



Wellbeing Insights

Living a Better, More Vibrant Life



Move for Life Building Vitality with Meaningful Movement

The new year brings a sense of possibility and a fresh start as millions embark on their quest for becoming better versions of themselves. Year after year, a crowd favorite for these resolutions is to exercise more. With its continued popularity, one can surmise that not many people are succeeding at sustaining the active lifestyle they seek. Behavioral research has discovered compelling explanations as to why so many of us struggle to remain active despite our intense desire to do so, and it's all about developing a deeper understanding of motivation.

Think about the reasons you feel you should exercise. The list likely includes to get fit, change the way you look, reduce disease

risk or improve overall function. And while these are great byproducts of physical activity, research is clear that they are poor long-term motivators for two primary reasons:

1. We're motivated by emotions, not logic.

While improving health may be a logical argument in favor of physical activity, it's not particularly motivating. How we feel about an activity plays a much larger role in our decision to engage in that activity than what we think about the benefit. It doesn't take a behavioral expert to know that humans tend to move toward things that are pleasurable and away from things that are unenjoyable.

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2. We're hardwired to want immediate gratification.

"Better health" is simply too abstract and future-oriented to be a catalyst for action in the moment. For a few weeks, or even months, you may be able to use self-discipline to engage in exercise. However, eventually the desire to feel good right now will take over, leaving you to falsely believe that you are somehow a failure or lacking willpower, which is simply not true.

Fortunately, there's a way to use this science to our benefit in a way that can lead to a lifetime of being active. If we're able to examine how different types of movement might bring us immediate gratification by triggering desired emotions and fulfilling social and psychological needs, willpower and self-discipline are no longer necessary. In other words, we can shift our mindset about physical activity from "need to do" to "want to do."

It starts with some introspection. If we're motivated by what will make us feel good right now, we can start by identifying how we want to feel. It might help to think about activities you've enjoyed in the past, even back to childhood; think about why you liked them. Then think about what activities might bring you those same feelings now.

A few things to note as you build out your list of whys:

- **Don't limit yourself to just one why.** Most people will have several needs that can be at least partially fulfilled by movement.
- **Focus on the benefit over the intensity.** You may find yourself discounting activities that are considered low intensity. However, low-intensity movement can be hugely beneficial not only for improving physical fitness but also for our mental and emotional wellbeing.
- **Build quality before increasing quantity.** You might come out of this with an overwhelming list of things to try. Simply pick one or two to start and give yourself permission to fail. You might journal or at least take mental note of how you feel during and after each activity to help.
- **When something is working, make a plan for sustainability.** Whether it's scheduling the time or making a monetary investment, determine how you'll prioritize your activities.

Once you are able to identify your true whys for physical activity and how various types of movement can help you fulfill your needs and desires, you're well on your way to a lifetime of meaningful movement!

Here are some examples of desired benefits and activities that may help fulfill that need:

<p>The Why for Movement: Connect to childlike joy</p> <p>You Might Try: Roller skating Trampoline park Jump rope</p>	<p>The Why for Movement: Interact socially with others</p> <p>You Might Try: Recreation sports league Group walk Hike</p>	<p>The Why for Movement: Tune into body & mind; a meditative/cathartic experience</p> <p>You Might Try: Yoga Tai Chi Hiking Swimming</p>	<p>The Why for Movement: Sense of adventure or adrenaline rush</p> <p>You Might Try: Rock climbing Rafting Skiing Snowboarding</p>
<p>The Why for Movement: Self-expression</p> <p>You Might Try: Dancing Skating</p>	<p>The Why for Movement: Release energy & get out of your head</p> <p>You Might Try: Running Biking Kickboxing Tennis</p>	<p>The Why for Movement: Connect with Nature</p> <p>You Might Try: Walking Hiking Gardening Rafting</p>	<p>The Why for Movement: Have fun Let loose</p> <p>You Might Try: Any activity you find fun It's different for everyone</p>

On the Menu

Bone Broth

With cooler temperatures upon us, this time of year calls for nourishing foods and cozy drinks by the fire. Bone broth fits the bill as a nice winter beverage that is both comforting and chock-full of essential nutrients. Although bone broth is a simple concoction – bones, some vegetables, herbs and water – its health properties have led to its use as a medicinal remedy for centuries.

Ancient hunter-gatherers made bone broth to utilize every part of their hunted animals, and ancient Greeks reportedly drank bone broth to aid digestion. Since then, bone broth and stocks have become a mainstay of almost every culture's culinary traditions. From Japanese ramen to Vietnamese pho to American chicken soup, it's the base for a variety of worldwide comfort foods.

