

Lifelong Balance

» MOTIVATION & PERSONAL WHY



Welcome to class! We will begin shortly!

Today's Discussion

Motivation & Your Personal Why

Today's Discussion

1

Understanding
how habits are
formed

2

Establishing
tiny habits

3

Tips for tiny
habits for
nutrition and
exercise

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



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!



What are habits?

Habits are things that we do, or think, automatically because they were repeated so many times



Why are habits important?

In order to make changes and maintain them, you will need to develop habits that support that change



Why do habits matter?

- Habits make healthy choices feel more automatic
- They reduce the need for motivation or willpower
- They help you stay consistent during busy or stressful times
- Small habits repeated over time can support lasting change



Habits Start With Purpose

- Habits are easier to build when they matter to you
- Knowing your reason can help you get started
- It can help you stay consistent
- Your “why” can make healthy changes feel worth it

Know Your “Why”

Know Your "Why"

What are you working towards?

"I want to boost my energy levels"

"I want to feel more comfortable in my clothes"

"I want to keep up with my kids/grandkids"

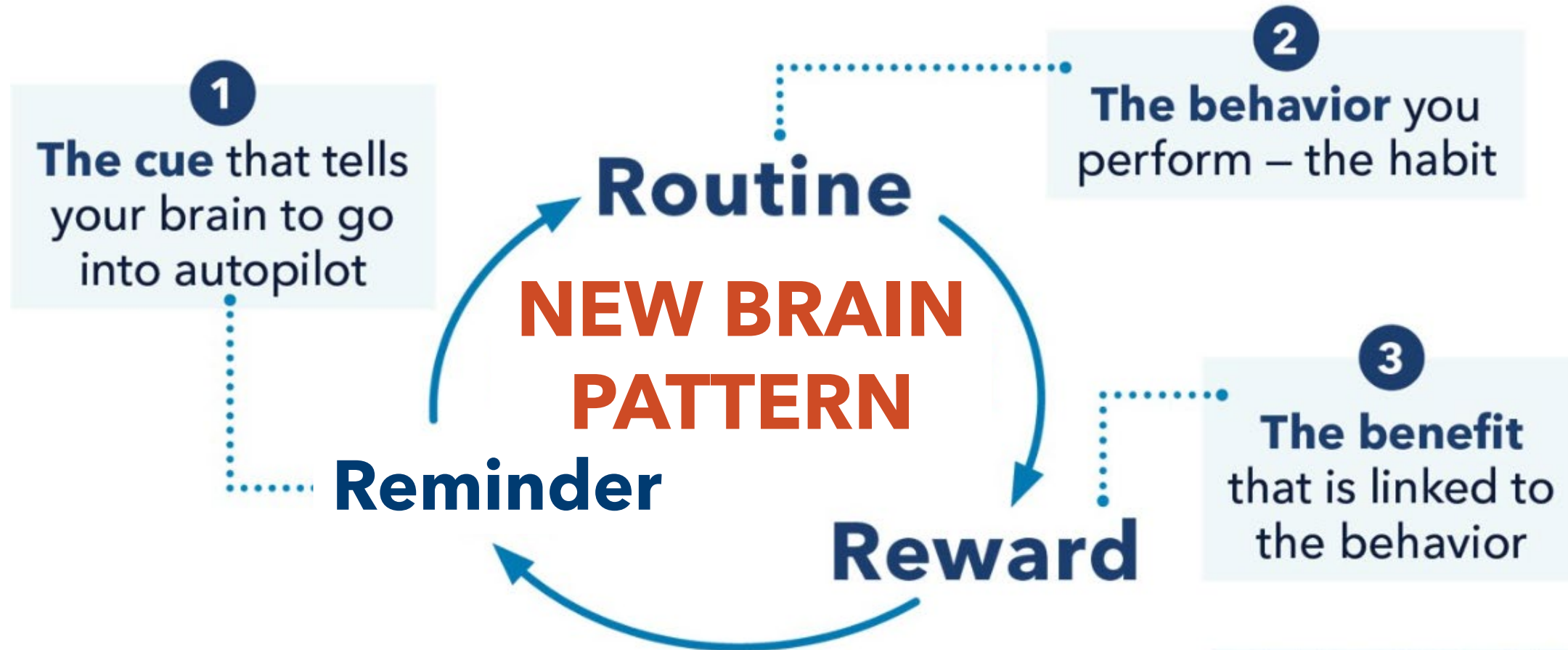
"I want to improve my overall health"

"I want to be healthy for the rest of my life"

What is your why?

