

Lifelong Balance

» MUSCLE TRAINING



Welcome to class! We will begin shortly!

Today's Discussion

The Importance of Muscle Training

Today's Discussion

1

Understand
impacts of
muscle mass
decline

2

Getting in
more
movement

3

How to fuel
your muscles
with protein

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



**How do your muscles
help you do the things
you enjoy?**

Muscle Function for Life

Muscle function helps you with daily activities like:

- 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 in an overhead compartment
- Playing with your kids or grandkids
- Other...

What activities are you happy your muscles do for you?

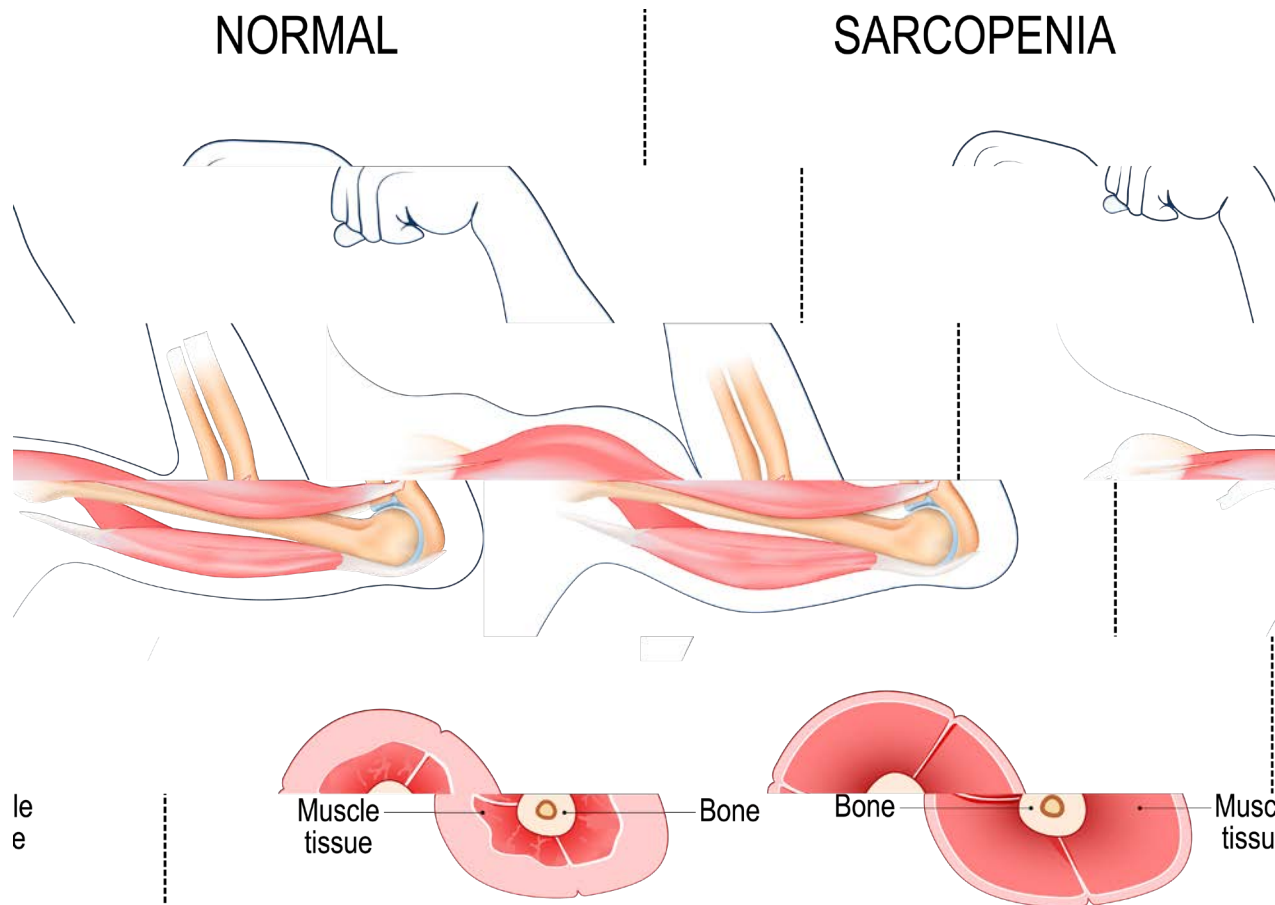
Physical Inactivity & Muscles

Physical inactivity causes:

- Muscle loss
- Loss of strength and power



What Happens When You Lose Muscle?



