

Lifelong Balance

» BUILDING HEALTHY ROUTINES



Welcome to class! We will begin shortly!

Today's Discussion

Building Healthy Routines for Life

Today's Discussion

1

How to
manage
change

2

Dopamine
and habit
building

3

How to
establish a
new routine

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



How does positive change happen and how do we make it last?

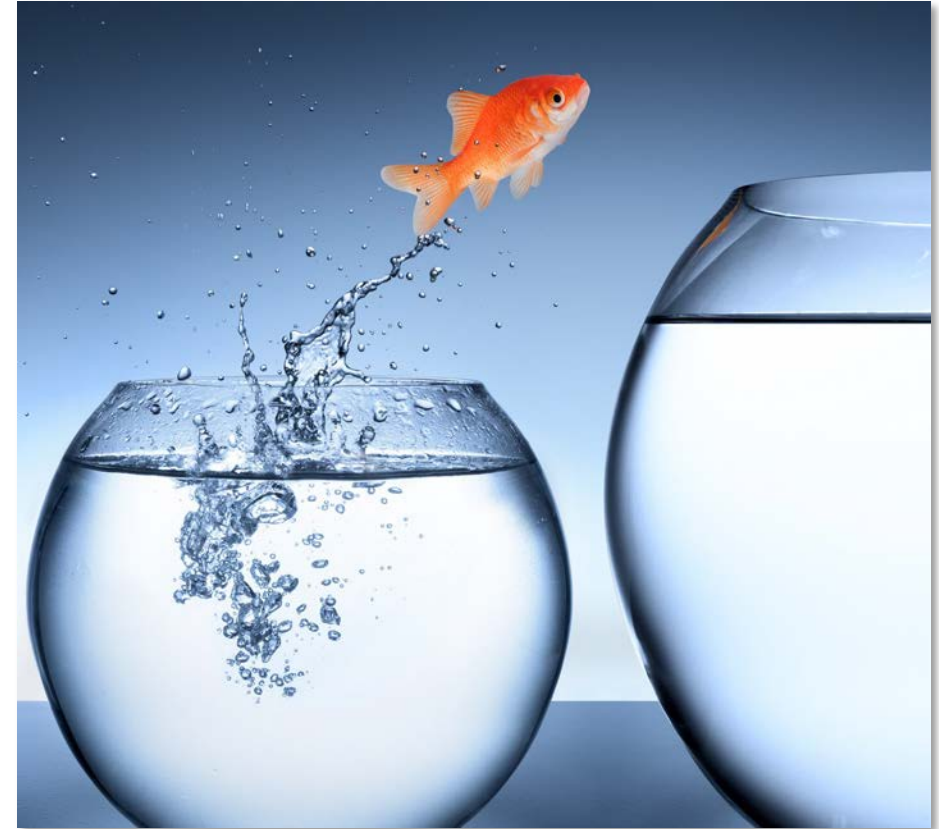
Change

What does change require, and how can we make it last?



Discomfort of Change

- New behaviors feel unfamiliar
- Unfamiliar things take more mental energy
- Wanting to go back to old habits is common



**Change can make us feel like
a fish out of water**

How can we deal with change?

- Lifestyle habits can help us deal with change
- They provide:
 - Structure and stability
 - A grounding routine during transitions
 - Tools to manage stress
 - Support for adapting to new circumstances





