

Lifelong Balance

» HEALTHY LONGEVITY



Welcome to class! We will begin shortly!

Today's Discussion

The Importance of Healthy Longevity

Today's Discussion

1

Understanding
your body's
repair system

2

Exploring
the SELF
Principle

3

Healthy
eating for
longevity

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



How can you increase a healthy lifespan?

An Illustrative Model

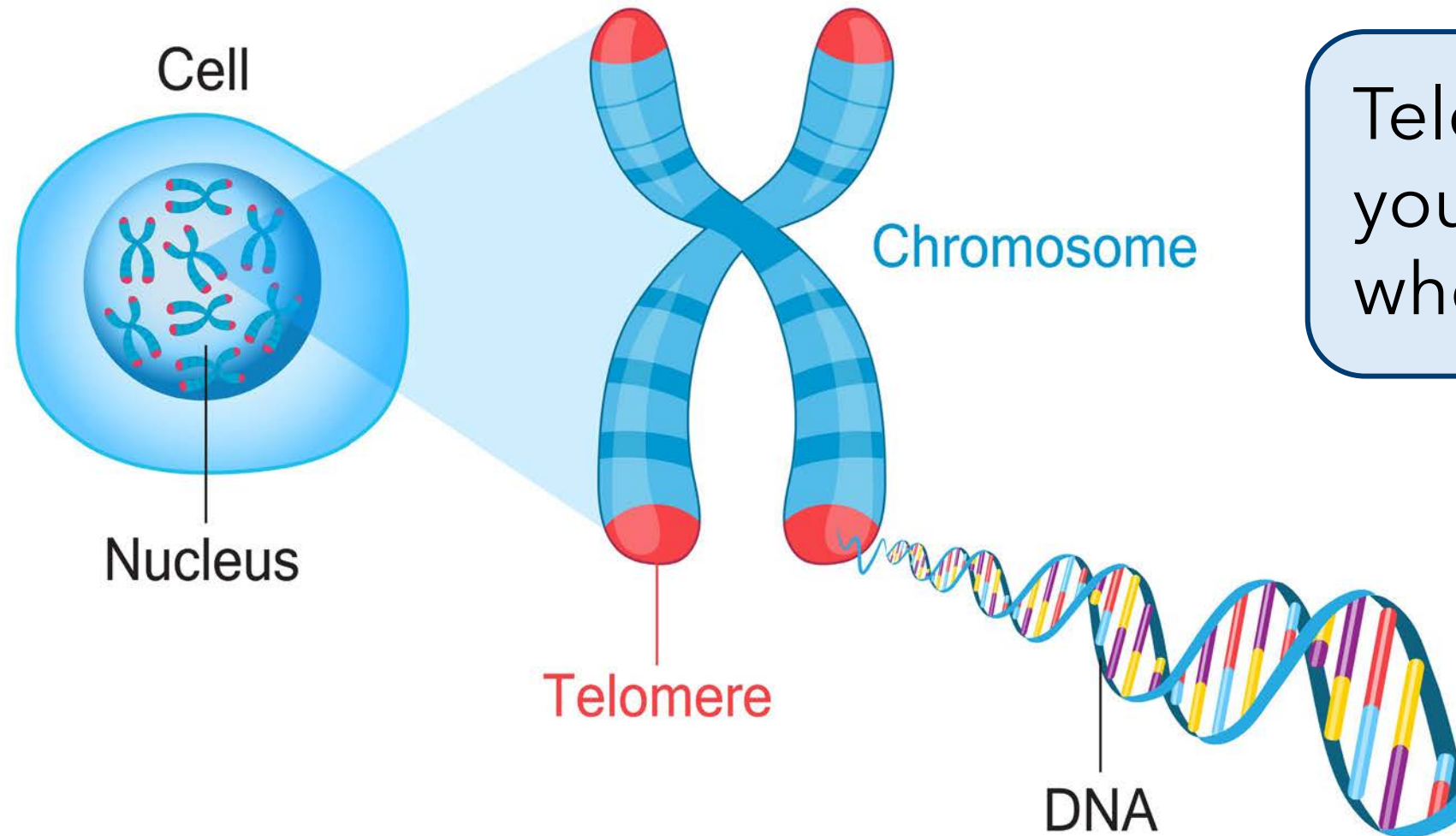


Your Body's Repair System

- Your body is always making new cells
- New cells and dividing cells repair damage and keep you healthy
- Over time, this repair process slows down



What is a Telomere?



