



Wellbeing Insights

Living a Better, More Vibrant Life



PUMPkin It Up! Tips for Autumn Activities

Autumn is prime time to reevaluate your line-up of physical activity. For most of us, this change in season can have a big impact on how and when we get moving. And while the weather is often absolutely perfect for outdoor activity, shorter days mean there's less usable time to make it happen, and many people begin battling lack of energy. Here are some tips to help use these beautiful fall months to boost energy, connect with nature and gain momentum going into the holiday season:

Consider your harvest. Just as autumn is a season of harvest, so too can we consider what we want to reap from getting our bodies moving and enjoying nature. Perhaps it's boosting your energy or spending quality time with a loved one or pet. Conversely, you may be seeking a

way to unplug and unwind with some alone time. Identifying your goals will help you stay motivated and assist with selecting the activities that are right for you. For example, if you're hoping to "harvest" connection and friendship, you might consider meeting a friend for a hike. If you want to unwind and connect with nature, you might consider a solo trip on the trails.

Get your family involved. Enjoy a family bike ride, scavenger hunt, game of backyard football or raking leaves (and, more importantly, playing in the piles). Or, take the adventure beyond the backyard by heading to a local corn maze, botanical garden, orchard or farmstead to enjoy the available activities. *For tips on planning a day at the orchard or farmstead, see page 3.*

In This Issue

**October:
Chiropractic Care Month**

- PUMPkin It Up! Tips for Autumn Activities1
- Mindful Minute2
- Planning a Sweet & Successful Family Day at the Orchard3
- On the Menu: Super Seeds4
- Chiropractic Care 1016



Tips for Autumn Activities Continued from page 1

Utilize technology. If you get bored with your normal neighborhood walk or are simply looking for a new adventure, tap into technology. Websites like [DiscoverTheForest.org](https://www.discovertheforest.org) and apps such as [TrailLink](https://www.traillink.com) and [AllTrails](https://www.alltrails.com) help you locate parks and trails near you. You can even specify how far you're willing to travel, the trail length and difficulty, and amenities you'd like to have, such as bathrooms, a disc golf course or handicap access.

Incorporate some downtime. A great way to get some beneficial downtime is with forest bathing. The idea behind forest bathing is simple – when a person visits a natural area (e.g., forest, park, hiking trail), unplugs from technology and allows themselves to be immersed in nature, there are calming and rejuvenating benefits provided by the environment. *For a simple practice to help you connect with nature in a mindful way, check out our Mindful Minute segment below.*

Stay safe. While it's wonderful to get out into nature to enjoy some activity, it's important to remember these safety precautions to keep yourself protected:

- **Hydrate.** Drink a glass of water shortly before you head out for your activity and another when you return.
- **Stay in well-lit areas.** Sunset is coming a bit earlier, so be sure to adjust your walking time to be home by dark if that makes you feel the safest. At minimum, ensure that you're going to be in parks, trails or areas where there is good lighting. Save your first trip to a new trail for the daylight and/or when you will have a buddy with you.
- **Don't go too far off grid.** While we advocate for tune-out time from texts, calls and other interruptions, do take a phone with you in case of an emergency. If you want some peace and quiet, put it on silent. Before you take off, make sure someone knows your intended destination, especially if you'll be trying out a new area.

- **Keep your ears open.** Taking in the sights and sounds is fantastic, but it's also important for safety. If you're listening to music, either keep it at a low level or only put in one earbud. Save the noise-cancelling headphones for another occasion.
- **Mind the traffic and make yourself visible.** Wear light or bright colors and add reflectors if the sun will be going down during your activity.
- **Complete a post-activity stretching session.** Whether you were out for a light stroll or a competitive game, include a post-exercise cool down when you get home.



Mindful Minute

Autumn brings a boundless supply of natural beauty, but it can be easy to get swept up in planning for the upcoming holiday season. This month's exercise, referred to as **natural observation**, is designed to connect us with the beauty of the natural environment by helping us slow down to view the marvelous world around us.

Identify a natural thing near you, such as a flower, bug, tree, cloud or stone. Spend a minute or two truly observing this object. Provide your undivided attention to it, noticing and exploring the details as if you were seeing the object for the first time. What role is it playing in nature? Pay attention to things like shape, color and movement, getting curious and noticing each little detail.

This time of year lends itself perfectly to practicing natural observation. Not only will you find yourself noticing and appreciating things that are typically taken for granted, you may find nature to be a calming and centering force that helps you cope better with everyday stressors. Try this technique as a way to elevate your brisk autumn walks by stopping at your favorite spot to practice a moment of natural observation. Or, as you're walking, pick an object, such as a tree, that is in the distance and notice how the details become clearer and clearer as you approach.

Keep in mind, you don't have to be outdoors for natural observation. It's a great way to connect with nature when you're stuck indoors as well; all you need is a window!

Planning a Sweet & Successful Family Day at the Orchard

Many farms across the country are eagerly awaiting your family to pick and taste the fruits of their labor, from blueberries and apples to sour cherries and sugar snap peas. Whether it's an annual trip in the fall to pick the perfect pumpkin or a summer haul for strawberries, a day at a local orchard is fun for adults and kids of all ages. Here's how to make the most of your visit:

Check the schedule. To find a farm near you, use the [U-Pick Farm Locator](#). Check the farm's website for hours and seasonal picking options. Weather conditions and demand determine the supply of a farm's produce, so double check before you head out.