Essentially bone broth is made by simmering the bones and connective tissue of an animal with herbs and veggies in water for up to 24 hours. This slow-cooking process allows connective tissues to break down and creates a liquid that is rich in vitamins, minerals, amino acids and essential fatty acids. Here is a quick look at some of the nutritive properties of bone broth:

- Excellent source of gelatin, which promotes collagen production that may be beneficial for skin, hair and nail health
- Rich in amino acids, especially glutamine, which can aid digestion by healing the gut's intestinal barrier
- Contains glycine, which supports the central nervous system and can promote better sleep quality
- Rich in nutrients that support bone and joint health, such as hyaluronic acid, glucosamine, chondroitin, calcium and magnesium. These nutrients support joint mobility, which is one reason bone broth is popular among athletes.

How to Purchase

Bone broth can be purchased in most grocery stores in the soup or stock section. When buying a commercially packaged product, make sure the ingredient list only contains wholesome, real-food ingredients like those you would use in your own kitchen. Avoid products with additives, colorings

or flavor enhancers. Aim to find a product that uses organic and/or grass-fed beef bones or pasture-raised poultry bones.

Keep It Fresh

Bone broth can be kept frozen for up to a year. Homemade broth or commercially purchased broth that has been opened can be kept sealed in jars or bags in the fridge for up to 5 days.

Homemade Bone Broth

Ingredients:

- 3-4 lbs. grass-fed beef bones or organic chicken bones
- 3 carrots, cut into large pieces
- 3 stalks celery, cut into large pieces
- 2 large onions, skin on, cut in half
- 6 cloves garlic
- Small bundle fresh parsley
- Small bundle fresh thyme
- 3 Tbsp. apple cider vinegar
- 2 bay leaves
- 2 tsp. whole black peppercorns
- Filtered water
- Sea salt

Directions:

Place bones in a slow cooker or large stock pot and add the vinegar and enough water to cover the bones by about an inch. Stir in the rest of the ingredients except for the salt. If using a stock pot, bring the water to a boil and then immediately turn down the heat to a simmer. Let simmer uncovered for 8 to 16 hours. If using a slow cooker, cook on low setting for 12 to 24 hours. Strain and discard the solids. Season with sea salt to taste.



Nutrition Info

Per serving (1 cup)

Calories	86
Total Fat	2.9g
Carbohydrates	8.5g
Sodium	346mg
Fiber	0g
Protein	6g

Adapted from *Power Souping* by Rachel Beller, RD

DIY

Ultimate Detox Drink

Containing a who's who of nutritional superheroes, this beverage will be your secret weapon to cleanse the body and boost energy. Drink it three times per day, ideally 20 minutes before each meal for two weeks. Then, decrease consumption to once per day.

Ingredients:

- 12–16 oz. warm or hot water
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. lemon juice
- ½–1 tsp. ground ginger
- ¼ tsp. cinnamon
- 1 dash cayenne pepper
- 1 tsp. raw, local honey (optional)

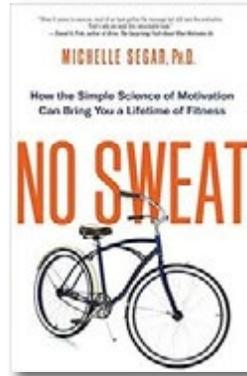


Directions:

Mix all ingredients together and enjoy! Maximum benefits are achieved when consumed warm, but you may chill it if you prefer.

Book Nook

“No Sweat” by Michelle Segar, Ph.D.



This book takes readers on a journey to completely redefine their relationship with physical activity. Michelle lays out the science behind motivation and behavior change in an easy-to-digest format before offering a step-by-step method for putting it to work in our lives. She defines this method using the acronym MAPS – Meaning, Awareness, Permission, Strategy.

This book has one “ah-ha” moment after the next as it enables you to peel back the layers on past failures and realize that there may be nothing at all wrong with your willpower, but rather your mindset around movement. Discover how to be active for a lifetime and enjoy movement more than you ever have.

*Reviewed by Abby Stevenson,
Engagement & Wellbeing Consultant*

Mindful Minute



While many of the challenges related to the pandemic will linger in 2021, it is still a chance to reflect and reset, **finding opportunities for gratitude and growth.**

- Find a quiet place to sit comfortably where distractions will be limited for 15 minutes.
- Reflect on challenges faced over the past year. Regardless of the outcome, can you bring a sense of grace to your reflection? Offer yourself compassion as you would to a loved one – a reassurance that you are enough and have done enough.
- Now shift your attention to the bright spots of your past year. Think about those things that are positive and worthwhile in your life and appreciate their impact. Express gratitude for who and what you have. Consider how you might cultivate more of this positivity in the coming year.

This is a refreshing way to begin the year, focusing on how to look forward to new opportunities for growth with reflection, gratitude and positivity for 2021.

Take Control of Your Debt

In 1972, psychologist and Stanford University professor Walter Mischel conducted a study in which children were given the option of eating one marshmallow immediately or waiting to have two marshmallows later. This groundbreaking experiment came to be known as the “Stanford marshmallow experiment” and a classic study of delayed gratification. Follow-up studies revealed that those children who waited for the bigger reward tended to have greater success later in life.

