

Lifelong Balance

» **WHEN YOU EAT MATTERS**



Welcome to class! We will begin shortly!

Today's Discussion

Why When You Eat Matters

Today's Discussion

1

Understanding
circadian
rhythm

2

Getting in
more
movement

3

Nutrition
timing to
support
longevity

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



Your Daily Rhythm in Real Life

- Everyone has an eating rhythm, even if it's unplanned
- People can eat all day without realizing it
- Many of us don't notice how often we snack or graze between meals
- The first step toward change is simply noticing your pattern

Notice Eating Patterns

- Write down when you usually have your first and last meal

Is your schedule different on weekends?

What could you change by 30 minutes this week?

What is circadian rhythm?

Circadian Rhythm

Your Body Has a Built In Clock

- Every cell in your body runs on a 24-hour rhythm
- Your brain's "master clock" sits just above the eyes
- It uses light and food timing to stay on schedule
- When your clock is steady, your body works smoothly

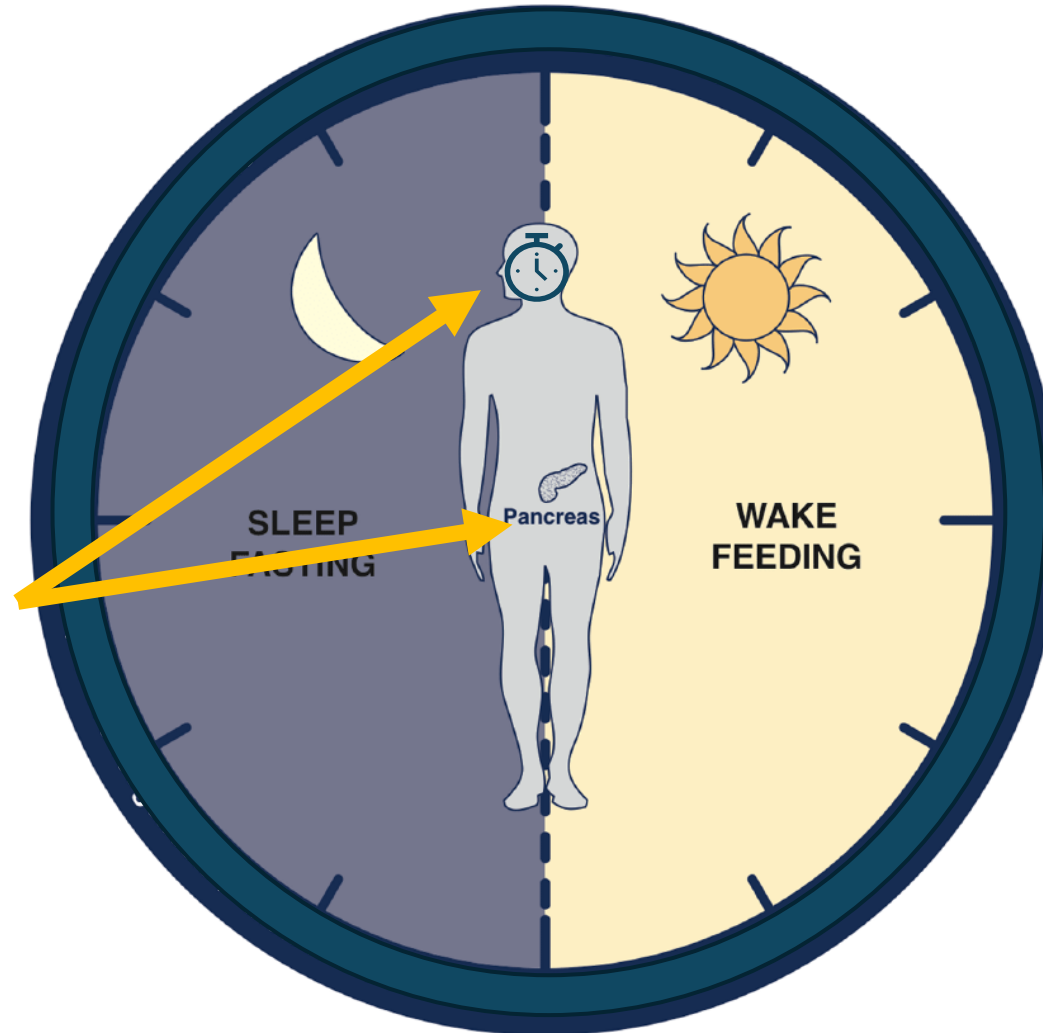


Your Circadian Rhythm

Circadian Clock

(Master Invisible Clock)