Telomeres keep
your DNA intact
when cells divide

Why Telomeres Shorten

Aging

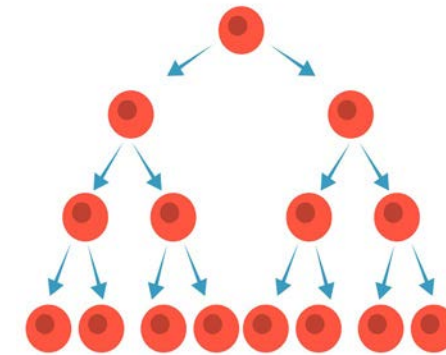
- Natural shortening over time (not changeable)

Too Much Sugar

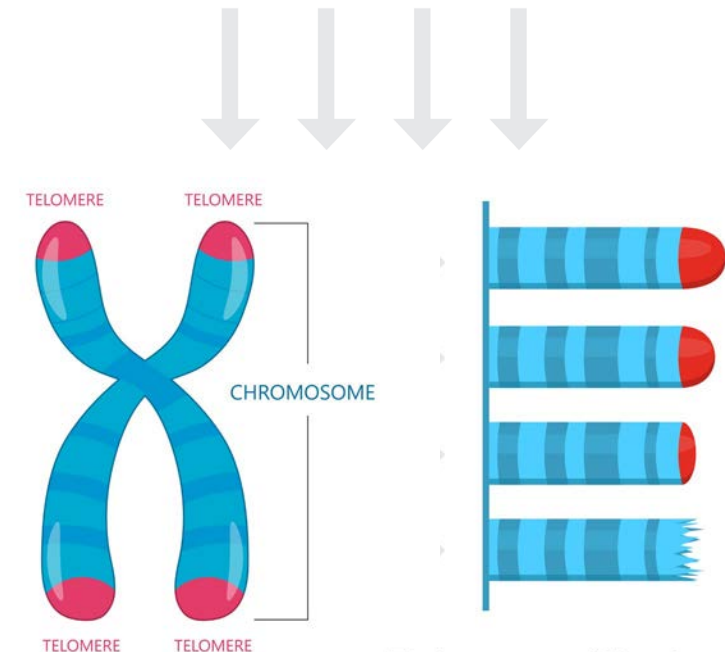
- Damages DNA and proteins (changeable)

Stress & Toxins

- Stress, smoking, pollution, excess weight (changeable)



Cells Divide



Telomeres Shorten

How can we keep our cells healthy longer?

The SELF Principle



SLEEP



EXERCISE



LOVE



FOOD
(and water)

Focusing on these areas can slow telomere shortening and support a longer, healthier life



Why do you sleep?

- Sleep repairs your body
- Sleep protects your brain and memory
- Sleep supports a longer, healthier life

What benefits do you notice after a good night's sleep?





