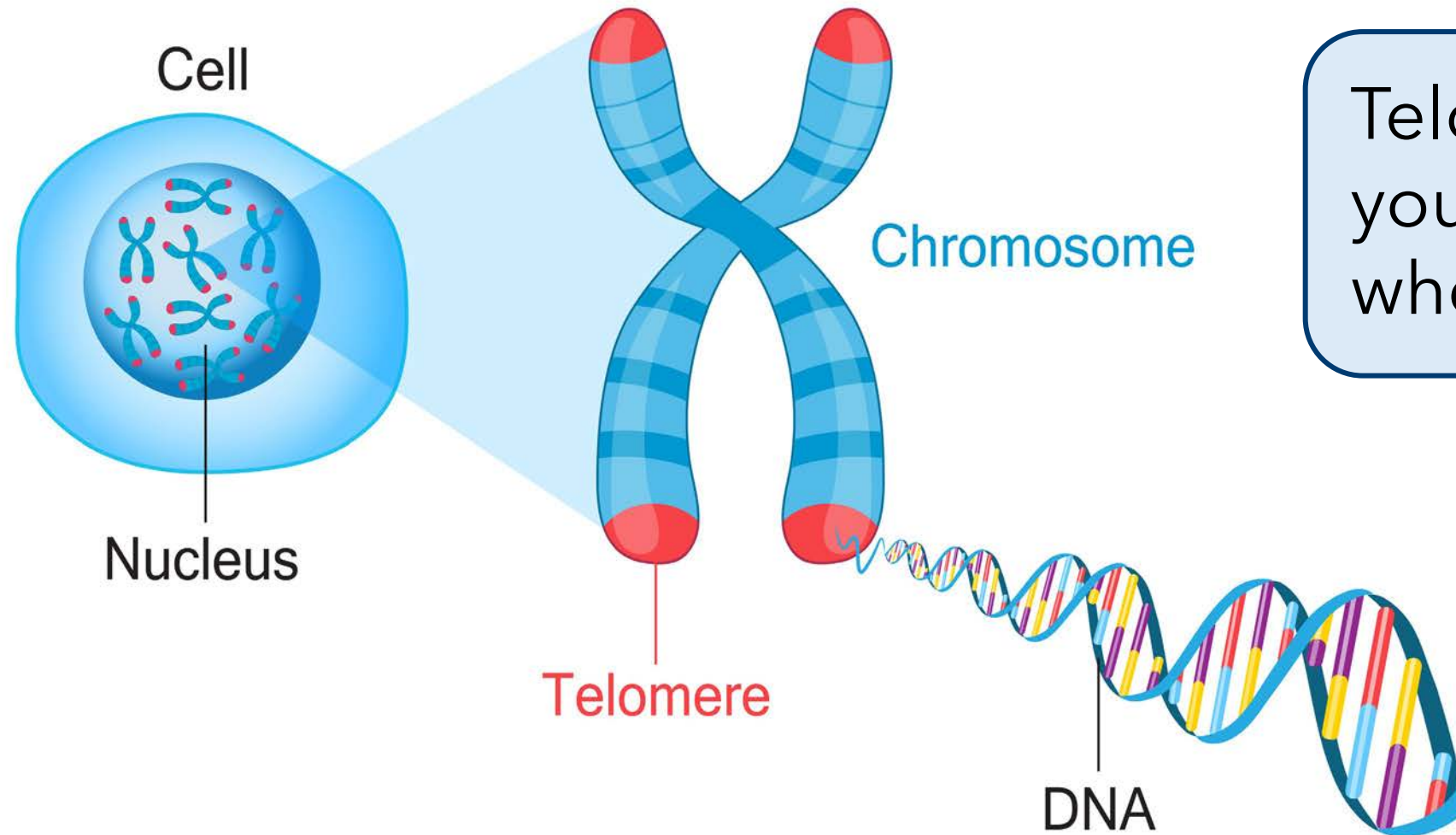


Your Body's Repair System

- Your body is always making new cells
- New cells and dividing cells repair damage and keep you healthy
- Over time, this repair process slows down



What is a Telomere?