- Takes controls from light and food
- Triggers the release of insulin and cortisol – hormones that regulate blood sugar and energy levels



Circadian Rhythms

- A 24-hour cycle biological rhythm
- Regulates your body functions

Circadian Rhythm

How Light and Food Work Together

- Morning light tells your body “wake up and use energy”
- Food timing gives your organs another time cue
- Eating at regular hours helps your body know when to digest and when to rest

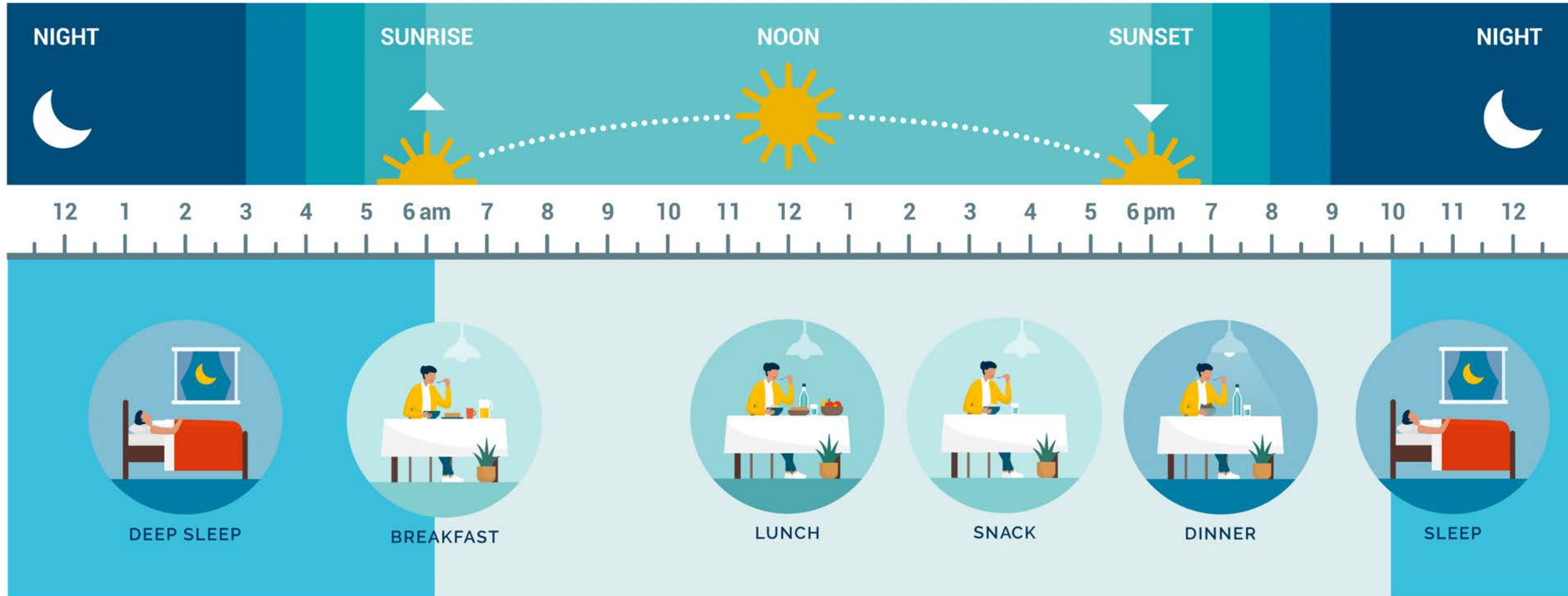


Circadian Rhythm

- Meal timing influences your circadian cycle and body weight
- Eating meals regularly has favorable effects on weight and health