Simple Ways to Sleep Better

Routine

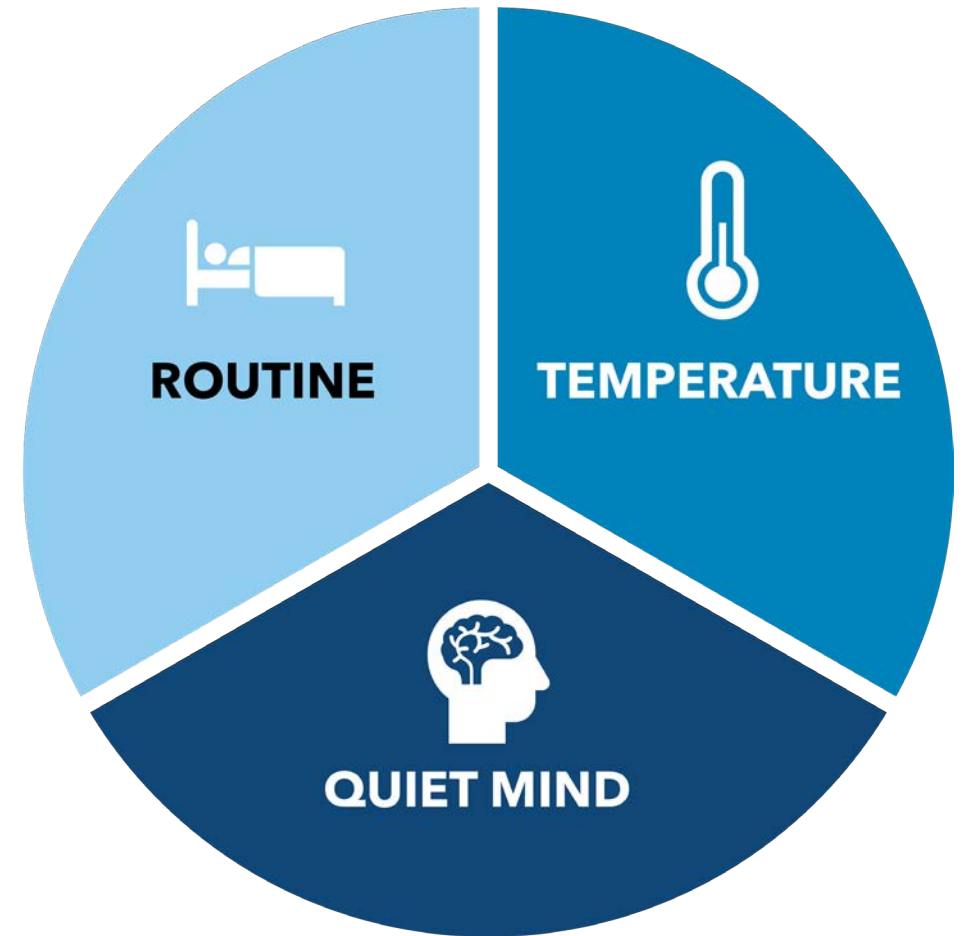
- Go to bed and wake up at the same time

Cool Room

- Lower temperature helps your body rest

Quiet Mind

- Relax, journal, or practice gratitude



What works for you?



Why do you exercise?

- Exercise adds healthy years to your life
- Exercise helps prevent disease

What benefits do you notice after you exercise?



Why do you form relationships?

- Humans are wired to live and thrive in groups, not alone
- Connection has always been essential for survival throughout history
- Connection adds healthy years to life

How do your relationships make you healthier or happier?





Quote:

"If I am not for myself, who will be for me?
If I am only for myself, what am I"