Telomeres keep your DNA intact when cells divide

Why Telomeres Shorten

Aging

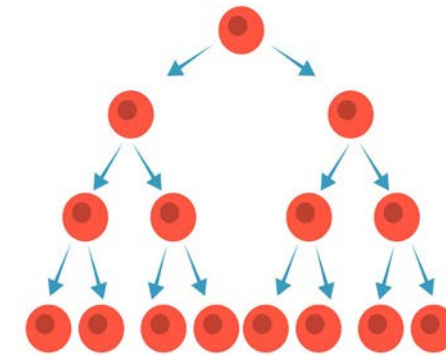
- Natural shortening over time (not changeable)

Too Much Sugar

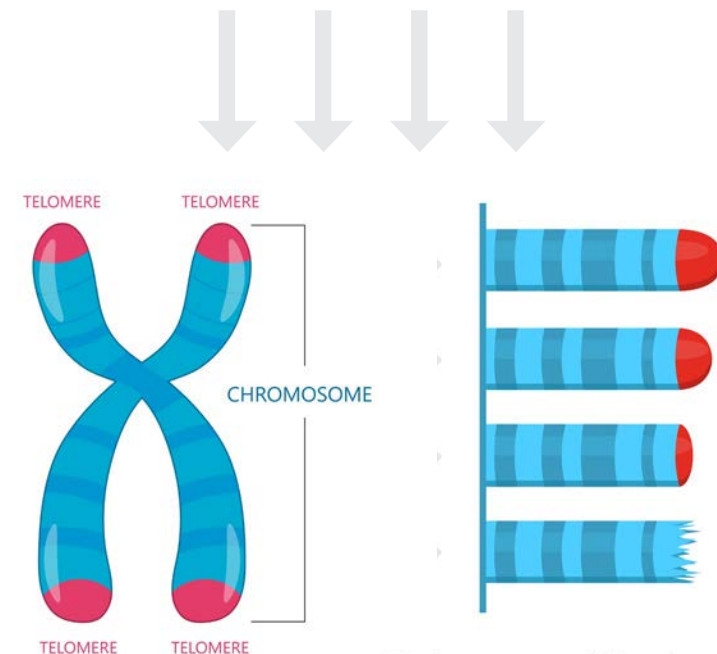
- Damages DNA and proteins (changeable)

Stress & Toxins

- Stress, smoking, pollution, excess weight (changeable)



Cells Divide



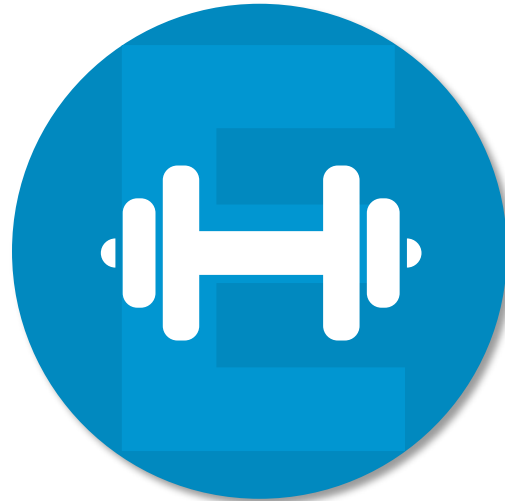
Telomeres Shorten

How can we keep our cells healthy longer?

The SELF Principle



SLEEP



EXERCISE



LOVE



FOOD
(and water)

Focusing on these areas can slow telomere shortening and support a longer, healthier life



Why do you sleep?

- Sleep repairs your body
- Sleep protects your brain and memory
- Sleep supports a longer, healthier life

What benefits do you notice after a good night's sleep?