Muscle loss, strength and function (sarcopenia) has been recognized as a key driver of limitations in physical function and mobility

Balance

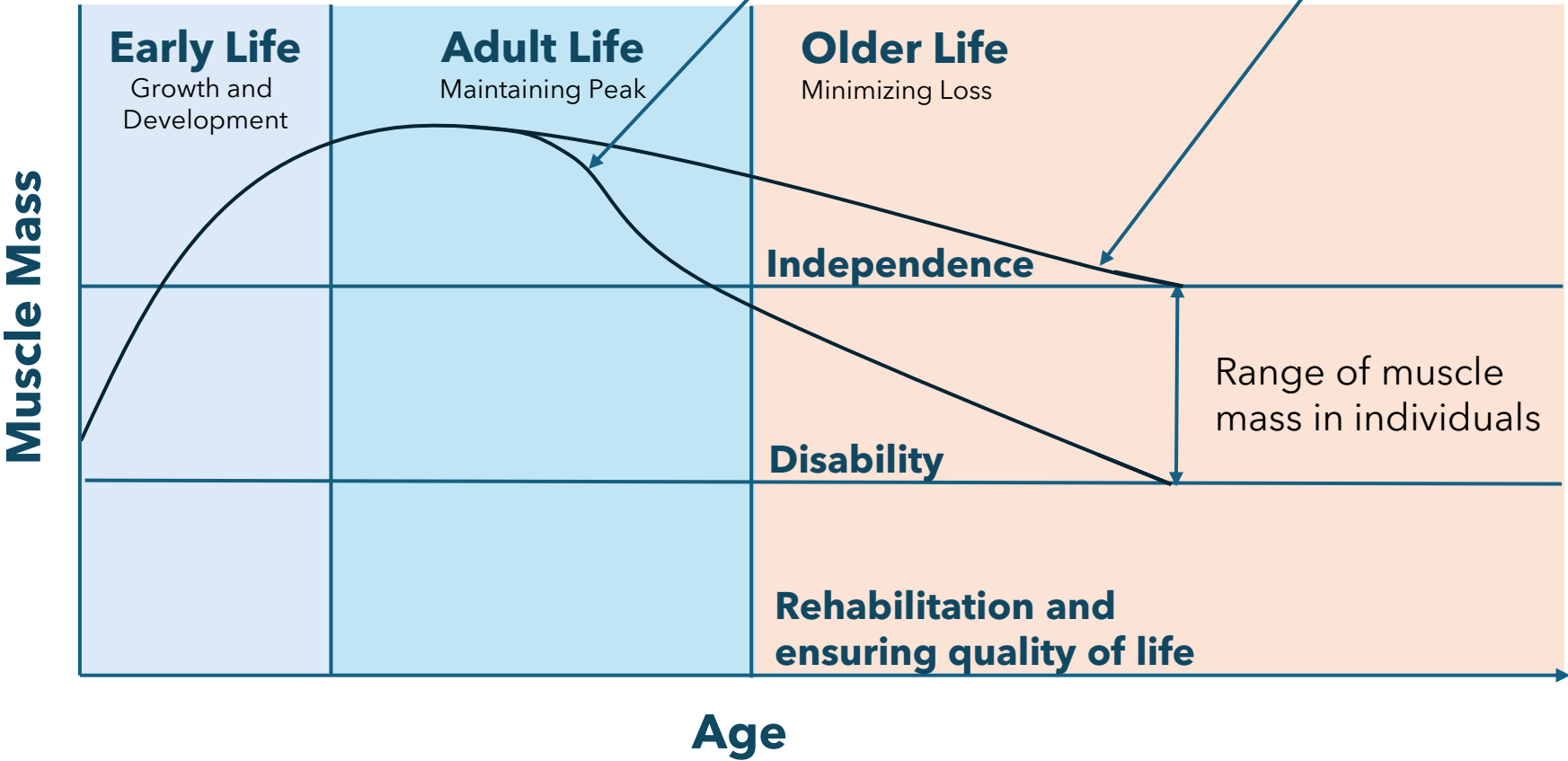
Muscle loss and function (sarcopenia) can contribute to your loss of balance and may increase the risk of injuries and falls.