- Hillel HaZaken



Simple Ways to Increase Love

Connection

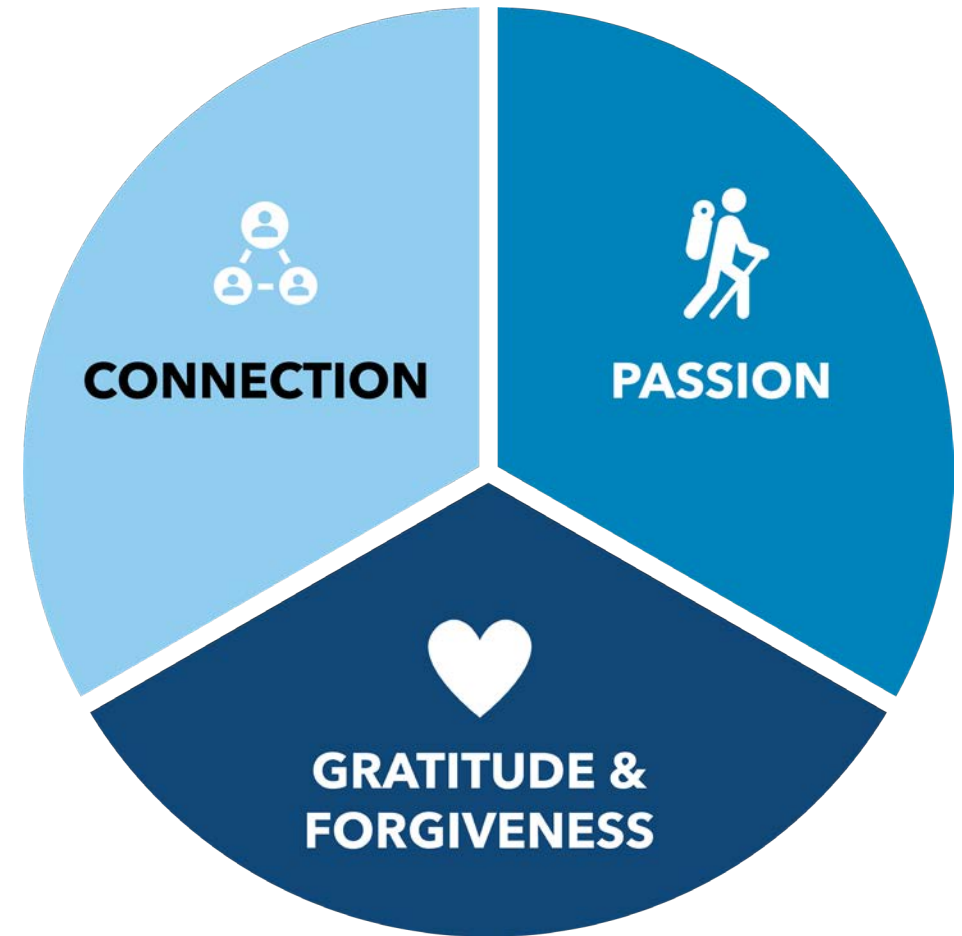
- Spend time with family and friends
- Join a club, group, or volunteer

Passion

- Do daily activities that bring peace and meaning

Gratitude & Forgiveness

- Show appreciation to others
- Be kind and forgiving to yourself



What works for you?



Why is food important?

- It fuels your body and brain
- It connects people through culture and community

What benefits do you get from eating a healthy diet?





Hydration Helps You Thrive

- Water keeps your body working properly
- Hydration supports energy, focus, and digestion
- Even mild dehydration can affect how you feel

How do you remind yourself to drink enough water?





Eating for a Longer, Healthier Life

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER

thrive
SAN DIEGO, CA

Eat Regularly

- Fuel your body throughout the day

Choose Protein

- Include a protein source with meals

Focus on Whole Foods

- Fruits, veggies, whole grains, lean proteins, nuts, and seeds

What eating habits help you feel your best?