Simple Ways to Sleep Better

Routine

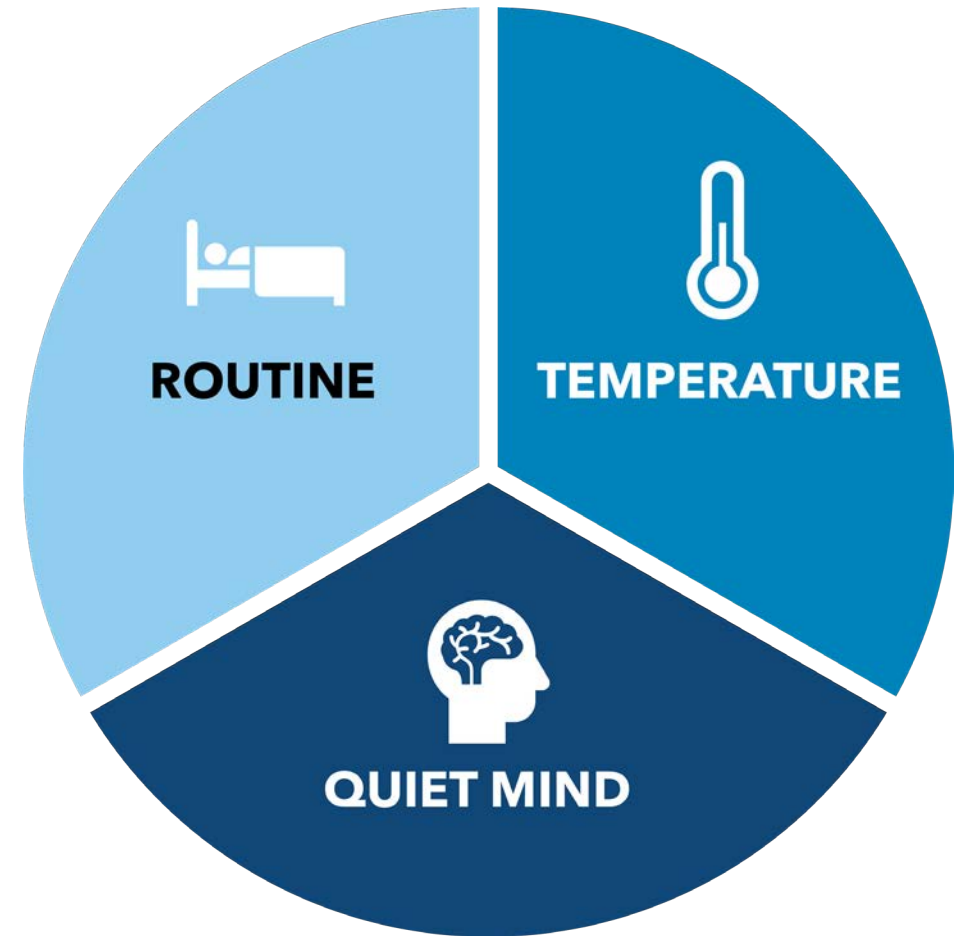
- Go to bed and wake up at the same time

