

Lifelong Balance

» MOVE MORE, SIT LESS



Welcome to class! We will begin shortly!

Today's Discussion

Impacts of Moving More and Sitting Less

What do you enjoy about being more active?

What Causes Us To Be Less Active?

- **Technology**

- Screens
- Machines
- Motorized transportation

- **Lack of safe spaces**

- **Injuries/illness**

- **Less demanding lifestyle**

- Household chores, less time-consuming
- Ease of shopping

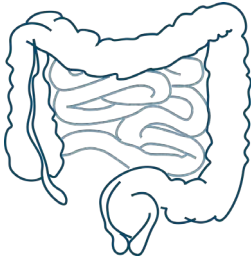
What causes you
to be less active?

What is Physical Inactivity?

Choose one

- A. An activity that burns only a few calories
- B. A movement that requires minimal energy expenditure
- C. Not engaging in enough movement for health benefits

Effects of Physical Inactivity



Digestive
Issues



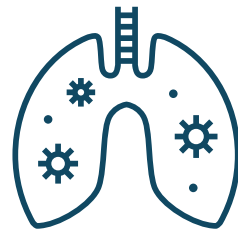
Poor Mental
Health



Poor
Circulation



Bone
Loss



Diminished
Lungs

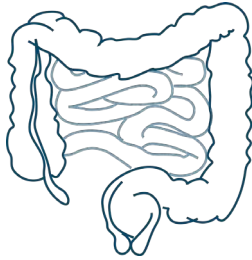


Fat
Gain



Muscle
Atrophy

Which Benefit of Physical Activity Resonates With You Most?