Developing Active Lifestyle Habits

The Habit Loop



Developing Active Lifestyle Habits

Old Routine



Developing Active Lifestyle Habits

New Routine



Instead of grabbing fast food:

- » Bring a cooler with water, healthy snacks, meal-prepped food.
- » Order something healthy, such as a salad with grilled chicken or a protein bowl.

**Improved nutrition, energy,
and weight management**

What is one habit you would like to feel easier or more automatic in your daily routine?

Starting a New Habit

Example:

I want to **start** a walking routine.



- **Reminder: Make it obvious**
 - Put my shoes by the front door
- **Routine: Make it easy**
 - Only commit to 15 minutes to not overwhelm myself
- **Reward: Make it attractive**
 - Go with my partner or take my dog with me to make it fun

Replacing Old Habits

Example:

I want to **stop** eating while watching TV or another device.



- Instead of watching TV or another device while you're eating, look forward to watching something after you have eaten
- Do exercises or something that keeps your hands busy

Why Breaking Food Habits is Hard

- **Food habits provide:**

- Short-term pleasure
- A mechanism for coping
- Your brain's reward system reinforces food habits by seeking to repeat eating for pleasure or coping



Setbacks

Four common stressors:

H

- **Hungry** - can be a physical, emotional or reward

A

- **Angry** - when you perceive you were wronged

L

- **Lonely** - withdrawing into yourself out of fear or doubt

T

- **Tired** - low energy that compromises your ability to make decisions and cope

