



Wellbeing Insights

Living a Better, More Vibrant Life

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December

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Shedding the Weight from New Year's Resolutions

It's that time again – the end of the year and time to set your sights high for personal improvement in 2019. Millions of Americans will once again resolve to better themselves with vague and lofty goals such as getting healthier, advancing their career, becoming better spouses or parents, or the crowd favorite – losing weight, which is pursued by 100 million people at any given time.

It is not by chance that this is the most frequently sought-after goal in our country with

widespread weight bias and the constant message that our weight is somehow a measure of our health, our worth, our ambition ... the list goes on. However, time after time weight loss fails to produce the long-term results people are seeking. Here are some things to consider before committing to weight or diet resolutions in 2019:

1. The promotion of weight loss is purely for profit – a lot of profit. In fact, the weight-loss industry is worth \$70 billion and growing by the year. This

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Shedding the Weight from New Year's Resolutions

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industry is dependent on repeat customers who believe the reason they don't see the lasting results they're after is their own fault – a lack of will power or discipline.

2. Weight is an imperfect indicator of health. According to the research, nearly 1/3 of obese adults are metabolically healthy. Furthermore, profound improvements in health and quality of life can be attained even in the absence of weight loss. Unfortunately, most people who lose weight regain it within a few years, and many gain back more than was lost, making weight loss a strong predictor of weight gain in the long term. This also leads to repeated attempts at weight loss commonly referred to as yo-yo dieting. Research suggests that this continued weight cycling can have negative health consequences.

3. Losing weight may not make you happy. Our bodies are our homes, and far too many people stay at war with their own bodies instead of caring for them with kindness and gratitude. A weight-loss mindset can lead to undue stress, cruel self-talk, shame and comparison – none of which

support happiness, health or overall wellbeing. Focusing on our weight can also keep us distracted with our body's appearance over its function. You should never feel as if it's you versus your body; you are one whole person, and there are a lot of important things the scale can't tell you, such as how great of a parent/friend/spouse you are, how intelligent you are, the positive impact you have on those around you and so much more.

So if weight loss is not the best goal, what is? The answer is different for everyone, and it requires some real self-reflection.

Typically, we are trying to lose weight because we believe it will magically lead to some other positive outcome. And why wouldn't we with the constant messages tying health, happiness and success to being thin? Some of those desired outcomes are listed here, with suggestions for goals you can build out or customize.

If you desire: Consider a resolution focused on:

Feeling more confident; improving body image

- Identifying and utilizing your strengths
- Transforming negative self-talk
- Taking a media literacy or body image course online

Feeling more powerful, capable or energized

- Finding a proper fitness routine to build strength
- Evaluating your nightly routine, sleep quality and habits
- Training in energy management

Becoming healthier or improving health risk

- Changing your relationship with food
- Finding forms of physical activity that bring you joy
- Advocating for yourself in a health care setting

Bacon, Aphramor; Weight Science: Evaluating the Evidence for a Paradigm Shift. 2011. Mann, Tomiyama, Ward; Promoting Public Health in the Context of the "Obesity Epidemic": False starts and Promising New Directions. 2015.

“
Before you try to **lose**
another pound,
go within to see what
you're trying to **gain**.
”

- PSYCHOLOGY OF EATING



On the Menu

Kimchi

Kimchi (also known as gimchi or kimchee) is a traditional fermented food and staple side dish in Korea. The creation of kimchi can be traced back to the 12th century in Korea at which time fermenting vegetables was a way to save them for consumption through the winter months. This spicy and sour favorite is so popular in Korean culture that they consume about 40 pounds per person each year! While kimchi's peak popularity may be in Korea, it is enjoyed by people all over the world.

Kimchi traditionally includes an assortment of vegetables and spices such as Napa cabbage, radish, scallion, cucumber and red chili paste. It can also include other ingredients such as garlic, ginger and red pepper powder. (In Korea, up to 75% of kimchi is homemade and has taken on hundreds of variations.) Once the ingredients are combined, the mixture goes through a fermentation process, which can last from a couple of days to several months. Once fermented, kimchi is a probiotic food, promoting a healthy gut flora and a host of other nutritional benefits, including:

- Improved digestion
- Raised immune function
- Large dose of fiber and antioxidants

Keep It Fresh

Kimchi can last up to three months in your refrigerator if it has been opened and about a year for unopened containers. It is important to make sure that it hasn't been pasteurized, meaning that it hasn't been heated, which kills off the beneficial bacteria.