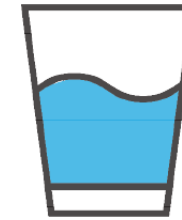
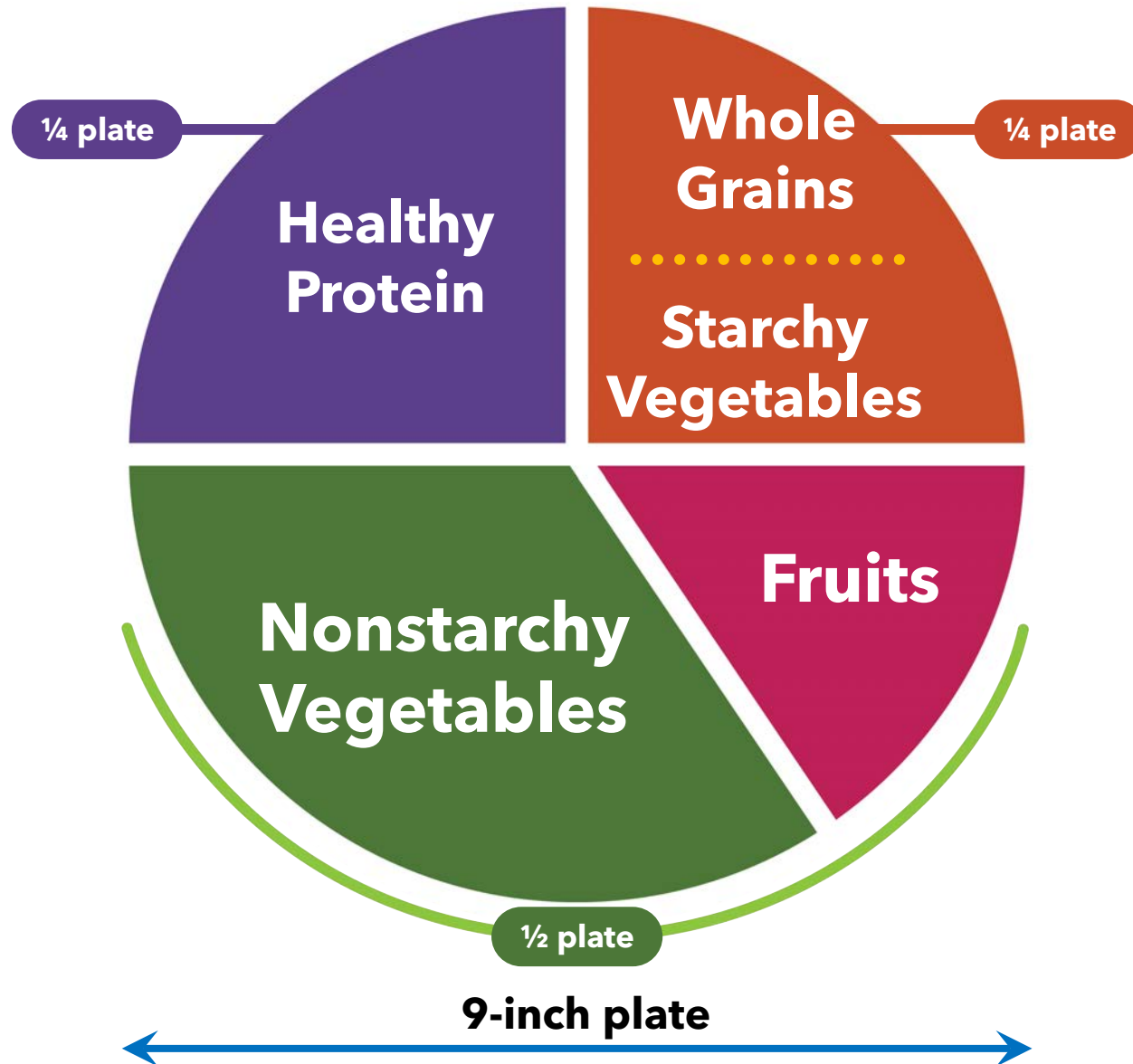