Setbacks

Common Reasons

H Hungry

A Angry

L Lonely

T Tired

Potential Plans

P • **Prioritize** eating on a schedule

L • **Listen** to the cause of your anger

A • **Arrange** to meet a friend

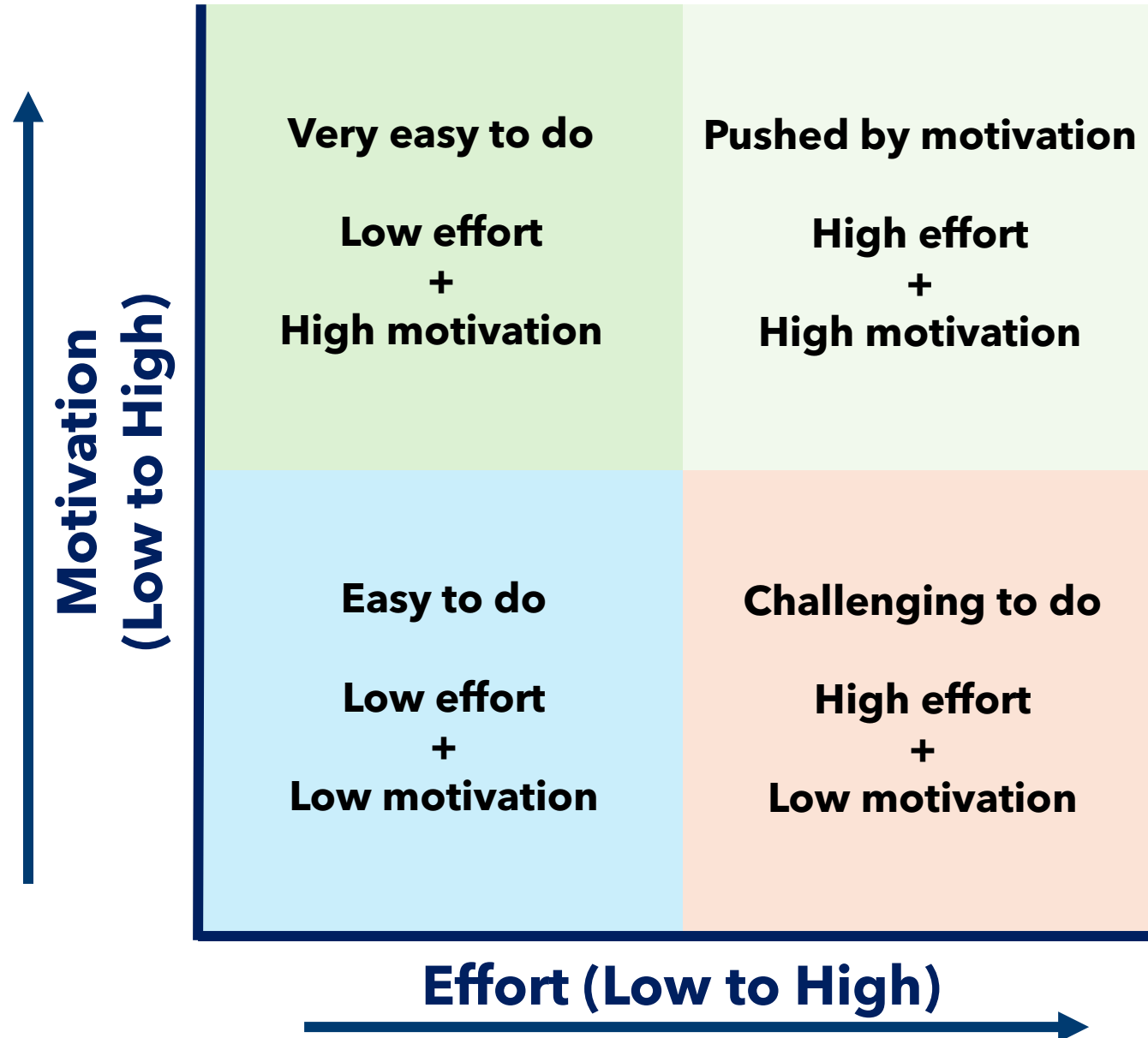
N • **Night** night! Go to sleep

Plans to Combat Setbacks

- Note three to four strategies that you will do before a setback hits
- Refer to your notes if/when tempted by a setback



Habits and Motivation



Motivation Mountain

- High motivation helps us take on the steep climb
- Low motivation may lead us to the gentler path
- Both paths still move us forward towards our goal

A photograph of a mountain with two paths leading to the summit. The left path is steep and rocky, while the right path is winding and grassy. A yellow arrow points straight up the steep path, and a blue arrow points along the winding path. Two light blue rounded rectangular boxes are placed above the paths, labeled 'High Motivation' and 'Low Motivation' respectively.

**High
Motivation**

**Low
Motivation**

Motivation Mountain

When we start with something easy to do, it increases our motivation to do it more.