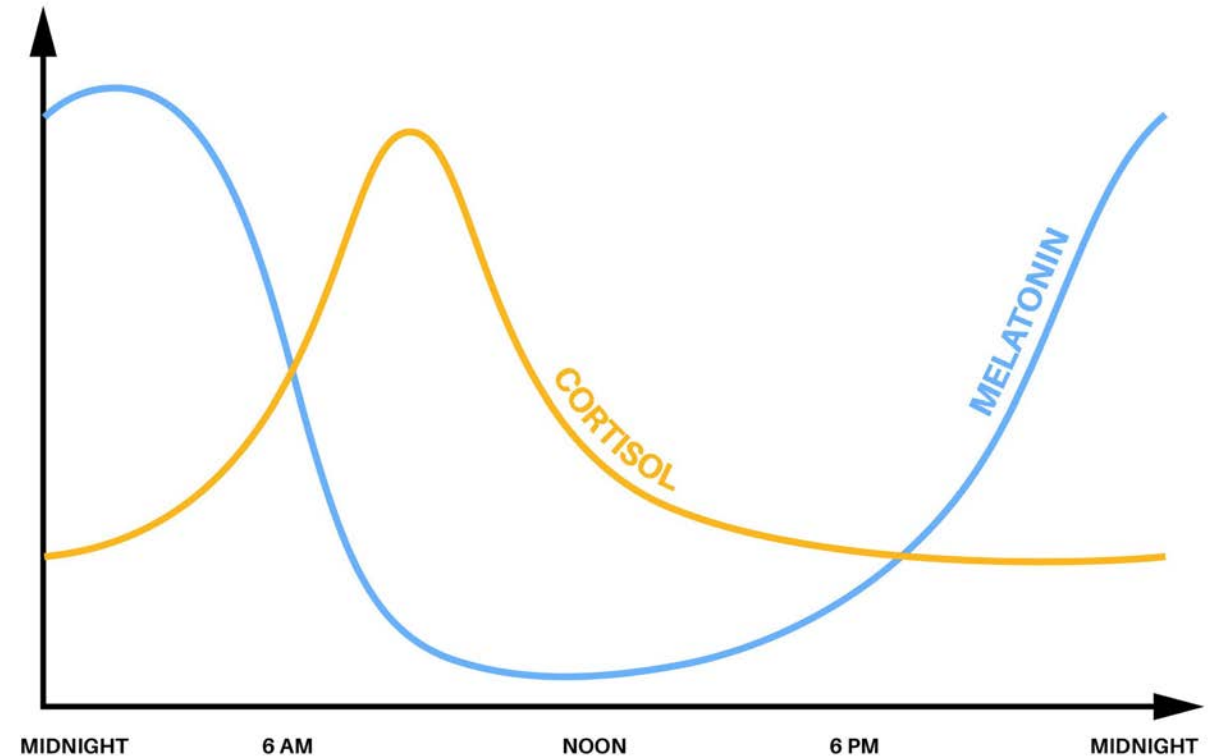
Daily Circadian Rhythm Example



Circadian Rhythm

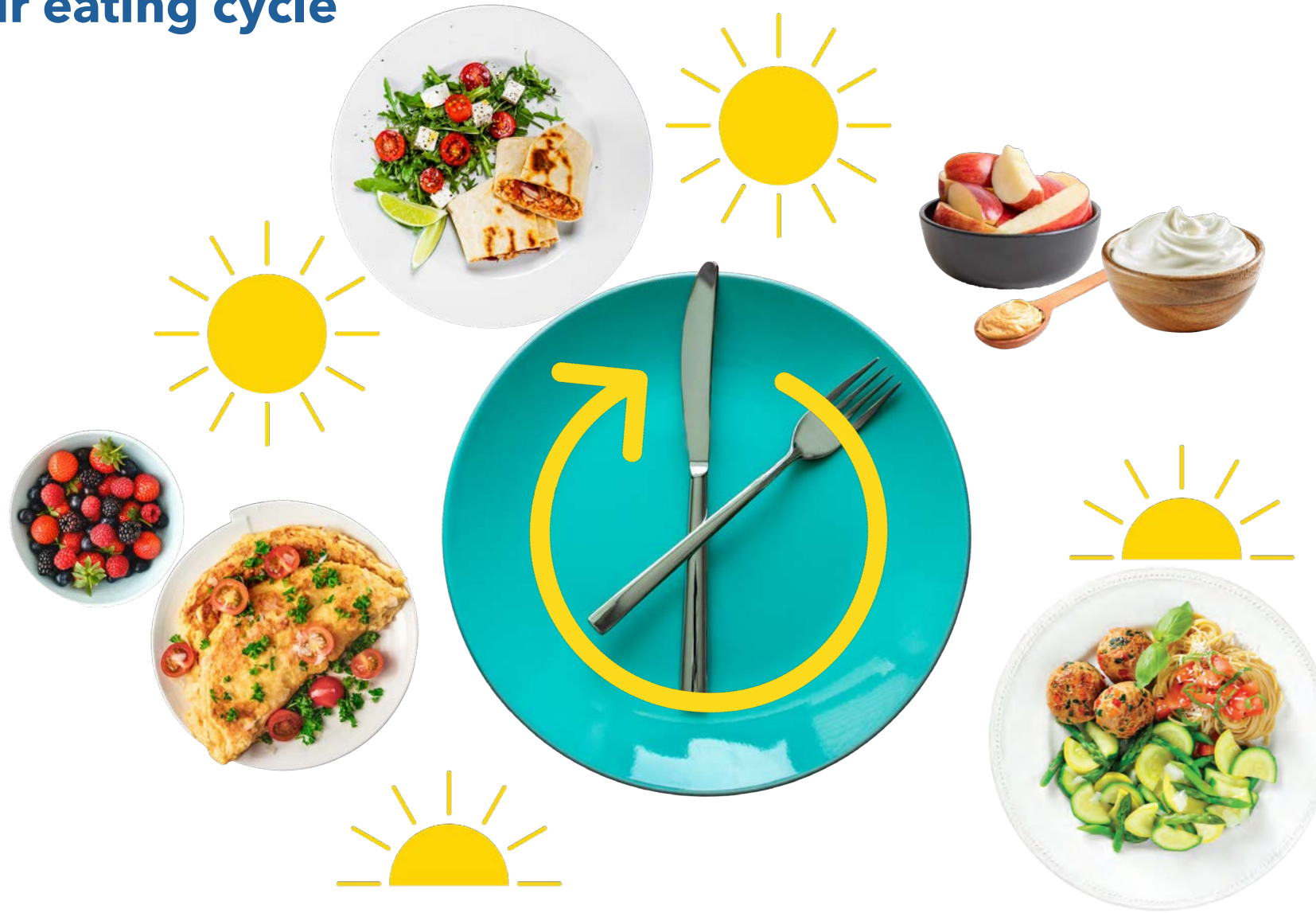
Hormones That Follow the Clock

- Cortisol peaks in the morning to help you wake up
- Melatonin rises at night and slows digestion
- Insulin works best during daylight hours
- Eating late means insulin works poorly, so more sugar is stored as fat