Cool Room

- Lower temperature helps your body rest

Quiet Mind

- Relax, journal, or practice gratitude



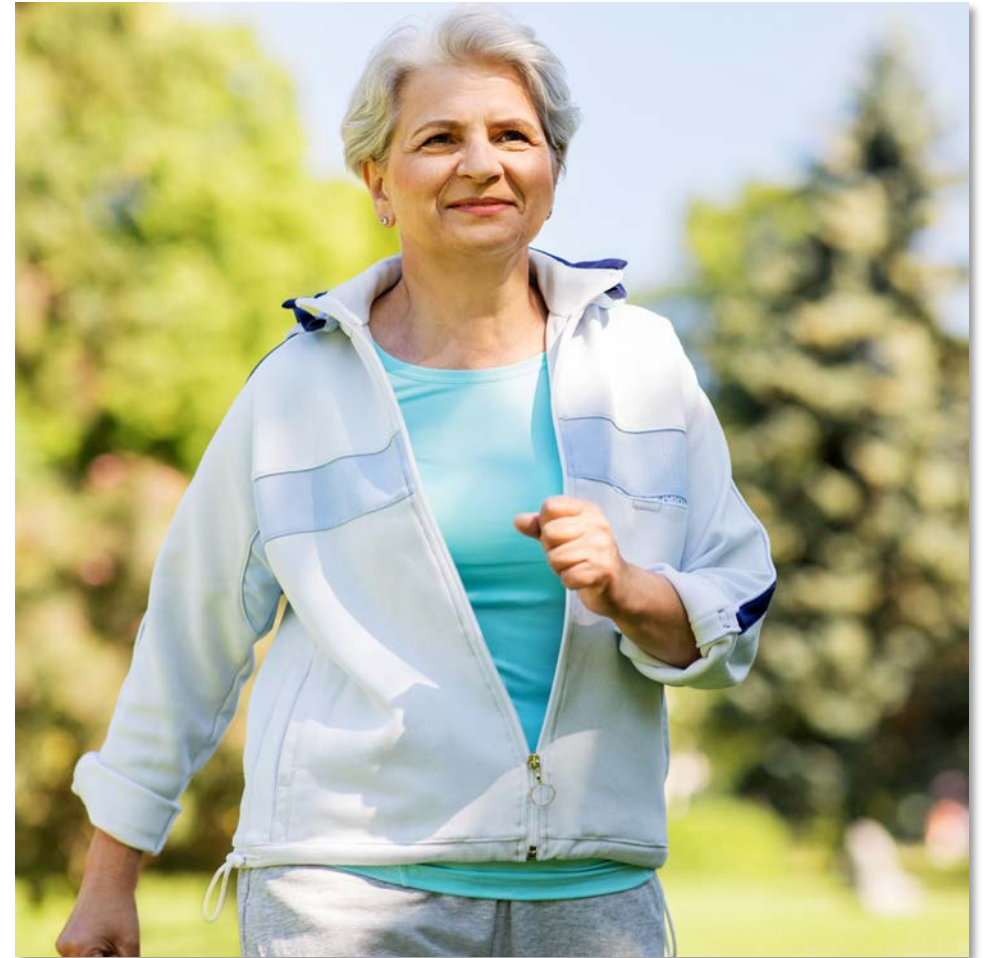
What works for you?



Why do you exercise?

- Exercise adds healthy years to your life
- Exercise helps prevent disease

What benefits do you notice after you exercise?





THRIVE Break

POSITIVE CHOICE
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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

Why do you form relationships?

- Humans are wired to live and thrive in groups, not alone
- Connection has always been essential for survival throughout history
- Connection adds healthy years to life

How do your relationships make you healthier or happier?





Quote:

"If I am not for myself, who will be for me?
If I am only for myself, what am I"