Start Easy

Confidence Builds

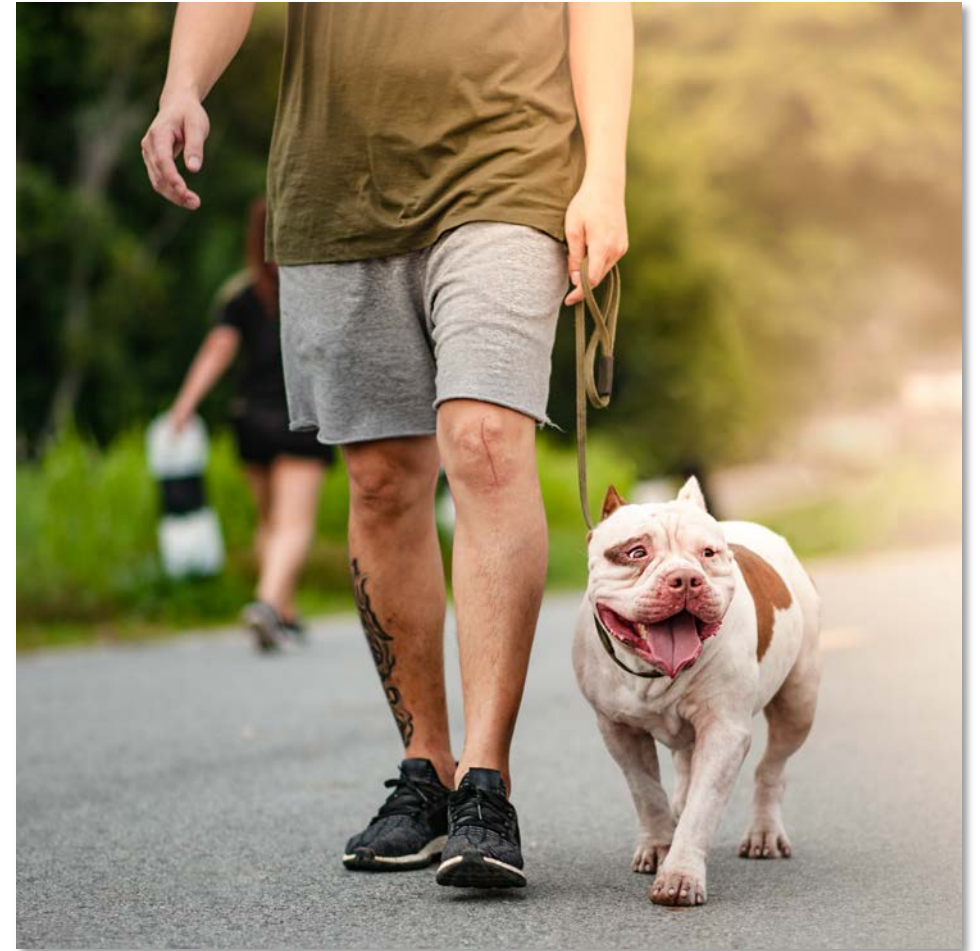
Motivation Strengthens

Sustainable Change



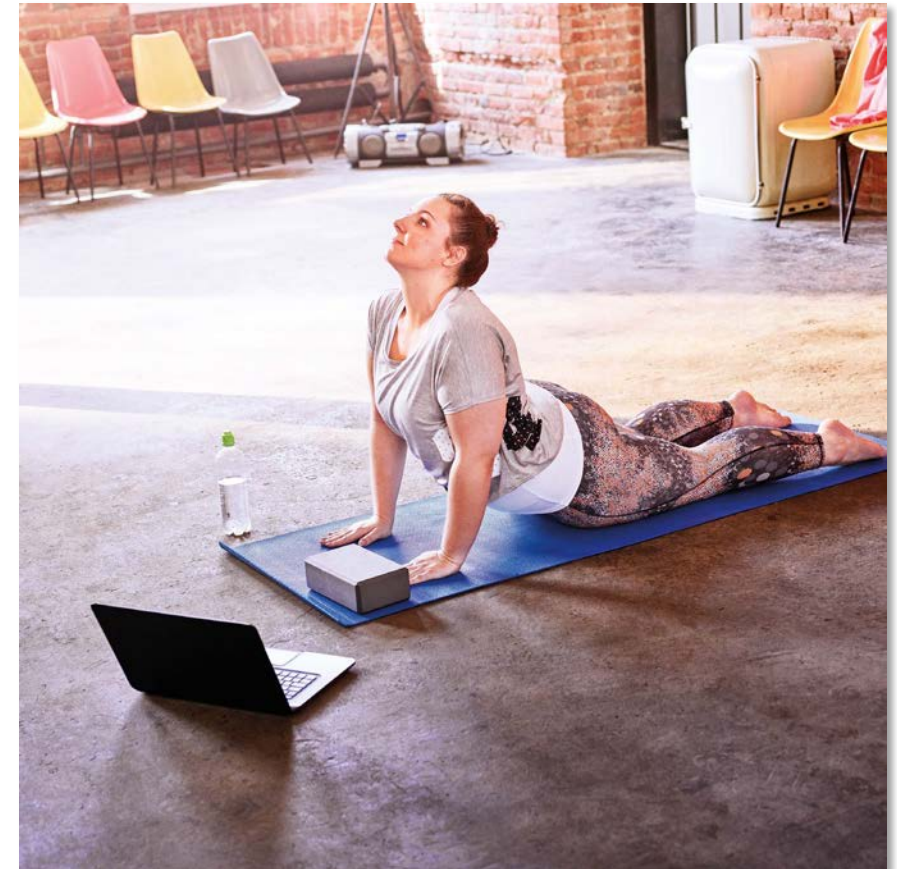
Routines Create Habits

- Daily routines help you get to where you want to go
- When routines become habits, they can keep you anchored



Routines Create Habits

- Start with one small daily action that moves you toward your health goal
- Do it at the same time or after the same activity each day
- Keep it simple enough to repeat, even on busy days



Over time, repeated routines can become habits that require less effort

Tiny Habits

- Take 30 seconds or less
- Are anchored to something you do daily
- Ridiculously easy to succeed

**Let's talk about a real-life
tiny habit for both
nutrition and exercise**

Nutrition Tiny Habit Idea

Eat at least ½ cup of beans, peas, or lentils daily

- High in protein
- Rich in fiber
- Loaded with antioxidants

Studies show this tiny habit alone can attribute to weight loss, and lengthen your life span