Feeding the Circadian Rhythm

10-12 hour eating cycle

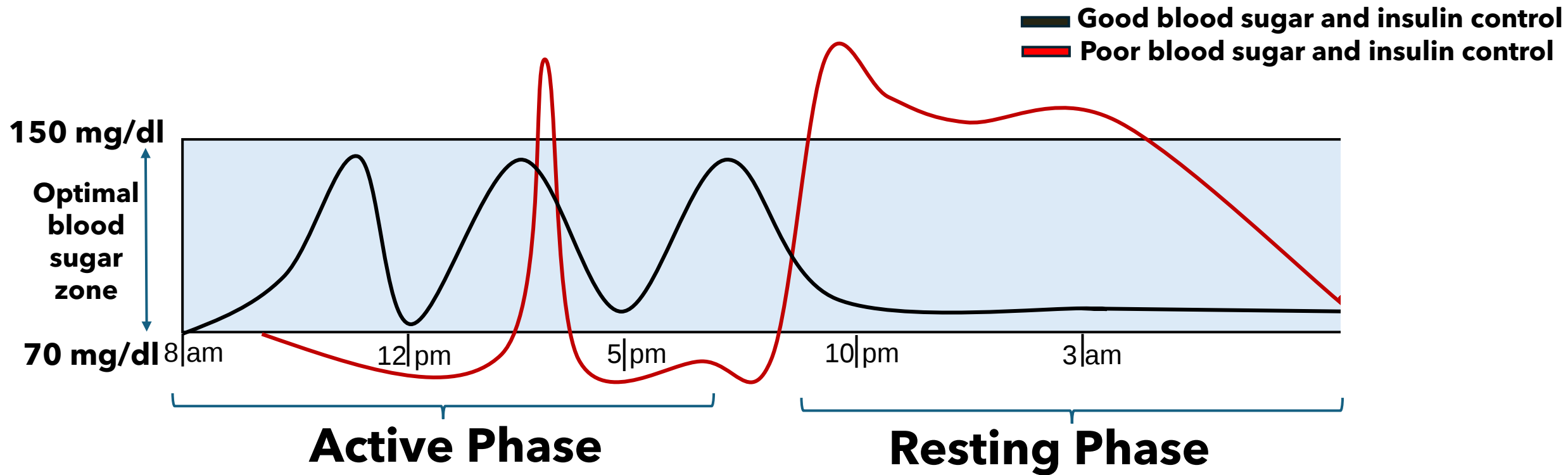


Aligning Food Intake with Activity

Eating meals during the time of day when your body is most active:

- Allows food to synchronize with the rhythm of your internal clock
- Allows insulin to use blood sugar for energy instead of taking it to fat storage
- Decreases the prevalence of metabolic diseases such as obesity, diabetes, and various cardiovascular diseases