Stimulates
Digestion



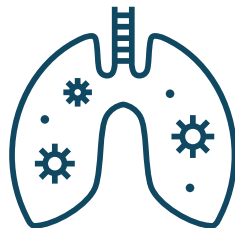
Improves
Mental Health



Increases
Heart Efficiency



Improves
Bone Health



Increases Lung
Capacity

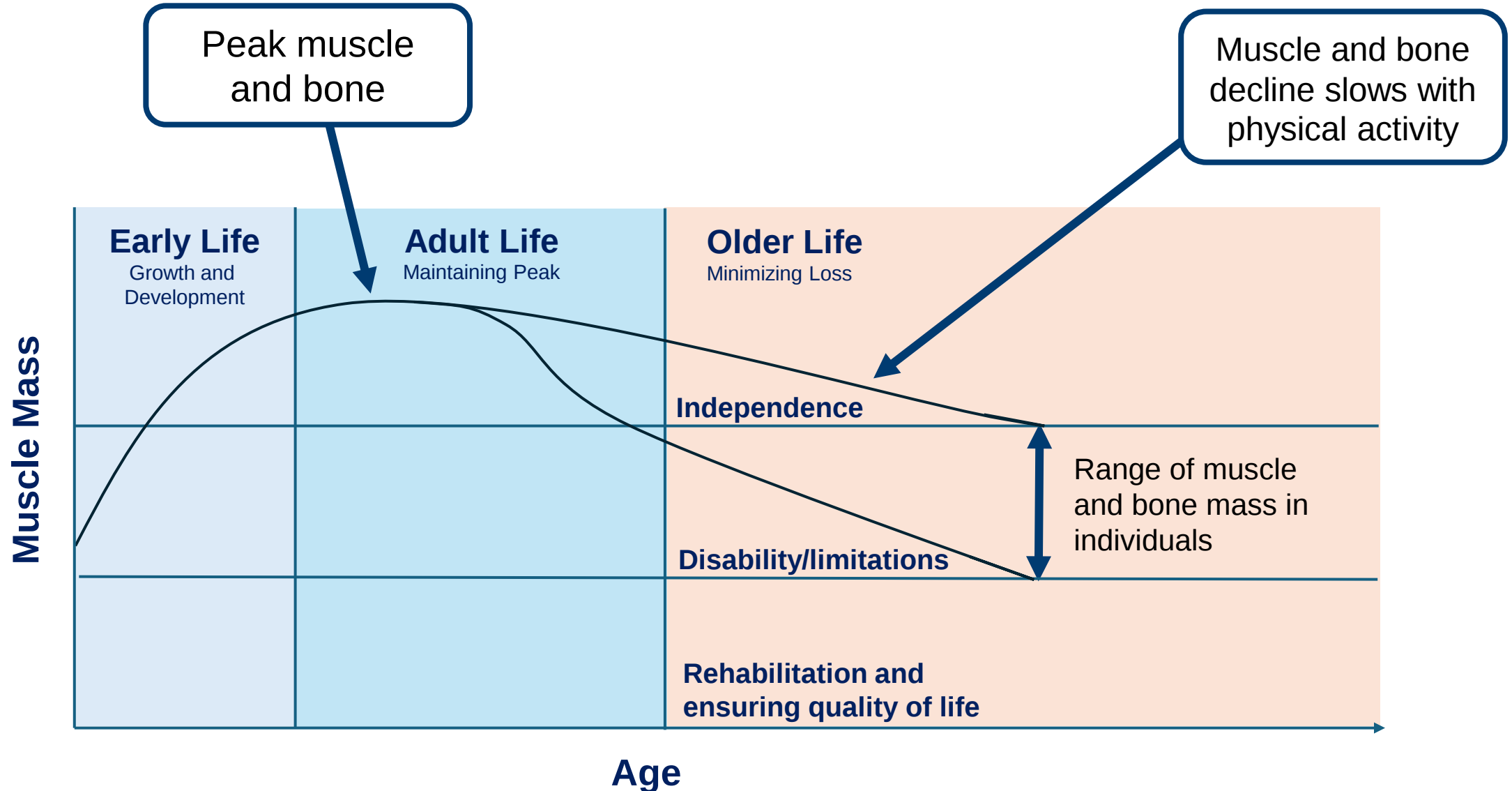


Helps
Weight Loss

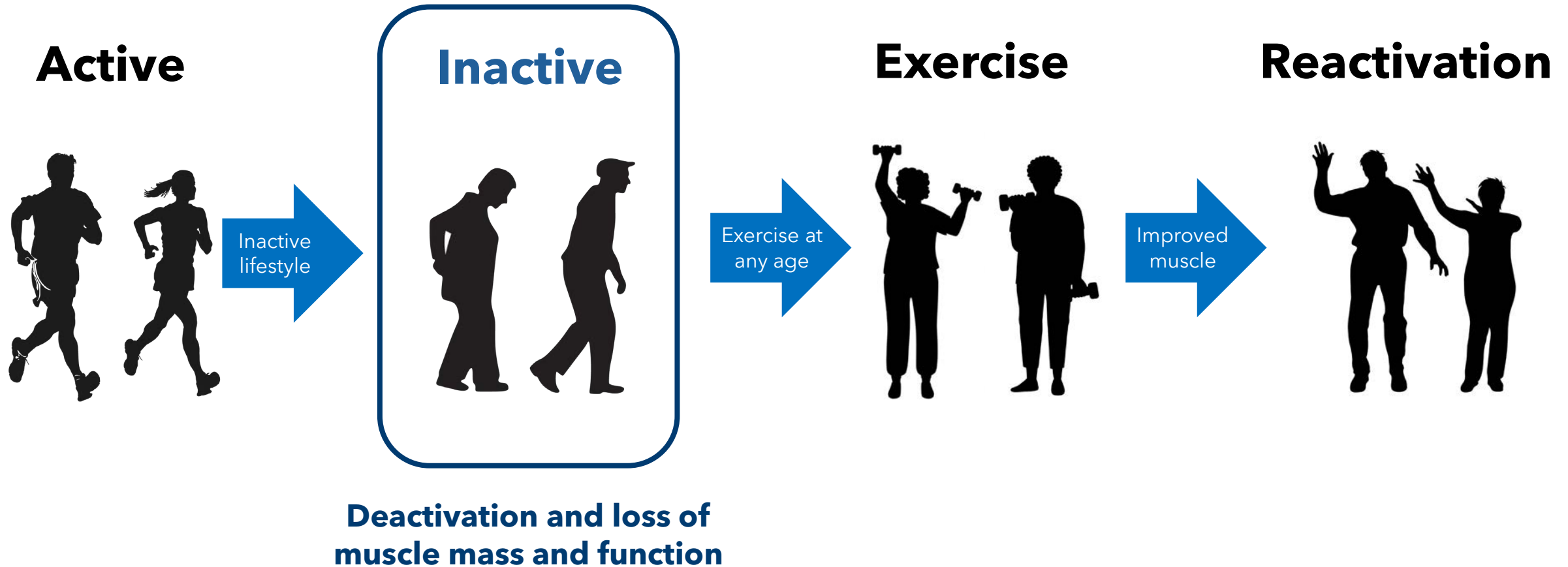


Stimulates
Muscle Growth

Muscle, Bone, and Activity



Muscle, Bone, and Activity

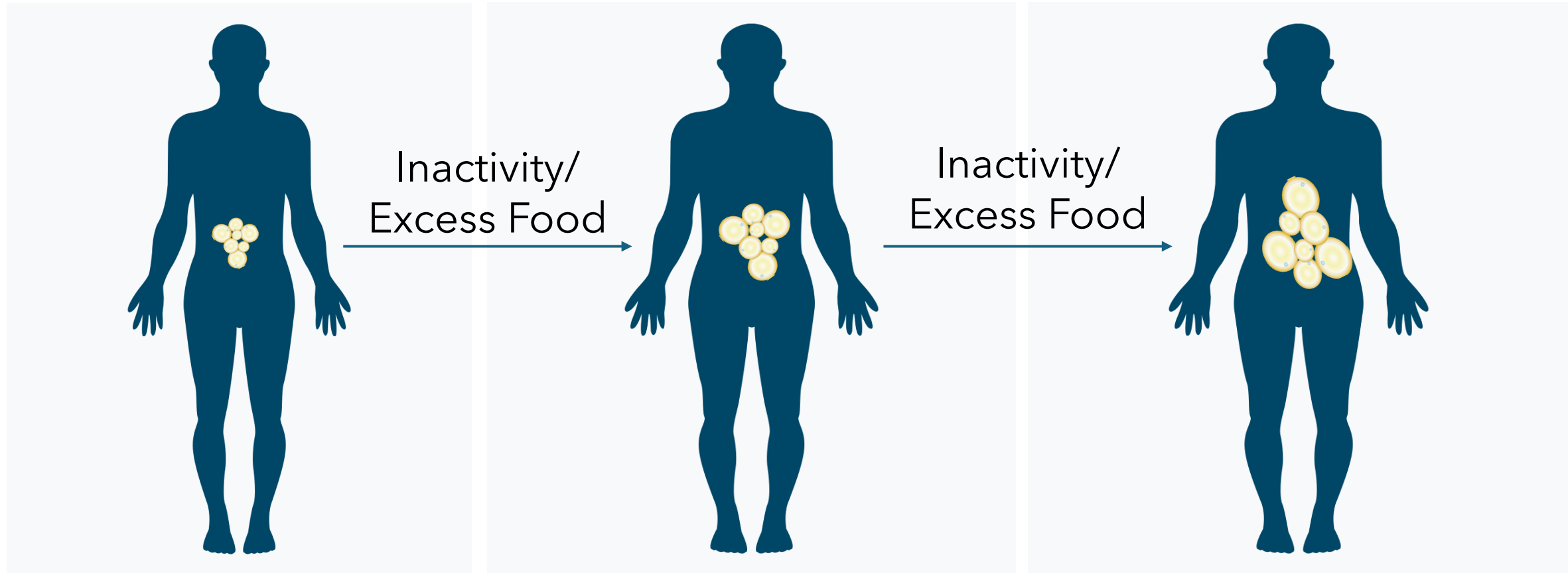


Inactivity Can Cause Visceral Fat

Visceral fat

- Sits deep within the abdominal cavity ("belly fat")
- Is called "active fat"
- Is not a passive storage depot
- Is an active endocrine organ
- Secretes hormones
- Influences how your body functions
- Increases the risk of health problems like diabetes and heart disease

Visceral Fat



Inactivity + Plentiful Food = Excess Belly (Visceral) Fat

**What are some reasons
you might want to spend
less time sitting?**

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!