Nutrition Tiny Habit Idea

Eat at least three colors of produce each day



**Prepare a snack of
fresh vegetables**

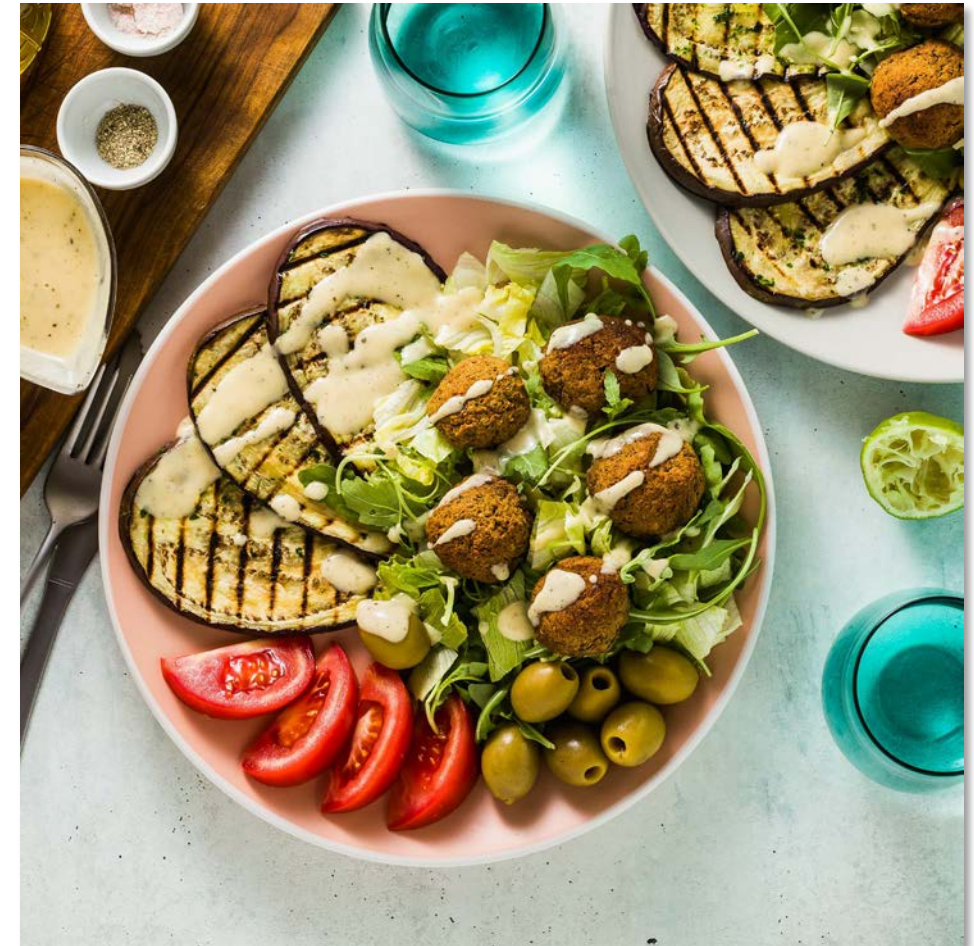


**Eat a variety of
colorful fruits**

Need Ideas for Healthy Foods?

Check out Kaiser Permanente's resources!

- kp.org/recipes
- kp.org/healthybalance
- positivechoice.org/cookbook



Exercise Tiny Habit

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!



Exercise Tiny Habit

Interval Training

- Start with 1 (10-30 second) interval a week
- Build to 2 sessions a week
- Repeat the 10-30 second interval 5 - 7 times

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



Know Your "Why"

What are you working towards?

"I want to boost my energy levels"

"I want to feel more comfortable in my clothes"

"I want to keep up with my kids/grandkids"

"I want to improve my overall health"

"I want to be healthy for the rest of my life"

**Remember
your why**

**What is one small step
you can take to work on
your healthy change?**

Self-care apps for emotional wellness

Get help with anxiety, stress, sleep, mood, and more – 24/7, at no cost to Kaiser Permanente members.



Calm is the number one app for sleep, meditation, and relaxation*



Headspace Care (formerly called Ginger) provides 1-on-1 emotional support coaching by text and self-care activities

*Calm is the number one app for sleep, meditation, and relaxation. Learn more at calm.com/blog/about.



Visit kp.org/selfcareapps to get started

This Week

Choose a weekly goal, or make up your own:



Post a plan for
a setback



Do an exercise
snack



Establish a
tiny habit



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

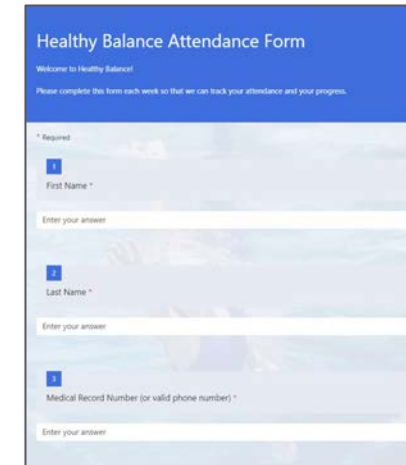
I will set my timer every day for a 20 second
exercise snack.

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» WEIGHT PLATEAUS

Discussion/Reflection Question:

What has helped you break through a weight plateau?



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 asterisk, indicating required fields. 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 a person's hands.

Have you filled out the attendance form?

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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