- Hillel HaZaken

Simple Ways to Increase Love

Connection

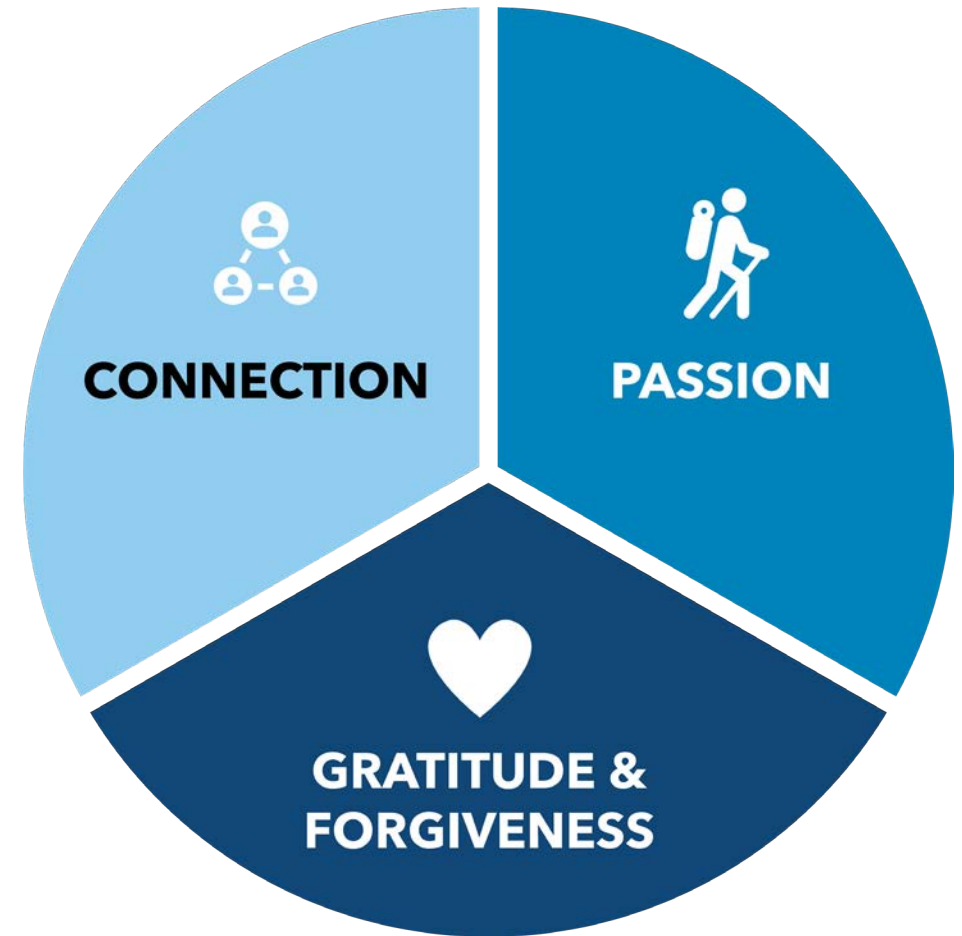
- Spend time with family and friends
- Join a club, group, or volunteer

Passion

- Do daily activities that bring peace and meaning

Gratitude & Forgiveness

- Show appreciation to others
- Be kind and forgiving to yourself



What works for you?



Why is food important?

- It fuels your body and brain
- It connects people through culture and community

What benefits do you get from eating a healthy diet?





Hydration Helps You Thrive

- Water keeps your body working properly
- Hydration supports energy, focus, and digestion
- Even mild dehydration can affect how you feel

How do you remind yourself to drink enough water?





