

# Lifelong Balance

## » Movement Options



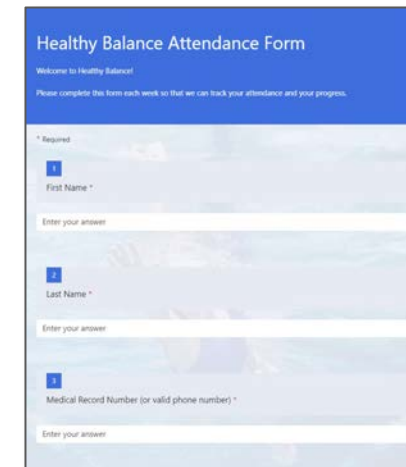
**Welcome to class! We will begin shortly!**

# Lifelong Balance

## Movement Options

### Discussion/Reflection Question:

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



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 white number: 1. "First Name \*", 2. "Last Name \*", and 3. "Medical Record Number (or valid phone number) \*". Each field has a text input area below it 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 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.

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thrive  
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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](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

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### 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

## **KNEE 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

# Movement Options When Ill or Injured

# Today's Discussion

1

How to move  
with illness  
or physical  
limitations

2

Importance of  
flexibility and  
hydration

3

Create a  
fitness plan

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



**Should you exercise if  
you're ill or under the  
weather?**

# Physical Illnesses Above the Neck

- Light activity is okay
- Mild symptoms (runny nose, sneezing, sore throat)
- Tune in to energy levels, sleep, and appetite
- Movement (like stretching or walking) may help circulation and mood
- Rest days are part of progress, not setbacks



## Physical Illnesses Below the Neck

- Rest and recover when illness symptoms are intense
- Skip activity with chest congestion, cough, or fever
- Notice if you have fatigue, body aches, and low appetite
- Focus on fluids, nourishment, and sleep
- Ease back into movement when you feel better



# Physical Injuries and Limitations

- Modify movements to stay within a pain-free range
- Do what you can
- Follow the **MEAT** protocol
- Healing takes time, be patient with your body

- M** **MOVEMENT:** gentle activity supports healing
- E** **EXERCISE:** rebuilds strength
- A** **ANALGESICS:** help manage pain
- T** **TREATMENT:** see a doctor or physical therapist for guidance

# Most Common Physical Injuries

**What areas are most frequently affected by overuse or improper form?**

- A. Back/lower back
- B. Knee
- C. Shoulder
- D. All of the above

# Modifications for Back Limitations

## What to Focus On

- Gentle movement like short walks, water exercise, recumbent cycling
- Core stability in supported (or seated) positions
- Posture-friendly activities

## Limit or Avoid

- Heavy lifting or twisting
- High-impact exercise (running, jumping)
- Prolonged inactivity/bed rest

# Modifications for Knee Limitations

## What to Focus On

- Low-impact cardio like walking on flat ground, stationary bike, swimming
- Strengthening hips, glutes, and core to support knees
- Controlled, smaller-range movements

## Limit or Avoid

- Running, jumping, or twisting
- Deep squats or lunges that strain the joint

# Modifications for Shoulder Limitations

## What to Focus On

- Cardio that emphasizes the legs, like walking, cycling, elliptical
- Gentle posture and core exercises
- Pain-free range of motion with light activity

## Limit or Avoid

- Overhead lifting or reaching
- Heavy pushing or pulling
- Movements that cause sharp pain

# When Is It Okay to Push Through Pain?

## When it may be okay to move through pain:

- Pain feels manageable
- It's acceptable to you
- The activity feels worth doing

## Pain is manageable when:

- It's 4 or 5 out of 10
- It's no worse the next day
- Function stays stable



# Signs That You Pushed Too Far

## Pain is:

- Sharp, severe, or unusual
- Increasing in pain or swelling
- Limiting your movement or strength
- Affecting your daily activities
- Not improving with rest



# Injury Prevention Tips

## Warm up properly

- Prepare your muscles and joints before activity

## Use proper form

- Learn and maintain good technique

## Listen to your body

- Rest or reduce intensity as needed

## Increase intensity gradually

- Add weight, distance, or frequency slowly to prevent overuse injuries



**What types of movement help you feel better when facing injury, illness, or physical limitations?**



# 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**



**Regular movement helps your body repair, stay strong, and function at its best.**

Even small amounts of consistent exercise support long-term health and vitality.