Homemade Kimchi

Ingredients:

- 2 heads Napa cabbage
- 5 green onions, chopped
- ½ small white onion, minced
- 2 cloves garlic, pressed
- 1¼ cups sea salt
- 5 Tbsp. Korean chili powder
- 2 Tbsp. white sugar
- 1 Tbsp. fish sauce
- 1 tsp ground ginger

Directions:

1. Cut the cabbages in half lengthwise and trim the ends. Rinse and cut into pieces, about 2-inch squares.
2. Place the cabbage into large resealable bags and sprinkle salt on the leaves so they are evenly coated. Use your hands to rub the salt into the leaves. Seal the bags and leave at room temperature for 6 hours.
3. Rinse the salt from the cabbage leaves and then drain and squeeze out any excess liquid. Place the cabbage in a large container with a tight-fitting lid.
4. Stir in the fish sauce, green onions, white onion, garlic, sugar and ginger.
5. Sprinkle the Korean chili powder over the mixture. Wear plastic gloves to protect your hands and rub the chili powder into the cabbage leaves until evenly coated.
6. Seal the container and set in a cool, dry place. Leave undisturbed for 4 days.
7. Refrigerate before serving, and store in the refrigerator for up to 1 month.

Recipe from allrecipes.com

Nutrition Info

Per Serving (¼ cup serving)

Calories	146
Carbohydrates	2.4g
Sugar	1.4g
Fiber	0.9g
Protein	0.5g
Sodium	1916mg



Mindful Minute

The advent of the holiday season can evoke an array of emotions, including feelings of being overwhelmed. Preparing dishes, shopping, parties, family, performances and more can feel like too much to manage. Perhaps you're the one who makes those special decorations that everyone loves or the one food dish that is requested for seemingly every party. Or, maybe you're the one who always picks up family from the airport. The requests to do more during an already event-filled time of year can feel like a lot to manage, especially on top of normal, day-to-day obligations. It is important to remember that just because you can do something, doesn't mean you should and that it's okay to say no. However, that's always easier said than done, so here are some **tips to help empower you the next time you need to say no:**

■ **If your schedule is full, saying no guards your priorities.**

If you agree to do something that you don't really want to do, something that is important to you has to get booted off your list. So you might view saying no as a way to actually say yes to your important commitments.

■ **You don't owe an explanation.** We often feel as though we can't say no unless we have a really good excuse; that's not true. If you don't have the capacity or desire to commit to something, you can respectfully say no without offering any excuse or explanation. It is not a negative reflection on your character to say no.

■ **Keep it simple and courteous.** You can be kind and firm at the same time. For example, "I can't add anything else to my calendar this month, but it means a lot that you thought of me." Or, you might try proposing an alternative such as "I share your enthusiasm; thank you for asking me! While I cannot do X, I am able to do Y (or recommend someone else)."

Seize the Freeze with Winter Play

Getting outside any time of year has many powerful health benefits, but finding fun outdoors during the winter months can be challenging as we fight the slow slide into hibernation. Research from the University of Tampere in Finland shows that combining physical activity and nature offers amplified improvements to overall wellbeing, including emotional and mental wellbeing, both of which are of prime importance during the winter months when the winter blues and even Seasonal Affective Disorder (SAD) become common. Our advice is to seize the freeze – grab your mittens, hat, scarf and boots, then head outside for some brisk and blustery fun!

Connect to your inner child. A good old-fashioned snowball fight, snow fort building or sledding are nostalgic ways to put a smile on your face and warm up your heart.

Hit the slopes. Snowboarding, skiing or tubing are sure-fire ways to pump up a bit of adrenaline and get the blood flowing.

Or stay on flat ground. Ice skating is a popular wintertime activity that is often under-appreciated. Don't limit this to a once-a-year outing; instead, sign up for a class or give ice hockey a try. Another popular activity for recreation and fitness is snowshoeing. It extends your hiking or running season into the winter, offering a low-impact, aerobic exercise and, more often than not, amazing scenery! If you're really looking for a winter wonder workout, hop on a fat bike, and get ready for the ride of your life. Equipped with wide tires, between 4" and 5", fat bikes float on the surface of snow where normal mountain bikes or road bikes would sink. You can burn up to 1,500 calories an hour in soft conditions. The popularity of these snow bikes is increasing, and public trails are now being groomed for them. They're rentable at nearby outfitters or bike shops and vary in cost.

Buddy up. All of the activities we've cited are perfect to do with a friend, kiddo or group. Planning with someone else will help you stay accountable when you want to stay inside and will also make the experience more enjoyable. You might even plan a fun way to warm up and keep the good times going after your winter play date as an added reward.

No matter what activities you choose, it's critically important to [dress appropriately](#) when heading outside for a winter workout. You will need a moisture-wicking base layer, an insulating mid layer, and a wind- and water-blocking outer layer.

Essential Oils 101

The popularity of home remedies has increased largely over the past decade, with the use of essential oils being a widespread area of interest. For those who are new to the trend, essential oils are extremely potent extracts derived from plants to capture their scents and overall therapeutic properties.