Insulin moves blood sugar into cells for energy



Circadian Rhythm

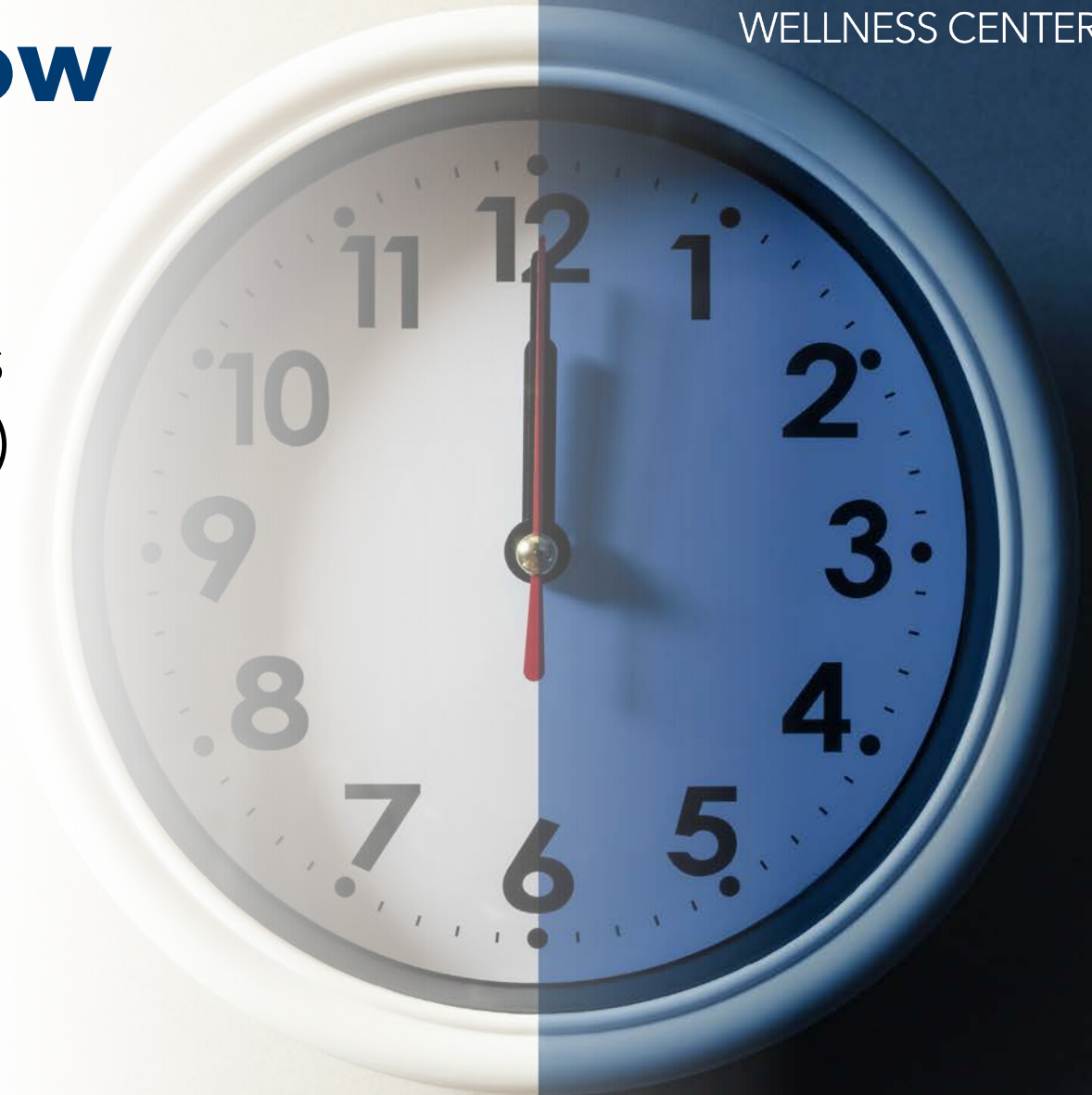
Eating at Regular Times

- Regular eating times help control hunger and blood sugar
- Better energy during the day
- Easier weight management
- Improved sleep and recovery



Non-Eating Window

- Stop eating at least 12 hours each night (like 7pm to 7am)
- You can go up to 14-16 hours, if desired
- Sleep helps your stomach rest, and your muscles heal



Circadian Rhythm

When Your Clock Gets Off Track

- Irregular meals or late-night snacking confuse your clock
- “Social jet lag” happens when weekends and weekdays look very different
- Being out of sync can raise blood sugar and hunger hormones
- Over time, this may lead to weight gain and fatigue

How Movement Helps You

- **Tells Your Body It's Time to Be Awake**

Moving during the day helps your brain know it's time to be alert and active.