Eating for a Longer, Healthier Life

Eat Regularly

- Fuel your body throughout the day

Choose Protein

- Include a protein source with meals

Focus on Whole Foods

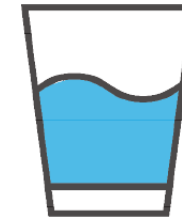
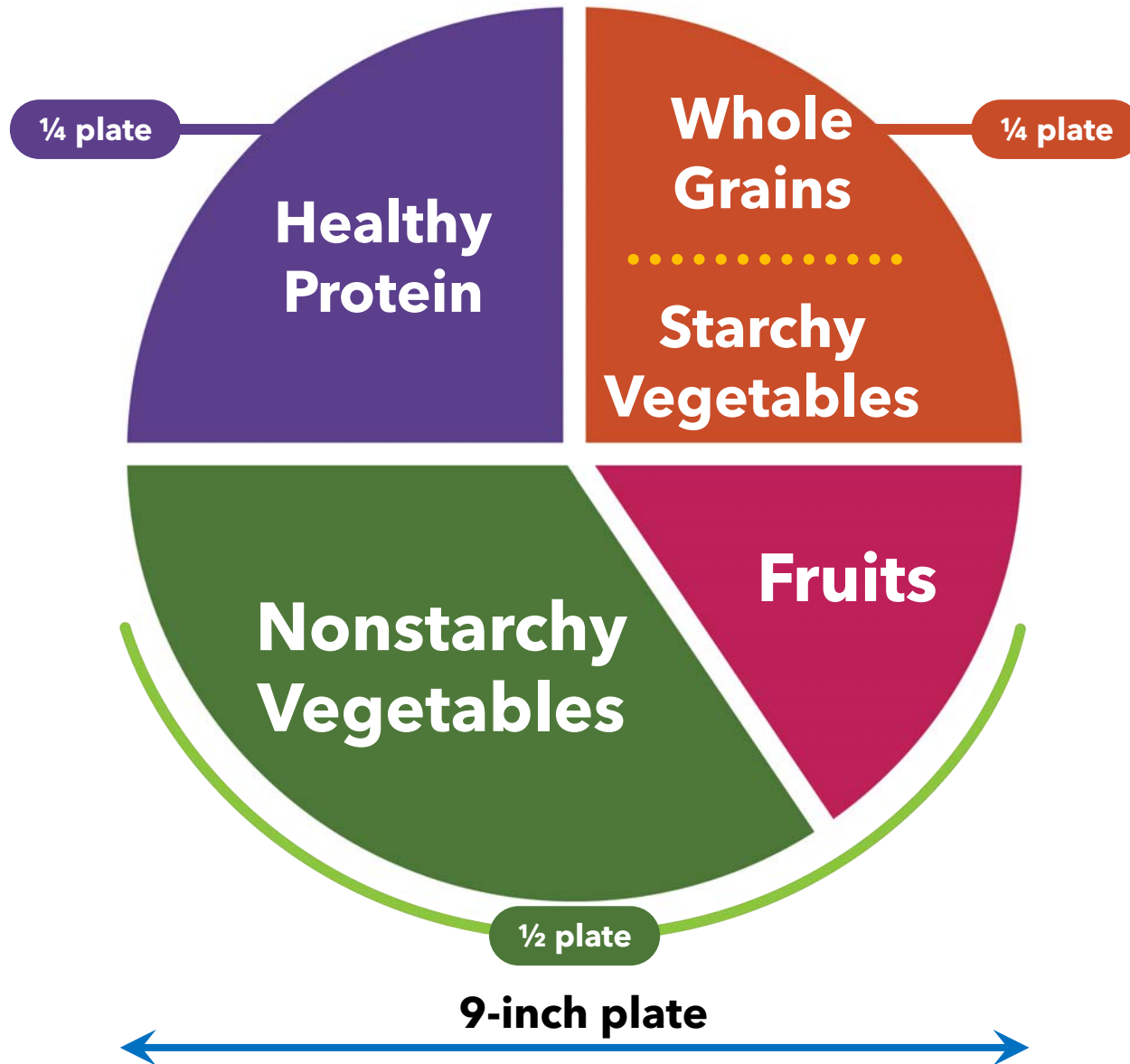
- Fruits, veggies, whole grains, lean proteins, nuts, and seeds

What eating habits help you feel your best?