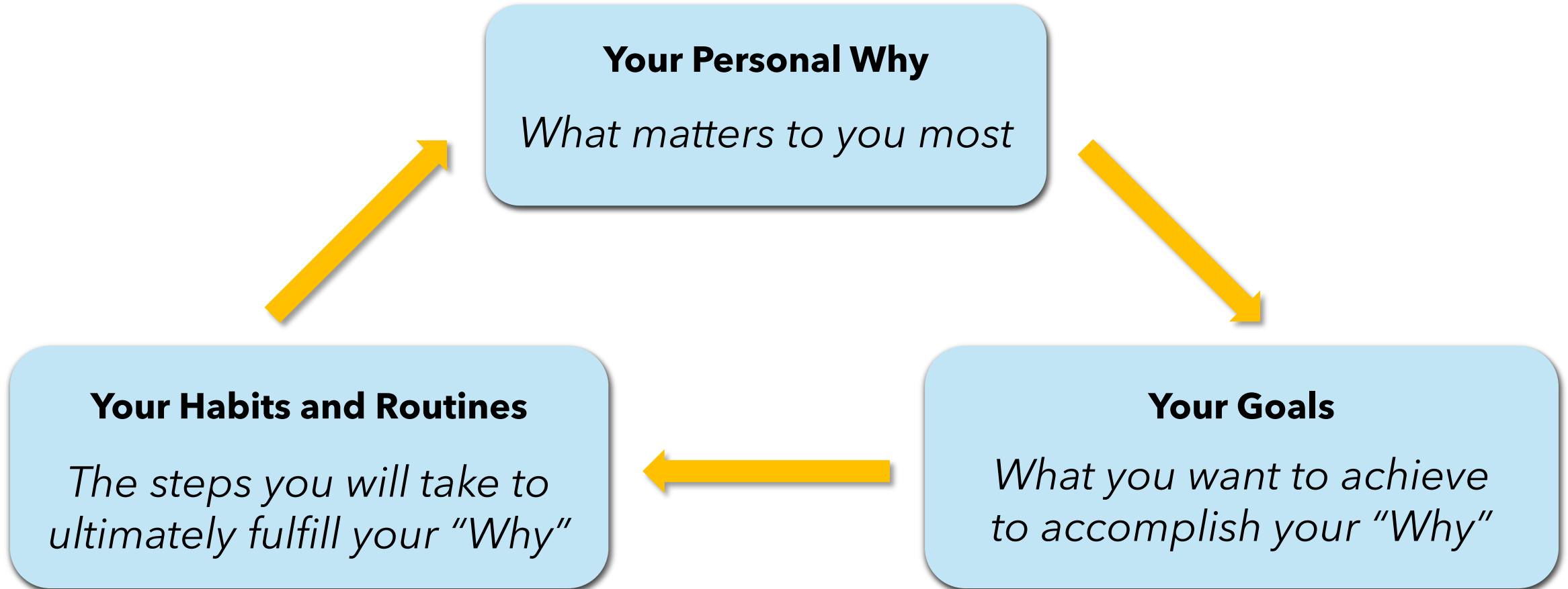
Mindful Minute

What defines a successful change?

My Personal “Why”

- What came up during the meditation?
How did you visualize your best self?
- Where do you see yourself in one year?
- Where do you see yourself in five years?

Putting Your “Why” Into Action



Rate your current motivation to change your health behaviors



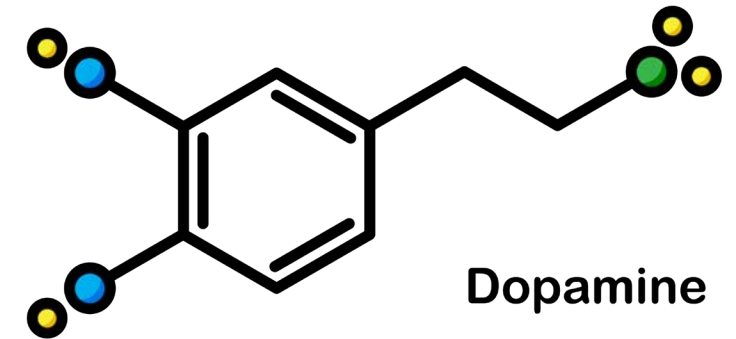
Low Motivation

High Motivation

What is dopamine?

Dopamine

- A chemical that plays a role in your brain's reward system
- Behaves as a motivator
- Helps you overcome obstacles to achieve goals



Dopamine and Repetition

- Your brain notices actions that feel rewarding
- Dopamine tells your brain that the action is worth repeating
- Repetition strengthens the brain's pathway