The use of aromatic essential oils dates back many centuries to the ancient Egyptians who used essential oils to treat a variety of conditions. Today, many people still use essential oils to alleviate minor ailments, such as headaches and nausea, or for relaxation and better sleep. If you are new to using essential oils, here are some basics you should know:

1. Different oils contain different beneficial properties. There are a whole host of essential oils available, and each contains its own set of beneficial properties. If you want to integrate them into your routine, below are some reasons why you might do so and types of oils you might explore:

2. Ensure you have a quality oil.



Stress Relief

Chamomile, Lavender, Rose, Rosemary, Vetiver, Ylang Ylang



Immune Support

Eucalyptus, Lemon, Oregano, Tea Tree, Peppermint, Frankincense



Skin Issues (blemishes, redness, scarring)

Basil Oil, Clary Sage, Frankincense, Hyssop, Myrrh, Orange, Vetiver



Insect Repellent and/or Bite Relief

Cedarwood, Eucalyptus, Peppermint, Spearmint, Tea Tree



Antibacterial or Antifungal

Clove, Grapefruit, Oregano, Tea Tree



Digestive Relief

Peppermint, Fennel, Ginger

These are just a few examples from the large variety of essential oils available. It is important to keep in mind that with any oil, one person's experience with it can vary greatly from another's. Scent preference and sensitivity to different oils should be kept in mind when exploring oil options.

Unfortunately, there are many essential oil companies that use dishonest claims or unethical business practices to adulterate oils with false ingredients. Avoid brands that use false labeling, such as "Therapeutic Grade" or "Certified Pure." There is no regulating agency that certifies essential oils; therefore, this terminology is misleading. High-quality suppliers will normally include the plant's Latin nomenclature and will say where and how the oil was derived.

3. Use the oil properly. What may be the most important factor in the use of essential oils is using them safely and correctly. True essential oils are highly concentrated and can be very irritating if placed directly on the skin or used in large amounts. Also, many essential oils are toxic and should never be ingested unless under the specific guidance of a health care professional.

Here are some ways to safely use essential oils:

- Topically. Mix a few drops of oil with a "carrier oil," such as coconut or jojoba oil that allows you to apply the oils topically. Always do a patch test when applying a new oil directly to the skin. Apply the oil mixture to pressure points like wrists and temples or use in an aromatherapy massage.
- Add a few drops to your bath.
- Simply inhale right out of the bottle for aroma-therapeutic benefits.
- Use an electronic diffuser. A diffuser will warm the oil and disperse a fine mist into the air, filling the room with the aroma and healing benefits.

DIY: Spicy Holiday Diffuser Recipe



The orange in this recipe is invigorating and aids in stress relief. Combined with warm notes of cinnamon, nutmeg and clove, this combo makes for a truly inviting and comforting aromatherapy blend. Add the following amounts to your favorite diffuser:

- 20 drops sweet orange
- 4 drops cinnamon bark
- 4 drops nutmeg
- 4 drops clove

Holiday Savings Tips

Tired of starting the New Year out with a mountain of debt? You are not alone. Bringing in the New Year should be a time for you to celebrate, but too many people spend it stressing about how to make the next credit card payment. The good news is this problem has a simple fix that starts with some good planning.

- 1. Create a budget.** Most people start their holiday shopping out by making a list of who they need to buy for. How do you know what you can afford to buy without knowing how much you can actually spend? Come up with a number that is reasonable and then you can start making your list (and checking it twice).
- 2. Participate in family “jingles” instead of buying a gift for everyone.** Many families set up Jingles, Secret Santas or Yankee Swaps so that everyone gets a gift without having to buy for every member of the family. Another alternative is for everyone to pitch in low-dollar gifts and then play “Minute to Win It”-type holiday games to determine gift winners.
- 3. Shop online.** Many websites, such as Amazon or eBay, give you multiple sellers all in one location and even have free shipping. This gives you confidence that you are getting the best deal and saves time.

- 4. Use credit cards as a last resort.** It’s always fun to have a big pile of cash in your hands, but more importantly it helps you stick to your budget since what you have is what you can spend. If you end up having to use your credit cards, do not put anything on it that you can’t pay off at the end of the month.



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Contributing Writers

- Abby StevensonSenior Wellbeing Account Manager
- Anna Panzarella Wellbeing Consultant
- Bridgette O’Connor Senior Wellbeing Consultant
- Joe Oberoi Wellbeing Coordinator/Account Manager
- Mike Kasecamp VP Retirement Plan Consultant
- Angie Kennedy Senior Wellbeing Consultant
- Lori Jolly Tax Office Solutions Administrator

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