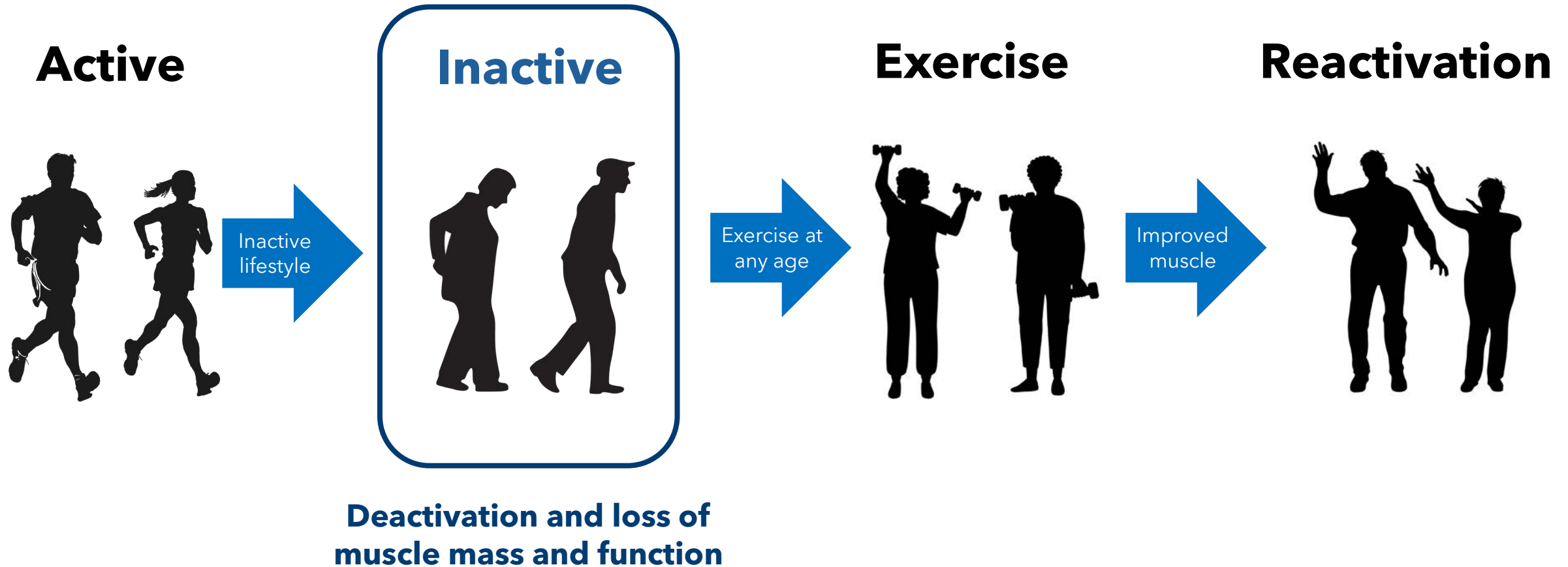
Muscle Decline

We can lose ~8% of muscle mass
per decade after age of 40

Muscle decline slows
with physical activity



Muscle, Bone, and Activity



Strength Training Recommendations

- 2 to 3 days a week
- 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



Types of Strength Training

Body Weight



Free Weights
or Dumbbells



Resistance Bands



Weight Machines



*If you have a chronic condition,
talk with your doctor before
starting an exercise routine.*

Resistance Training

Phase In

Resistance training progression

- Focus on form, not weight (resistance)
- Start with no weight or very light weight
- Gradually increase intensity and weight over time

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

Positive Choice: 858-616-5514

Prioritize Safety

- Focus on your breathing
- Start easy
- Stay hydrated
- Prioritize controlled movements and proper form
- Check resistance bands for cracks and tears
- Listen to your body, don't push beyond your limits
- If you feel lightheaded, sick, or pain, stop right away

Proper nutrition is crucial for muscle function!