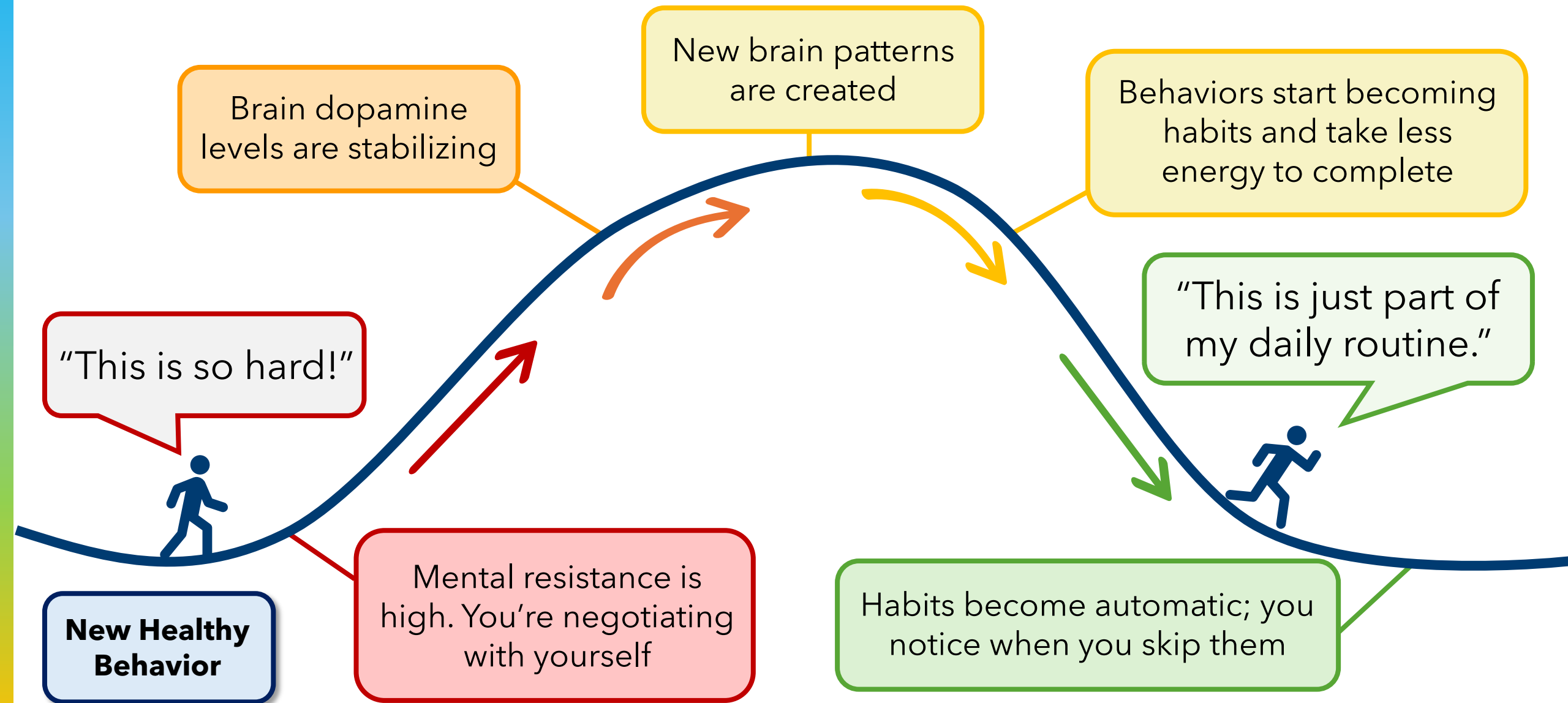
Routines and Habit Formation

- New habits require effort
- Repetition helps your brain predict the reward
- Over time, the habit takes less mental energy

