



Balanced Living Series

Welcome to the Lifestyle Matters Balanced Living PowerPoint Series, designed to help individuals build better brain and body health to fight depression and anxiety and develop stress protective lifestyle strategies. It combines **educational, inspirational, and motivational** elements along with a positive lifestyle approach to detoxifying, rebuilding, and sustaining a healthy progression to better mental, physical, and spiritual health.

- ✓ **Balanced Living PowerPoints** are available in [English](#) and [Spanish](#), including a free online version at LifestyleMatters.com.

Program Contents.

The **Balanced Living** program contains the following items for each of the 26 sessions:

- Facilitator Guides, including three separate break-out series options.
- Fully scripted Long (30 mins) or Short (10-15 mins) PowerPoints for each session.
- Printable **Summary and Discussion Guides** for presenters and participants.
- We strongly encourage you to use the printed, **4-color Balanced Living Tracts** for in-person seminars when possible. [Order Balanced Living Tracts](#)
- The LifestyleMatters.com website provides [PDF versions of the 26 Balanced Living Tracts](#). These can be especially useful for emailing participants of online programs.
- Printable **Handouts** for participants specific to several of the sessions.
- Lifestyle Matters Speaker Tips
- Optional Lifestyle Matters Supper Club Guide

Session Descriptions and Handout List

Alcohol: Why Not? Have you heard the latest news from the grapevine? It may surprise you.

Balanced Living Tract

- Alcohol: Why Not?

Change Your Mindset: Change Your Life. When it comes to your outlook on life, mindset matters! Retool internal monologues for success.

Balanced Living Tract

- Change Your Mindset: Change Your Life

Chronic Pain: Roots and Remedies. Chronic pain is real. Discover pain kindlers and pain dampeners, and how to dial down chronic pain.

Balanced Living Tract

- Chronic Pain: Roots and Remedies

Creating Connections: Why Relationships Matter. Friends—who needs them? We all do! Learn the “how-tos” of hello for better mental and physical health.

Balanced Living Tracts

- Creating Connections: Why Relationships Matter

Depression: Lifestyle Keys for Beating the Blues. Depression is the leading cause of disability in the US. Discover powerful tools for easing and beating the blues.

Balanced Living Tract

- Depression: Lifestyle Keys for Beating the Blues

Handout

- Build a Better Brain

Digestion: A Churning Question. Bubbles belong in fish tanks, not your gut. Ease digestive ailments and improve mental and physical function with these simple strategies.

Balanced Living Tract

- Digestion: A Churning Question

Handout

- Understanding Carbs and Fats

Engineered for Success. Whether you have been hit with a storm of stress, depression, or have lived with bad circumstances or poor choices, you are made to make it! You are engineered for renewal, restoration, and recovery.

Balanced Living Tract

- Engineered for Success

Exercise: It Goes to Your Head. Exercise not only builds and conditions the body—it builds and conditions your brain, mood, memory, and emotions.

Balanced Living Tract

- Exercise: It Goes to Your Head

Finding Peace in Your Crazy-busy World. Discover four vital elements of stress protection, mental health, and spiritual vitality. Applying them will help you flourish instead of flounder as you face life’s duties and challenges.

Balanced Living Tract

- Finding Peace in Your Crazy-busy World

Free on the Inside: Changing Bad Habits for Good! Can the power of a bad habit be broken? Is it possible to get free—and stay free? The answer is yes—you can root out bad habits and live free—for good!

Balanced Living Tract

- Free on the Inside: Changing Bad Habits for Good

Health in a Hurry. Even though you’re busy, your meals can be bursting with flavor and nutrition. **FAST** food can be **F**resh, **A**ffordable, **S**atisfying, and **T**asty!

Balanced Living Tract

- Health in a Hurry

Handout

- Power on Your Plate

Healthy Weight Helps. Want to lose weight and never find it again? Learn key attitudes and strategies for achieving and maintaining your best weight.

Balanced Living Tract

- Healthy Weight Helps

Hurried, Worried, and Buried. Are you crazy-busy, stressed, and about to snap? If you are suffering from “hurry sickness,” learn how to pare down before you wear down!

Balanced Living Tracts

- Hurried Worried Buried

Immune Health: Your Firm Foundation. Your immune system is your body’s foundation for good health. Discover how to **Boost, Build, and Balance** for better immune health.

Balanced Living Tract

- Immune Health: Your Firm Foundation

Life After Loss: Growth out of Grief. Loss has many faces and touches every life. Is there a way to navigate the storms of life and develop strength, security, and even serenity? There is hope for mourners.

Balanced Living Tract

- Life After Loss: Growth out of Grief

Lifestyle Links Diabetes: Hope for the Diabetic. Diabetes is a slow and silent killer of epidemic proportions. Discover powerful tools that fight obesity and can prevent, slow, and even reverse diabetes and prediabetes.

Balanced Living Tract

- Lifestyle Links Diabetes: Hope for the Diabetic

Lifestyle Links for Healthy Blood Pressure. 150 million Americans suffer from high or elevated blood pressure. The **ABC's** of healthy blood pressure will give you the plan and the power to reverse high blood pressure—naturally!

Balanced Living Tract

- Lifestyle Links for Healthy Blood Pressure

Mind/Body Health Connections. Attitude, social networks, and lifestyle are woven together in their importance for physical and mental health. Powerful strategies for improving mind/body health.

Balanced Living Tract

- Mind/Body Health Connections

Quenching the Fires of Heart Disease. Chronic inflammation is the major culprit in heart disease. Little changes can make a big difference—we look at timely tips for reducing inflammation and improving heart health.

Balanced Living Tract

- Quenching the Fires of Heart Disease

Super Foods that Fight Cancer. Cancer is a large group of more than 100 diseases. Lower risk and fight sensible and smart if you are in a cancer battle.

Balanced Living Tract

- Super Foods that Fight Cancer

The Buzz on Beverages. When it comes to caffeine, are the “perks” worth the price? A no-nonsense approach to increasing energy—without artificial stimulants.

Balanced Living Tract

- The Buzz on Beverages

The Entertainment Trap. Are you controlling media, or is it controlling you? Media brain-lock can be broken—and replaced with real-time living and fulfillment.

Balanced Living Tract

- The Entertainment Trap

The Vegetarian Edge. Plant-strong choices will help you move toward better mental and physical health. Improve your quality of life and energy levels—one bite at a time!
Balanced Living Tract

- The Vegetarian Edge

These Doctors Still Make House Calls. We talk a lot about “health-care” benefits, but what about “self-care” benefits? Discover eight principles you can practice that will **add** better health and **subtract** a lot of ill health and suffering!

Balanced Living Tract

- These Doctors Still Make House Calls

Up in Smoke. Nicotine is no one’s friend. Are you thinking about quitting tobacco, or wondering how to help someone else quit? This program is for you.

Balanced Living Tract

- Up in Smoke

Who Can I Trust? Does an attitude of trust promote mental and physical health? In times of uncertainty and betrayal, is it possible to develop a mindset of trust? Learn healthy habits of trust in a flawed world.

Balanced Living Tract

- Who Can I Trust?

NOW you can conduct this seminar in your home, church, or community and help others to *Live a Balanced Life!*

Visit LifestyleMatters.com or call 866-624-5433