- **Helps You Wake Up**

Exercise in the morning helps you feel more awake by turning off sleep signals

- **Helps You Sleep Better at Night**

Being active during the day can help you fall asleep faster and sleep deeper

- **Keeps Your Schedule on Track**

If your sleep is off, regular movement can help reset your body clock

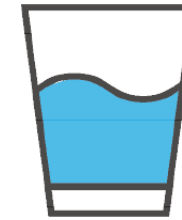
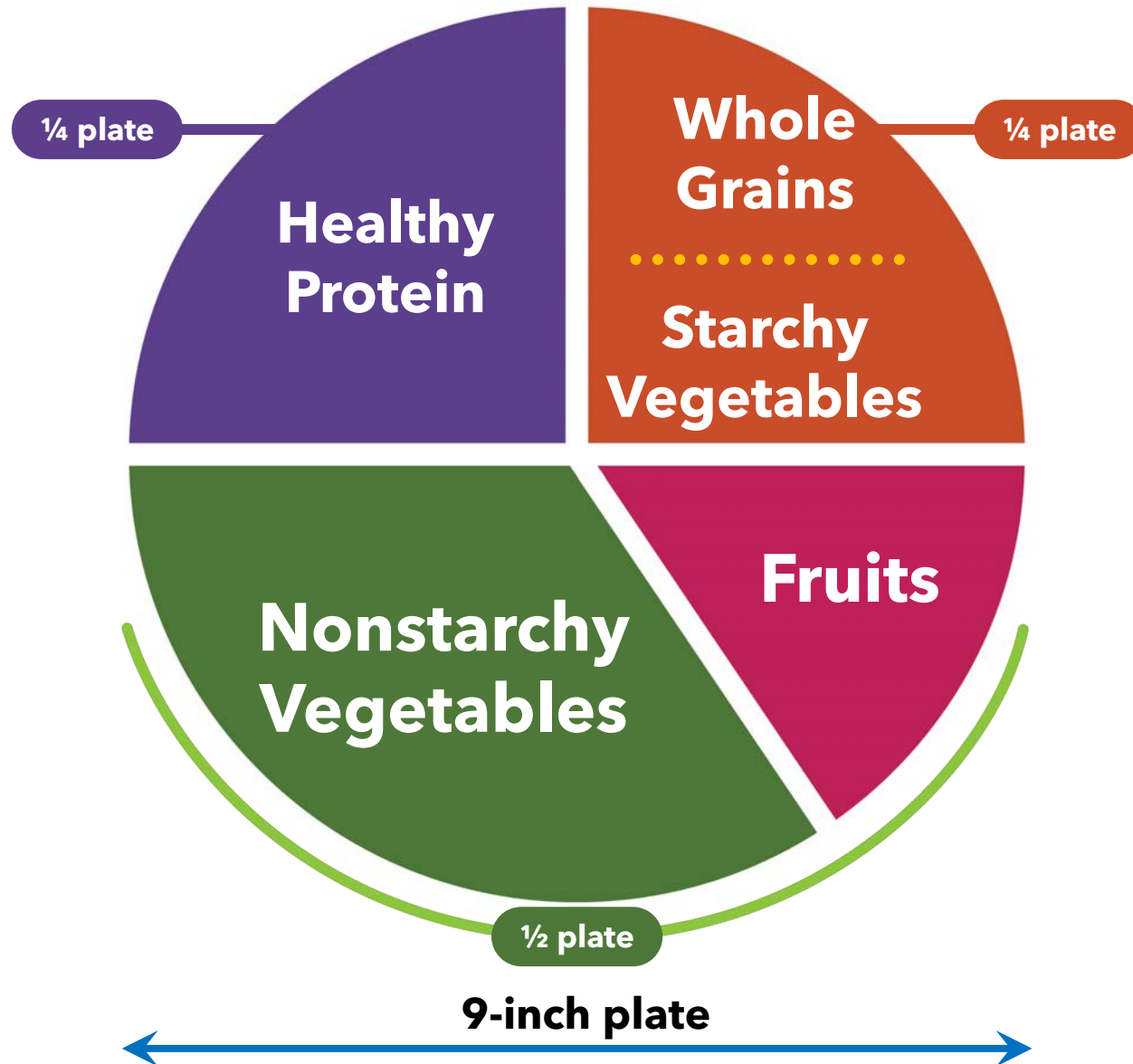
When can I eat to support my internal clock?

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 #1



Nutrition Recommendation

Sample Daily Eating Plan #2



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:



Align eating habits
with circadian rhythm



Increase
movement



Eat regularly



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

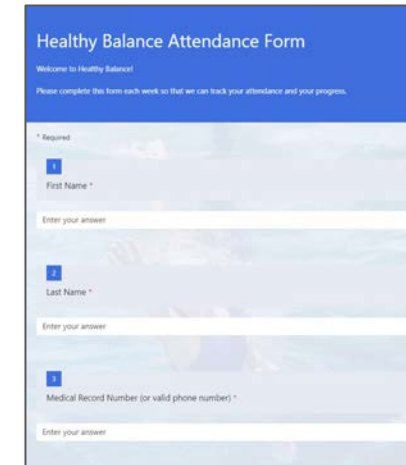
I will eat at consistent times throughout the day to line up with my circadian rhythm.

Lifelong Balance

» MUSCLE TRAINING

Discussion/Reflection Question:

Why is it important to maintain muscle mass as we age?



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 input fields, each preceded by a blue square icon with a white number. The first field is labeled "First Name *", the second is "Last Name *", and the third is "Medical Record Number (or valid phone number) *". Each field has a placeholder text "Enter your answer" below it. The background of the form is a light blue gradient with a faint image of people exercising.

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