The Healthy Plate

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

The SELF Principle



SLEEP



EXERCISE



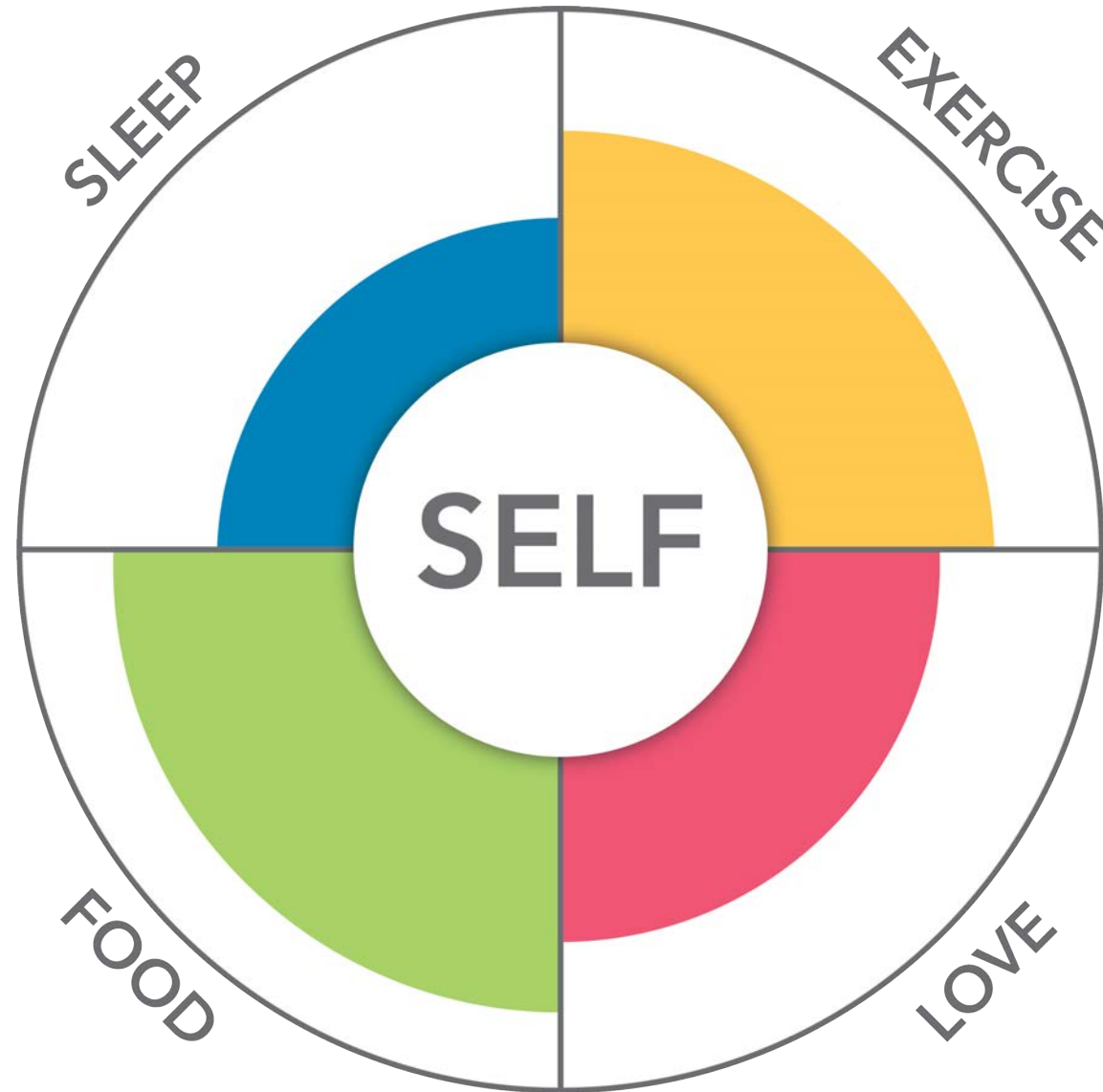
LOVE



FOOD
(and water)

Which SELF principle will you focus on this week to support your telomere health?

The SELF Principle



The SELF Principle



This Week

Choose a weekly goal, or make up your own:



Increase sleep



Increase
movement



Connect with a family
member or friend



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

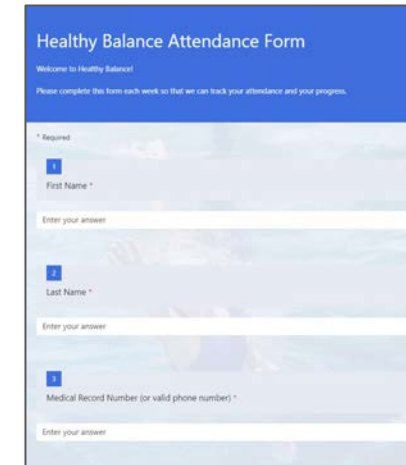
I will practice a consistent routine 30 minutes
before bed, 3 times this week.

Lifelong Balance

» ADAPTING MOVEMENT TO YOUR NEEDS

Discussion/Reflection Question:

How do you modify your activity when you are ill or injured?



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 small blue icon with a white "1" and a "Required" label. The form is set against a background image of people exercising outdoors.

Have you filled out the attendance form?

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

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