# Flexibility

- Flexible muscles and connective tissue move more easily and efficiently
- Improved flexibility helps reduce stiffness and lowers injury risk
- Regular stretching supports balance, posture, and range of motion



# Understanding Stiffness



- Stiffness can develop from aging, inactivity, dehydration and more
- Tight tissues limit movement and increase injury risk
- Gentle movement and hydration help maintain flexibility

# Water and Flexibility

- Water keeps muscles and connective tissues elastic and healthy
- Hydrated tissues move more freely and recover more easily



# Improve Hydration

Drink enough water to keep muscles and joints moving comfortably

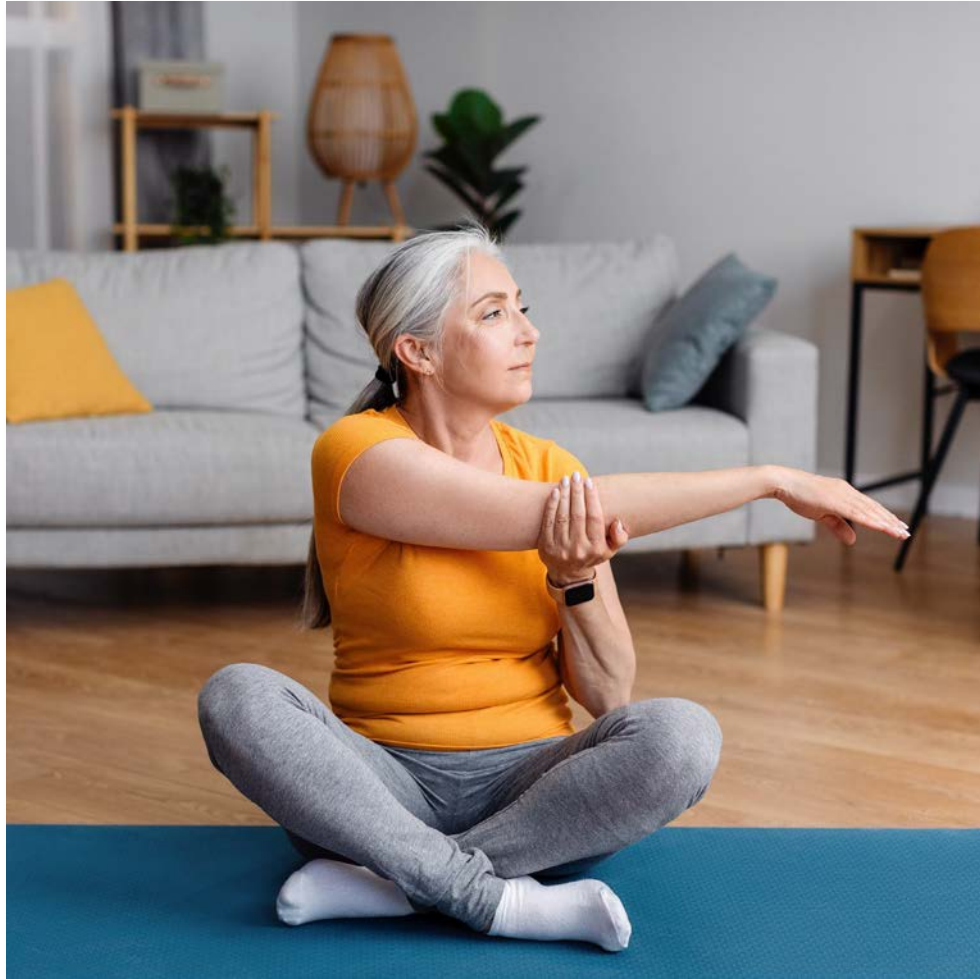
## General guideline:

- 72-104 oz per day (9-13 cups)\*

*\*Individual needs may vary*



# Stretching Tips



- Stretch after your muscles are warm (after light movement or exercise) and after your workout
- Hold each stretch for 10-30 seconds and breathe steadily
- Focus on major muscle groups used during your workout
- Avoid bouncing or forcing a stretch

# Fitness Plan

Week of: 6/27	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Cardio</b>	Walk for 10 minutes at lunchtime		Walk for 10 minutes at lunchtime		Walk for 10 minutes at lunchtime		
<b>Resistance</b>		Use stretch bands for upper body for 5-10 minutes				Use stretch bands for upper body for 5-10 minutes	Use stretch bands for upper body for 5-10 minutes
<b>Flexibility</b>	Stretch for 5 minutes after walk		Stretch for 5 minutes after walk		Stretch for 5 minutes after walk		
<b>Rest Day</b>							

**What is realistic to add to your routine this week?**

**Which types of physical activity would you like to include more of?**

# Create Your Own Fitness Plan

Week of:	MON	TUE	WED	THU	FRI	SAT	SUN
Cardio							
Resistance							
Flexibility							
Rest Day							

# Find Your Fitness Inspiration: Create a Movement Vision Board

Gather magazines, photos, or words that represent how you want to feel when you move (strong, calm, energized) and build your own board



# This Week

Choose a weekly goal, or make up your own:



Apply modifications  
if ill or injured



Increase  
movement



Drink an adequate  
amount of water



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

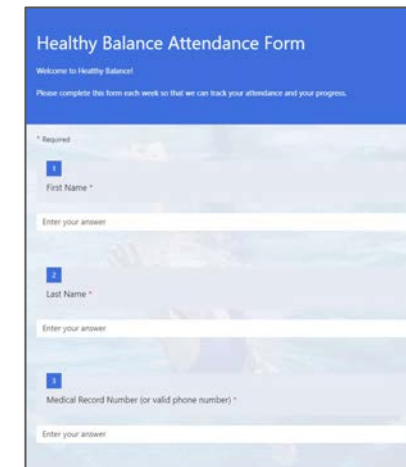
I will add in two days of full-body stretching  
this week.