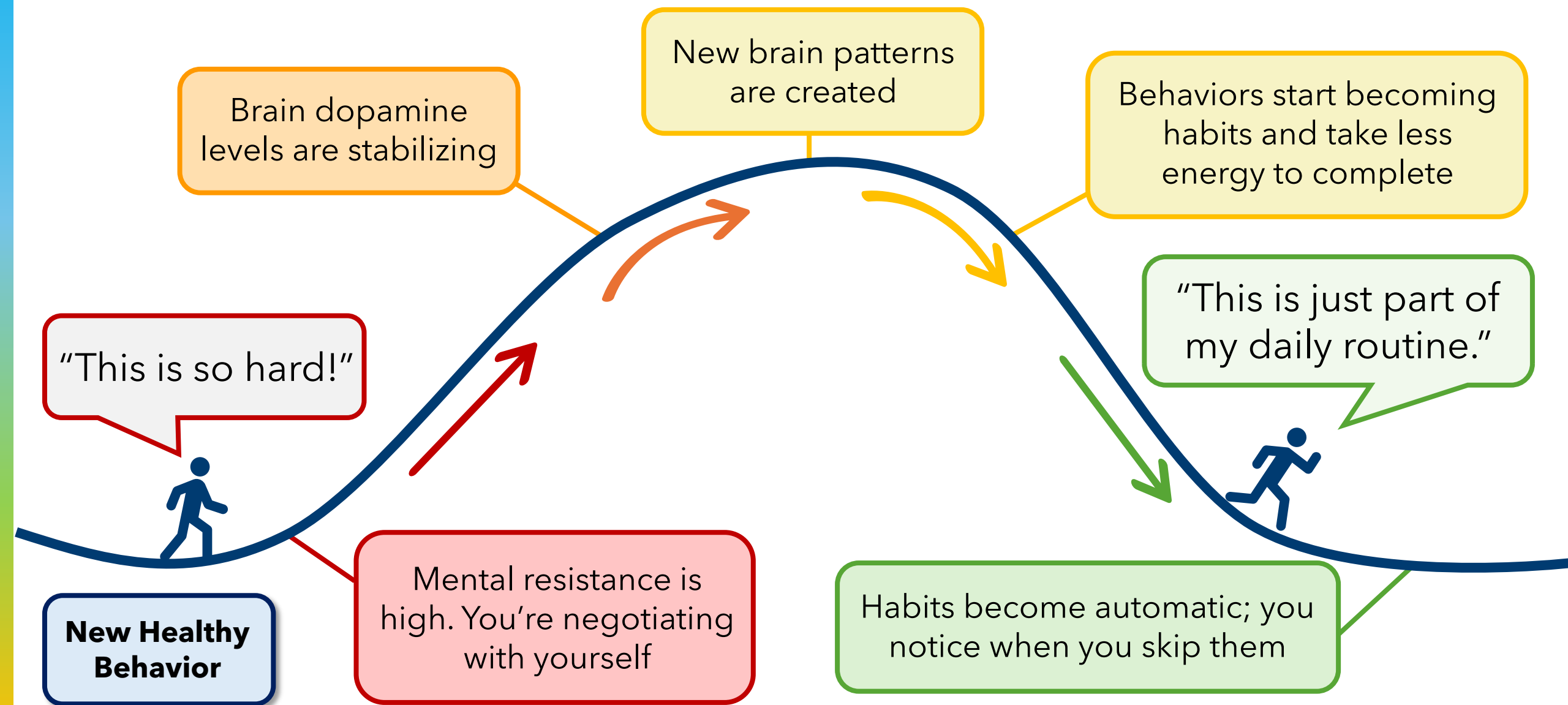


What's one thing you do now that used to feel hard, but doesn't anymore?

Getting Over the Resistance Hump



Getting Over the Resistance Hump



What routines help you stay on track?

How Routines Help

- Routines take some decisions off your plate
- That leaves more mental energy for your day
- Makes change feel more doable



Combine New Behaviors with Established Routines

When I _____, I will _____

- Watch TV
- Brew coffee or tea
- Listen to music

- March in place
- Do 10 squats
- Meal prep

Activity

When I _____, I will _____

Steps to Success



**Define
your goal**



**Set
your plan**



**Decide how,
what, & when**



**Establish
daily routines**

1. Define Your Goal

In setting realistic goals, remember to:

- Meet yourself where you're at
- Make goals based on actions
- Set goals that are 100% achievable

Example goal for muscle strengthening:

- I will do 10 squats with good form, 3 days a week
- I will eat protein to support my muscles

2. Set Your Plan

- Decide on a plan (goal) that works for you

Muscle strengthening plan:

- I will do 10 squats with good form, 3 days a week
- I will eat protein to support my muscles

3. Decide: How, What & When

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Practice 1-10 squats during or after I brush my teeth in the morning		Practice 1-10 squats during or after I brush my teeth in the morning		Practice 1-10 squats during or after I brush my teeth in the morning		
Consume an extra protein food with breakfast or lunch						

Create Your Nutrition Plan

What will you work on?

Nutrition
Recommendations

- Eat enough protein
- Choose whole unprocessed foods
- Have plenty of fruits and vegetables
- Add healthy fats
- Make water your beverage of choice

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snack							

Create Your Exercise Plan

What will you work on?

Exercise
Recommendations

- Resistance/muscle strengthening
- Bone strengthening
- High intensity interval training (HIIT)
- Lifestyle
- Flexibility

