

Lifelong Balance

» UNDERSTANDING METABOLISM



Welcome to class! We will begin shortly!

Today's Discussion

Understanding Your Metabolism

Today's Discussion

1

Understanding
metabolism

2

Understanding
interval
training

3

Protein for
strength
training

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



What is metabolism?

What is Resting Metabolic Rate?



- The rate at which the body uses energy (calories) while at rest to support all your current tissues and cells
- Includes every process your body does to keep you alive

Energy Usage

Energy (calories) is burned at different rates between muscle and fat tissue



Muscle = Higher calorie burn



Fat = Lower calorie burn

Every Body is Unique

Two people with the same height and weight can have different metabolisms



Resting Metabolic Rate

The amount of muscle you have helps determine your resting metabolic rate (RMR) or how many calories you burn at rest



Height 5'11"
45% muscle
RMR: 2050 cals



Height 5'11"
36% muscle
RMR: 1750 cals



Height 5'6"
35% muscle
RMR: 1590 cals



Height 5'6"
28% muscle
RMR: 1340 cals

What is Total Energy Expenditure



Accounts for about 75%

+

Physical Activity

Exercise

Digestion

*The higher your RMR, the more energy you use during physical activity and exercise

What can you do to improve your metabolism?

NEAT

- Non-Exercise Activity Thermogenesis
- Park farther away when running errands
- Work in your garden
- Go out to do your shopping instead of shopping online



What ways can you start increasing your activity?

Strength Training

Increases

- Resting metabolic rate (RMR)
- Muscle mass
- Bone health



If you have not been active, consult your healthcare provider before beginning an exercise program.

Muscle Strengthening Progression

Tips:

- Focus on progressive overload
- Gradually increase weight, reps, or sets over time
- Maintain proper form and ensure adequate rest and recovery



Interval Training

Increases

- Stamina
- Heart health
- The ability to burn body fat

If you have not been active, consult your healthcare provider before beginning an exercise program.



Boost Your Cardio

Increase your speed or intensity, then recover

1

Step 1: Pick Up the Intensity

- Short bursts (10–30 seconds)
- Increase intensity, move strong



2

Step 2: Recover

- Slow down
- Catch your breath



Start Small

- Do 1 short burst once a week

Build Up

- Work toward 2 sessions a week
- Repeat bursts 5–7 times

Interval Training Suggestions

- Push and recover
- Repeat an interval cycle 5–7 times
- Choose whichever type of interval training that works for you
 - High intensity can last from 20 seconds to 1 minute
 - Low intensity can last from 10 seconds up to 3 minutes
- *There is no right or wrong way to interval train*

Sample Interval Training

Warm Up (5 Minutes)		
1	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
2	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
3	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
4	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
5	High Intensity (10 - 30 seconds)	Low Intensity "Recovery" (1-3 minutes)
Stretch/Cool Down (5 Minutes)		

Exercise Ideas

- **Try new activities**
 - Enter a walking event
 - Sign up for a yoga class
 - Try a new outdoor sport
- You won't know if you like it until you try it
- Remember, it's okay if you don't like it!



Exercise Ideas

Finding what you like

- Do you like being active alone, with a friend, in a class, at home, or at a gym?
- If the first activity you try doesn't feel right, don't give up
 - Try something new until you find one you enjoy



What types of activities do you enjoy?

What can I eat to support my metabolism?

Protein for Strength Training

How much is 20-30 grams of protein?

- 4 - 5 oz. lean meat, poultry, or fish
- 5 eggs, or 8 egg 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

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

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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.

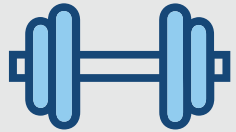
Complete the survey by clicking the link in the chat or scanning the QR code.



SCAN ME

This Week

Choose a weekly goal, or make up your own:



Add in muscle-strengthening activities



Add in interval training



Eat to fuel your muscles



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

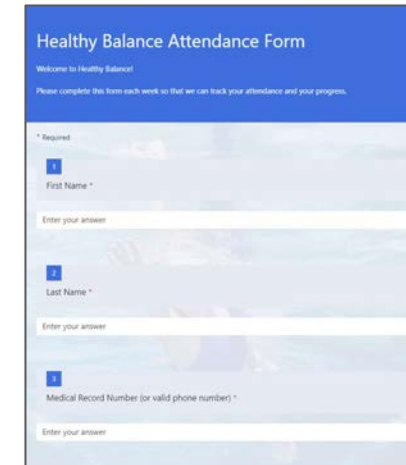
I will do one, 20 second interval session this week.

Lifelong Balance

» MOTIVATION & PERSONAL WHY

Discussion/Reflection Question:

How do habits affect your quality of life?



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 (1, 2, 3) and a text input area with the placeholder "Enter your answer".

Have you filled out the attendance form?