When it comes to making financial moves, the same idea holds true – delayed gratification pays off in the long run. Saving up until you have enough money to make a purchase is smarter than making payments with interest over time. Some financial experts recommend avoiding debt entirely; however, if you do take on any debt, the reason why makes all the difference.

In some instances, you’re incurring debt to improve your life in a lasting, meaningful way, such as buying a home, getting an education or starting a business. This type of ‘good debt’ may include home mortgages and student or business loans taken with the intention to improve your life and ultimately put you in a better financial situation.

Almost every other kind of debt falls into the category of ‘bad debt,’ which does not make a lasting, positive change. This may include auto loans, credit cards, store credit or other types of revolving credit. These types of debt generally have higher interest rates and fees so that you end up paying more than the actual worth of your purchase.

When it comes to debt, there are three common mistakes:

- 1. Focusing only on the present.** Financing purchases can not only add additional dollars to the item’s price through interest but also create situations where paying for the item is more financially difficult down the road.
- 2. Failing to understand all of the terms.** Misunderstanding the fine print on your agreements can add up in the long run. Pay attention to interest rates and look out for items that may require additional spends down the road such as annual fees.
- 3. Incurring debt without a set payoff strategy.** To get on the road to repayment you need to understand how much debt you actually have and what steps you’ll take to pay it off. There are many different methods to pay off debt, for example, paying the debt associated with the highest interest rate first or paying smaller amounts of debt in full to check things off your list. Regardless of which method you choose, make sure you always pay at least the minimum payment on each account each month.

Be smart in how you manage debt. If there's a way to significantly lower your interest rate, such as transferring balances to lower rate cards or negotiating with creditors for better terms, do so. Make sure you aren't just switching cards or refinancing loans to save 0.1% in interest. Applying for credit too often will cause your credit score to decrease, and this can have major negative ramifications. When it comes to borrowing money or financing large purchases, higher credit scores can give you access to better options such as lower interest rates, better terms and more availability to borrow. These options can help create more manageable debt-repayment situations for you in the future. Taking control of your debt and increasing your credit score are key to establishing financial freedom.



The Importance of Preventive Care

Many have grappled with whether or not to seek their normal preventive health care amid the pandemic. More factors than ever are weighing into this decision as we each determine our best path to health. Despite challenges, prevention remains an important factor in tending to our long-term health.

What is preventive care?

While regular medical care focuses on treating illness, preventive care aims to keep you from getting sick in the first place by focusing on helping you maintain good health. Examples of preventive care include:

- Physical examinations
- Health screenings
- Lab tests
- Counseling
- Immunizations

Preventive care occurs before you feel sick or notice any symptoms and is designed to prevent or delay the onset of illness and disease. The CDC states that treatment for chronic diseases works best when they are detected early.

Why should I use preventive care?

Preventive care is important because it helps you stay healthy and access prompt treatment when necessary. For example, many types of screenings and tests can catch a disease before it progresses. Starting treatment or lifestyle changes before a disease starts or while it's in its early stages will help you stay healthy or recover more quickly.

Additionally, engaging in preventive care is a relationship-building tool for you and your doctor. This can make you feel



more comfortable seeking care if you ever do have a health concern and will help your doctor have a robust health history to ensure the best care possible.

What's next?

For more information on preventive care and your health, contact your doctor today. If you have concerns, feel free to ask them about their pandemic safety protocols and procedures or ask about telehealth options.

National Blood Donor Month



Blood banks and hospitals are plagued by short supply in the winter months year after year. Holidays, travel schedules, inclement weather and illness all contribute to this yearly dip in donations. This year, blood banks are being hit harder than ever due to the pandemic.

January in particular is the most challenging month to recruit donors. For this reason, since 1970, it has been dubbed National Blood Donor Month.

The demand for blood to meet the needs of patients for cancer care, surgery and major trauma is approximately 44,000 donations per day, regardless of the time of year. In fact, 4.5 million Americans would die each year if not for blood transfusions.

If you're in good health and volunteering or giving back is on your list of resolutions for 2021, pledging regular blood donations is an easy way to offer a lifesaving gift to patients in need. If you're interested in giving blood, contact your local [Red Cross](#), ask your local hospital or keep an eye out for employer-sponsored blood drives.

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Contributing Writers

Abby Stevenson Engagement & Wellbeing Consultant
Stan Milovancev Executive VP, CBIZ Retirement Plan Services
Amy Snyder Sr. Engagement & Wellbeing Consultant
Abby Carter Wellbeing Specialist
Joe Oberoi Engagement & Wellbeing Account Manager

Visit the CBIZ Engagement & Wellbeing website at cbiz.com/wellbeing