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

The SELF Principle



SLEEP



EXERCISE



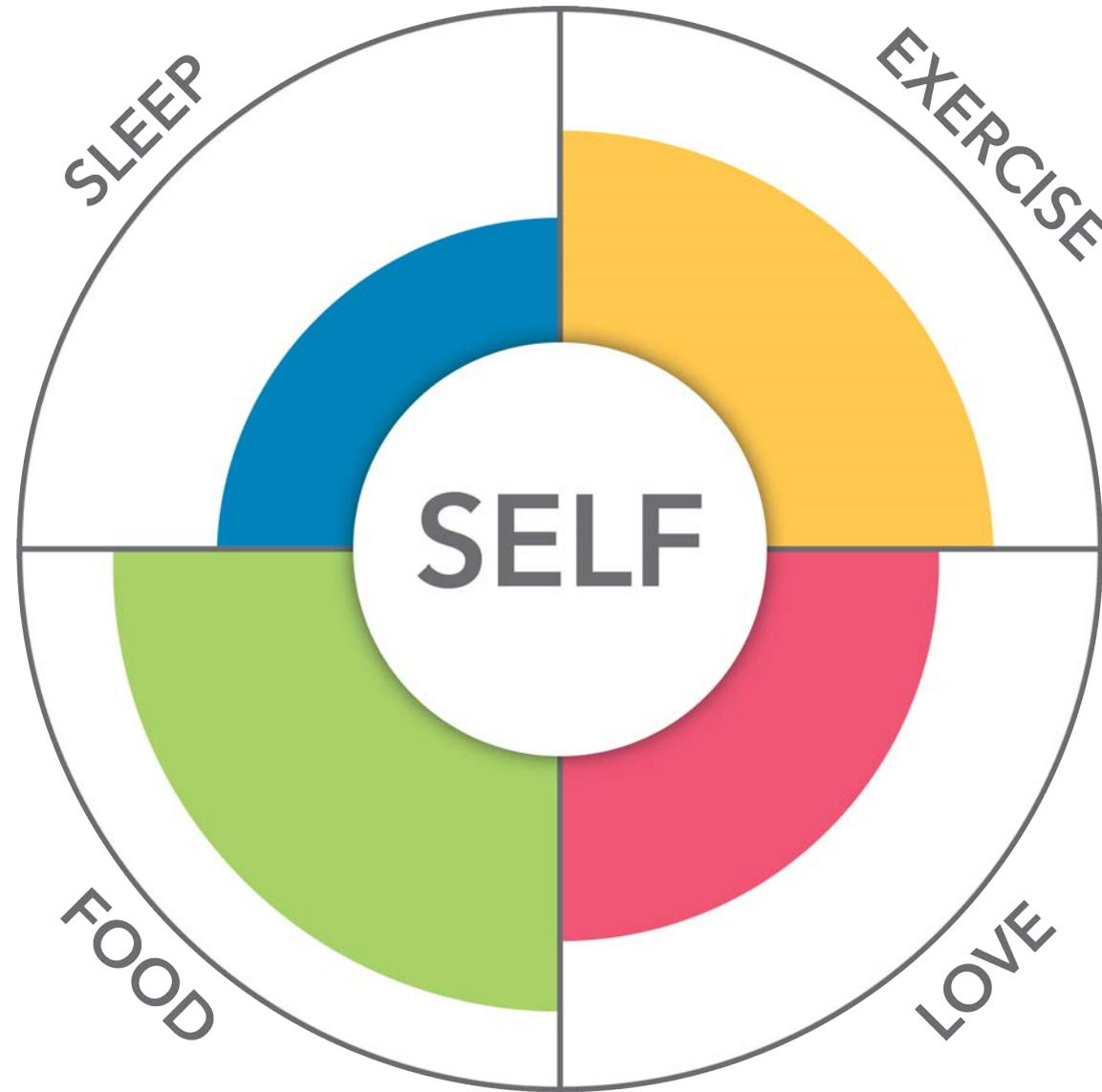
LOVE



FOOD
(and water)

Which SELF principle will you focus on this week to support your telomere health?

The SELF Principle



The SELF Principle



This Week

Choose a weekly goal, or make up your own:



Increase sleep



Increase
movement



Connect with a family
member or friend



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

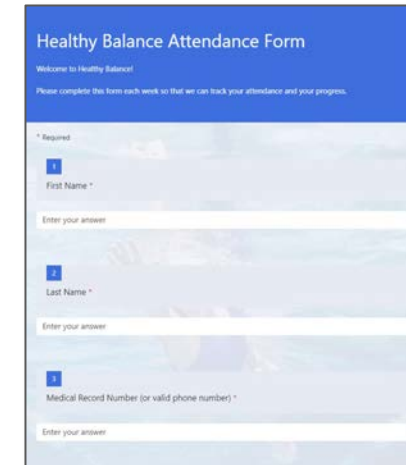
I will practice a consistent routine 30 minutes before bed, 3 times this week.

Lifelong Balance

» Movement Options

Discussion/Reflection Question:

How do you modify your activity when you are ill or injured?



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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