What can you eat to support your muscles?

Macronutrients

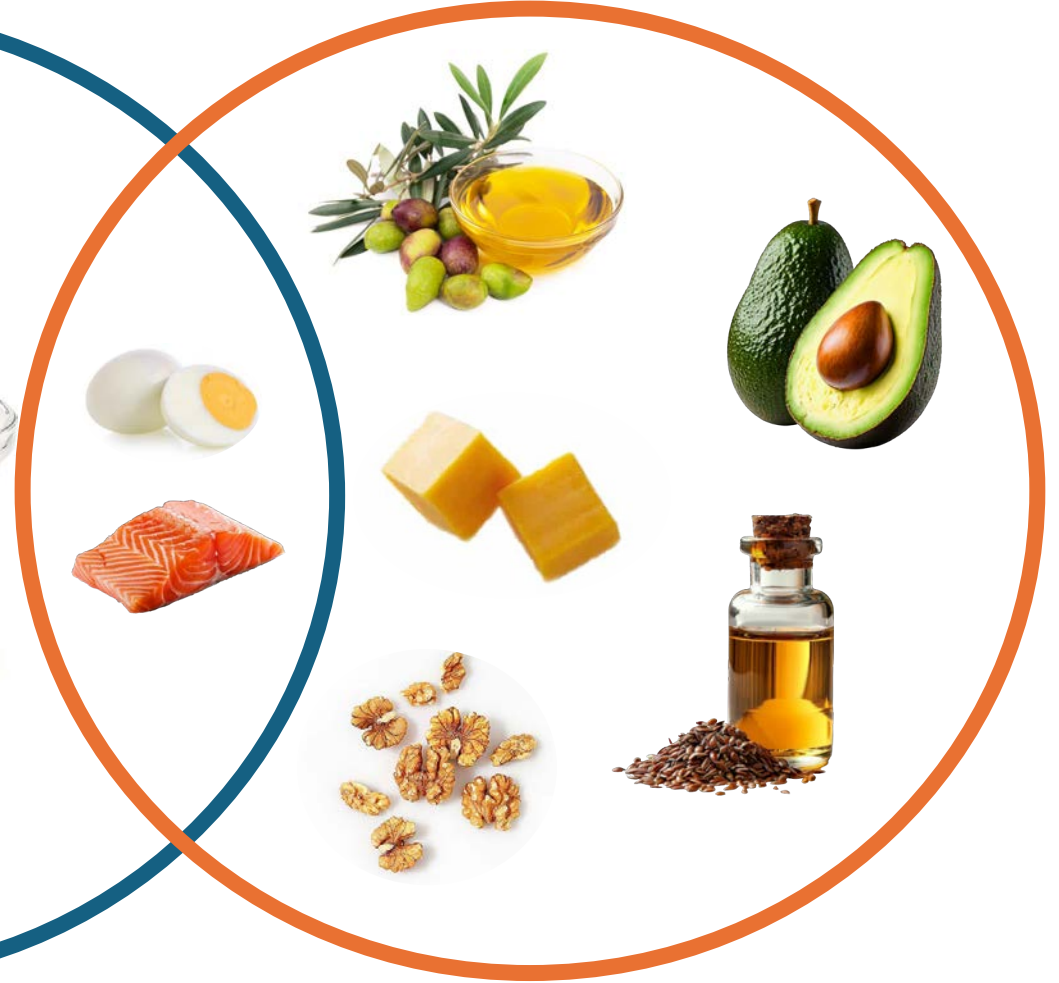
Carbohydrates



Proteins



Fats



Lifetime Muscle Maintenance

Carbohydrates

Proteins

Fats



How Do You Get Enough Protein?