## Lifelong Balance

### » Food Prep for Lifelong Health

### Discussion/Reflection Question:

How do prepare quick and easy healthy foods?



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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.

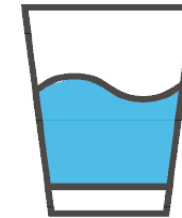
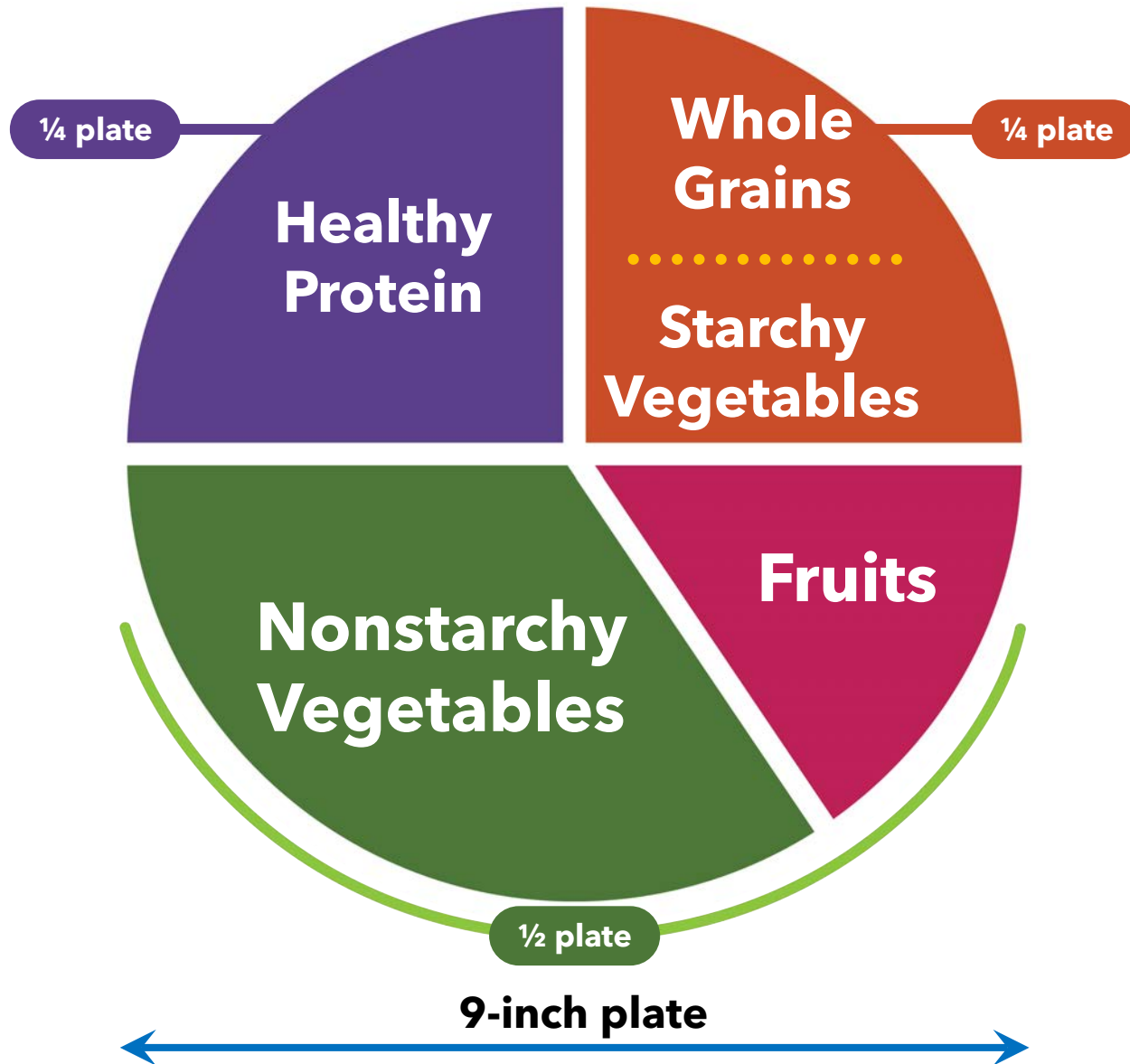
Complete the survey by clicking the link in the chat or scanning the QR code.



**SCAN ME**

# The Healthy Plate

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



Water



Healthy fat



Seasonings

# 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