Strength Training Recommendations

- 2 to 3 days a week
- Perform 2-4 sets of 8-12 repetitions
- Warm-up with activities that mimic your workout
- Use each major muscle group
- Choose exercises that are challenging
- Incorporate stretching into your cool-down
- Rest muscle groups 48 hours between workouts

*See a personal trainer for
exercises specific to your needs*

Positive Choice: 858-616-5514



Movements to Help You Stay Active



**Physical
Activity**



Cardio



**Strength/Resistance
Training**



Flexibility

Bone Strengthening

See a personal trainer for exercises specific to your needs

Positive Choice: 858-616-5514

Movements for Life

- Along with activities that improve your muscles, bones and body composition, be sure to include lifestyle activities you enjoy
- Just 150 minutes of activity per week improves your quality of life

What activities do you enjoy doing?

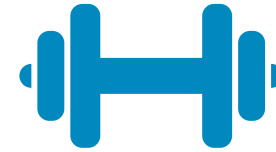
Movement Training Tips to Avoid Injury



Warm Up



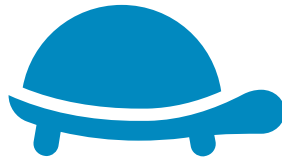
**Prioritize
Stretching**



**Safe
Equipment**



**Stay
Hydrated**



Start Slow



**Use Proper
Technique**



**Appropriate
Footwear**

**How does being
active change your
eating behaviors?**

How Being Active Can Change Eating Behaviors

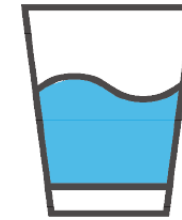
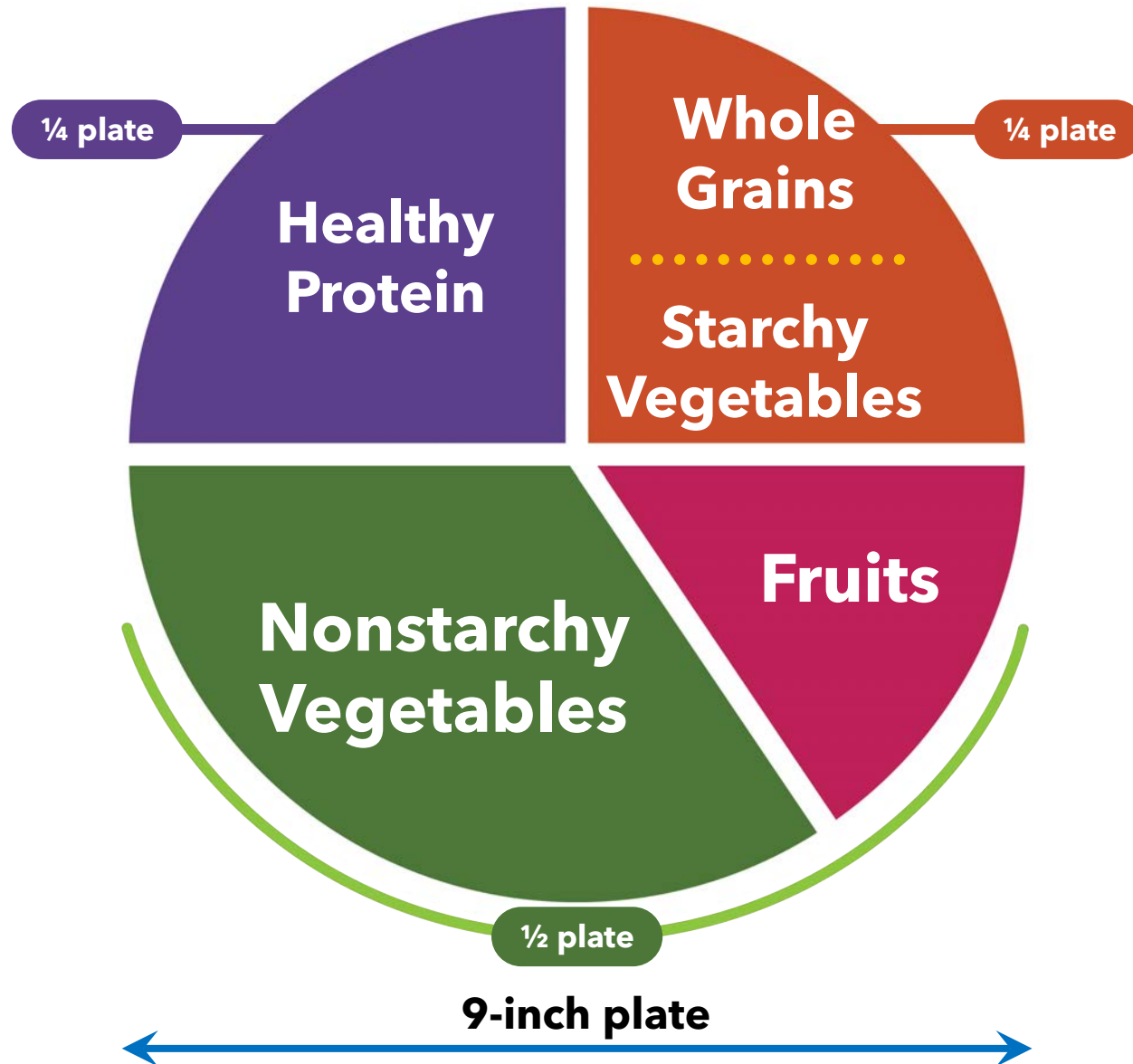
- Increased hunger or appetite
- More awareness of hunger or fullness cues
- Craving higher protein or more balanced meals
- Eating more consistently throughout the day
- Improve portion awareness
- Choosing foods that support performance and recovery
- Increased hydration needs