Prefer to eat more intuitively?

- Aim for eating lean protein at every meal and snack

Tracking your food?

- Aim to have at least 20-30g per meal, plus 5-10g per snack



*See a registered dietitian for
foods specific to your needs*

Positive Choice: 858-616-5514

Protein for Strength Training

How much is 20-30 grams of protein?

- 4-5 oz lean meat, poultry, or fish
- 8 egg whites, or 2 eggs plus 2-3 whites
- 1 ½ cup tofu
- 1 ½ cup edamame soybeans
- 1 cup tempeh
- 2 ½ cup milk/soy milk
- 1 cup cottage cheese
- 1 ½ cup Greek yogurt
- Protein supplements (read label for grams per serving)

When you strength train, most adults do best with around 20-30 grams per meal (3 meals a day)

See a registered dietitian for foods specific to your needs

Positive Choice: 858-616-5514

Variety is Key for Protein

- Protein isn't just found in a single animal food
- Protein is also found in most plant foods
- When you eat a variety of foods, you get protein from multiple sources



The Plate Method and Protein

Getting sufficient protein may be easier than you think!



Milk (soy or cow), 1 cup	8 g
Quinoa, ½ cup	4 g
Eggs, 2	14 g
Vegetables, 1 cup	6 g
Protein	32 g



Fish, 4 oz.	28 g
Beans, ½ cup	7 g
Vegetables, 1 cup	6 g
Avocado, ¼	1 g
Protein	42 g



Yogurt, 1 cup	14 g
Berries, 1 cup	1 g
Nuts, 2 Tbsp	4 g
Protein	19 g



Tofu, 1½ cup	21 g
Brown Rice, ½ cup	2 g
Vegetables, 2 cups	12 g
Sesame Seeds, 2 Tbsp	1 g
Protein	36 g

Total Protein = 129 grams

Eating to Fuel Your Workouts

Consume equal amount of protein and carbohydrates (1:1 ratio)

- Protein provides amino acids to build and repair muscles
- Carbohydrates supply the energy for protein to build muscles

Example: *20-30 protein and carbohydrate meal

- 1 cup cottage cheese or plain yogurt
- $\frac{2}{3}$ cup quinoa or steel cut oats
- 1 cup fruit

**See a registered dietitian for
foods specific to your needs*

Positive Choice: 858-616-5514

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.

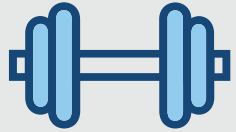
Complete the survey by clicking the link in the chat or scanning the QR code.



SCAN ME

This Week

Choose a weekly goal, or make up your own:



Add in muscle-strengthening activities



Increase movement



Eat enough protein



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

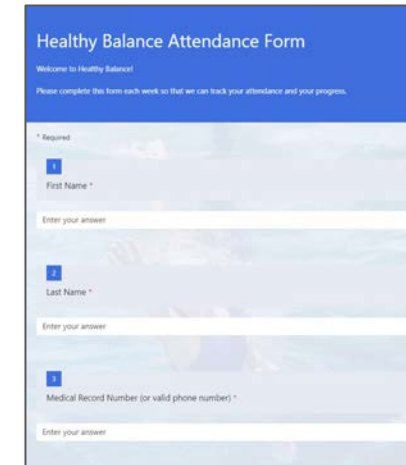
I will add in two muscle strengthening activities this week.

Lifelong Balance

» BUILDING HEALTHY ROUTINES

Discussion/Reflection Question:

What healthy routine(s)
are you doing now for
your health?



The image shows a digital form titled "Healthy Balance Attendance Form". It includes a welcome message and instructions to complete the form weekly. The form has three required fields: "First Name", "Last Name", and "Medical Record Number (or valid phone number)". Each field has a blue square icon with a white letter (A, B, C) and a "Required" label. Below each field is a text input area with the placeholder "Enter your answer".

Have you filled out
the attendance form?