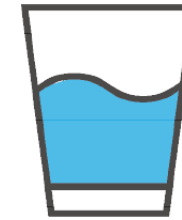
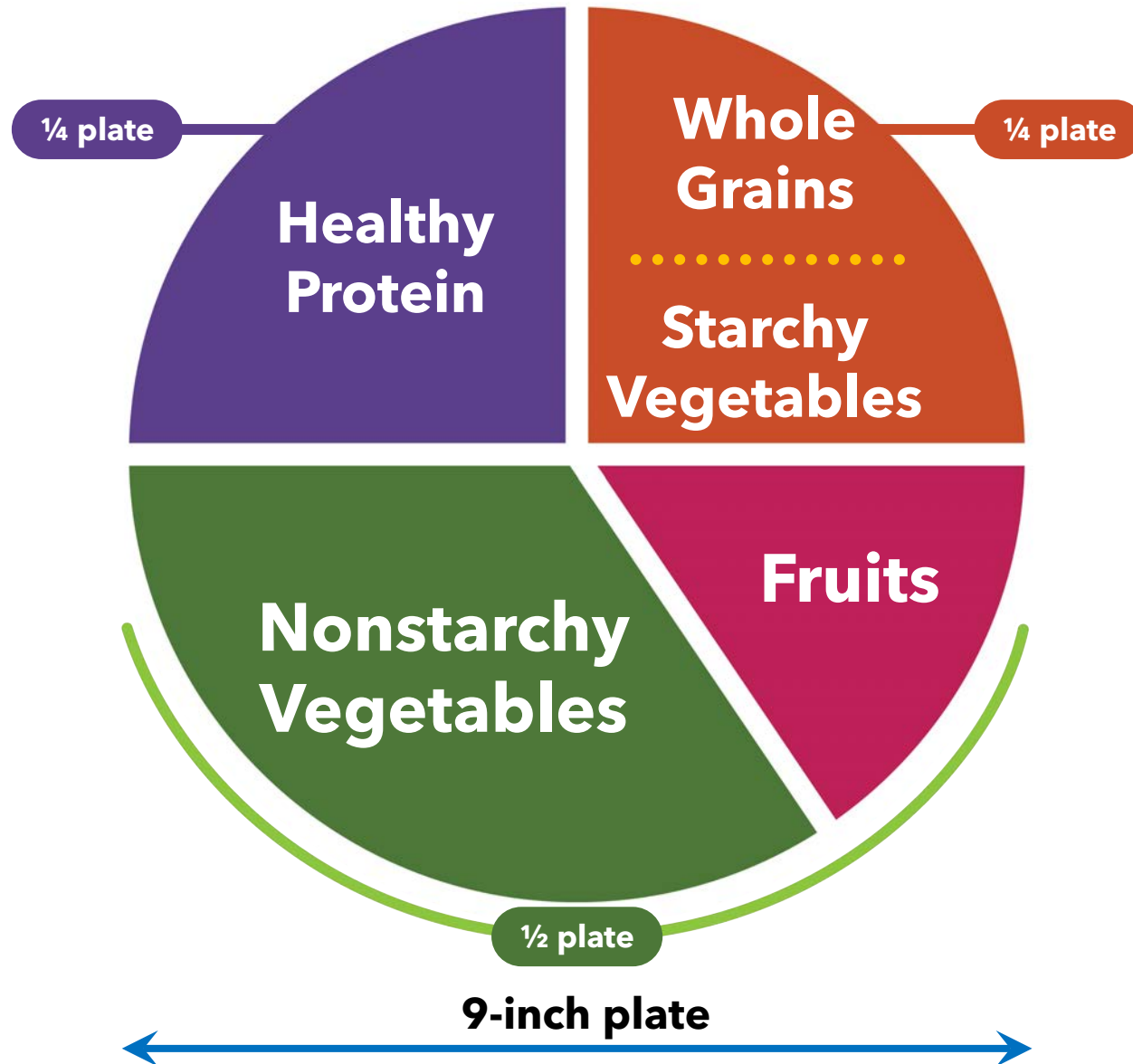
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance							
Bone Strength							
HIIT							
Lifestyle							
Flexibility							

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

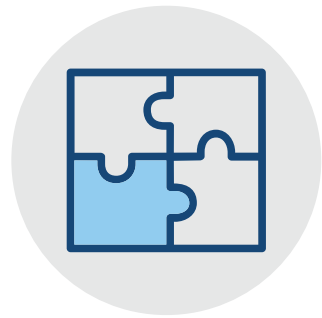
Tips for Success

- Surround yourself with like-minded people
- Embrace failures
- Believe in yourself
- Seek feedback



This Week

Choose a weekly goal, or make up your own:



Establish a new,
healthy routine



Increase
movement



Plan healthy meals
and snacks



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

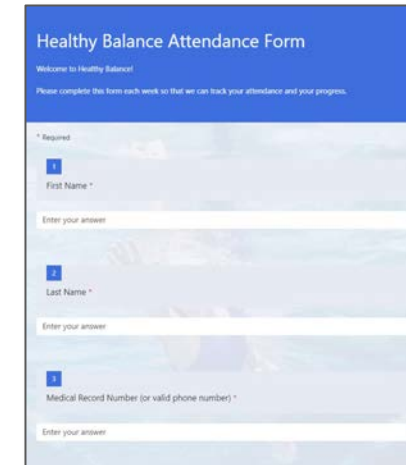
I will combine a new, healthy behavior with an existing habit this week.

Lifelong Balance

» NURTURING YOUR GUT

Discussion/Reflection Question:

How does understanding the link between food and health affect your eating decisions?



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 blue square icon with a white letter 'i' indicating it is required, and a text input area with the placeholder "Enter your answer".

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