The Healthy Plate

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

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER

thrive
SAN DIEGO, CA



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



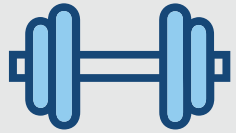
Yogurt, 1 cup
Berries, 1 cup
Nuts, 2 Tbsp



Tofu, 4 oz.
Brown Rice, ½ cup
Vegetables, 2 cups
Sesame Seeds, 2 Tbsp

This Week

Choose a weekly goal, or make up your own:



Add in muscle-
strengthening
activities



Increase
movement



Increase healthy
food choices



Other

Action Plan

Make it Personal

» Strengthening Your "How"

Your personal action plan should be specific, realistic, and something you can do this week.

Weekly Goal

What first step would you like to take this week?

Action Plan

Make it **SMART**



Specific



Measurable



Action-
Oriented



Realistic



Timely

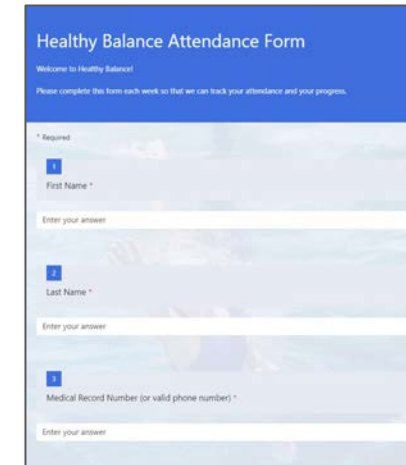
I will add in 2 sessions of exercise snacks
to my routine this week.

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» **WHEN YOU EAT MATTERS**

Discussion/Reflection Question:

How can meal timing
affect your weight?



A screenshot of a digital attendance form titled "Healthy Balance Attendance Form". The form has a blue header with the title and a welcome message. Below the header, there are three required fields: "First Name", "Last Name", and "Medical Record Number (or valid phone number)". Each field has a small blue icon with a white asterisk indicating it is required. The form is set against a background image of a person's hands holding a bowl of fruit.

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