Know the costs. Some farms are more budget friendly than others, from parking and entry fees to the cost of the fruit and local honey. On average, the cost of pick-your-own fruit is less than at your grocery store, but it's not free. Check out the fees for other activities, such as animals to visit, tractor

rides, giant slides and even pumpkin cannons, and make sure you know which forms of payment are accepted.

Dress appropriately. On sunny days, walking the rows of an orchard can feel sticky; stay cool by wearing a baseball cap or sun hat. A bandana can help keep the sweat out of your eyes. Consider wearing long sleeves or pants when picking fruits grown on thorny or prickly bushes. Wear sneakers or comfortable walking shoes; no flip flops. Carry a backpack so you can bring reusable water bottles or a fanny pack for a hands-free experience.

Take bug spray and hand sanitizer. A little dirt never hurt, but if you plan on enjoying some of your fruit, picnicking on the grounds or petting goats, bring hand sanitizer. And spray a round of bug repellent to protect your crew from bites.

Follow the farm rules. It may go without saying, but be respectful of the farm and the fruit. Picked fruit needs to be handled gently to avoid bruising. Leave

fallen fruit alone; it's not an appropriate place for a sister to pelt her brother with a mushy peach. It can be tough for little ones to resist eating plump blueberries right off the bush, but remind them to follow the rule to "pay for what you pick."

Know when and how much to pick. Have your kids Google how to identify when a fruit is ready to be picked. For example, berries don't continue to ripen after they're picked, but other fruits, such as peaches, will. If the temperatures are hot and you have a long drive home, bring a cooler to transport produce and fresh flowers that tend to spoil quickly. Consider how much your family will consume raw, turn into jams or smoothies, or freeze for later to help avoid the temptation of over-picking.

Smile for the camera. A farm is a fantastic place to take family photos, so be sure to bring your camera. If you share on social media, be sure to tag the farm. Local farmers are small businesses that appreciate the plugs.



On the Menu

Super Seeds

When many people think of seeds, they often think of crops and the planting of seeds for farming. But before modern farming practices were in place, foraging seeds for consumption was commonplace. This practice dates back thousands of years. For example, the Aztecs boast the first record of chia as early as 3500 B.C. While the ways in which we gather and use seeds have changed over time, seeds have remained a staple in diets and for very good reason. Seeds, such as chia, pumpkin and hemp, may be the smallest power-packed foods available. These superfoods can be ground, roasted or sprinkled to deliver tons of health benefits. Seeds are wonderful sources of plant-based healthy fats, fiber and minerals. For such a tiny package, the impacts on your body can be quite large. Seeds are incredibly nutrient-dense and loaded with:

- **Iron** – Helps your body make proteins that carry oxygen-rich blood throughout
- **Calcium** – Vital for bone strength and health
- **Magnesium** – Supports hydration and digestive and brain health
- **Phosphorus** – Needed for the body to make protein for the growth, maintenance, and repair of cells and tissues

In addition, seeds are thought to support a healthy weight, regulate blood sugar and fight inflammation. So, what exactly is a seed and how does it differ from a nut? Nuts usually have an outer shell that contains a dry fruit and one or two seeds. The shell is typically separated when the fruit is ready to eat and must be actively removed. Seeds are plants with a built-in, nutrient-rich seed coat. Seeds are usually ingested with their outer coats intact.

Keep It Fresh

The most important part of storing seeds is to keep them cool and dry. A temperature between 32° and 41°F is ideal, so your refrigerator is a good option. For long-term storage consider freezing completely dry seeds in a glass jar.

Interested in how you can start incorporating more of these superfoods into your diet? Here's a comparison of six popular seeds.

Seed	Key Nutrients	How to Incorporate	Notes
Chia	high in fiber, plant source of omega-3 essential fatty acids, calcium	chia pudding, chia topping, salads, smoothies	drink water with chia seeds since they easily absorb liquid
Flax	potassium, high in essential fatty acids	muffins, breads, egg substitute, smoothies	to unlock the healthy fats, you must use ground flax seed
Hemp	iron, phosphorus, magnesium, manganese, omega-3 & omega-6 fatty acids	salads, oatmeal, yogurt	very mild flavor, so they easily incorporate with a lot of dishes
Pepita or Pumpkin	protein, heart-healthy fats, magnesium, zinc, phosphorus	topping for soups and salads, energy bars, granola	pepitas are pumpkin seeds, but they only come from certain types of pumpkins and don't require shelling
Sesame	copper, manganese, calcium, magnesium	stir-fry dishes, bagel topping, burger buns, salads, breadsticks	tahini is made from ground sesame seeds
Sunflower	B vitamin folate, vitamin E, selenium	sunflower butter, salads, muffins, breads	great alternative for those with a peanut allergy

Pumpkin Spice Chia Seed Pudding

Tis the season for all things pumpkin! This simple, make-ahead meal is the perfect start to your mornings on the go.

Ingredients:

- ½ cup coconut milk
- ½ cup almond milk or any other milk variety
- ¼ cup chia seeds
- ¼ cup pumpkin puree
- 2 Tbsp. maple syrup or honey
- 1 tsp. pumpkin pie spice
- ½ tsp. vanilla extract
- Optional toppings: fruit, nuts, cinnamon, whipped cream



Directions:

Mix all of the ingredients together in a bowl or canning jar for 1-2 minutes until everything is well incorporated. Cover and place in the fridge to firm up for at least 2 hours or overnight. Stir, add desired toppings and serve. Store leftovers in a sealed container or jar in the fridge for up to 4 days. Recipe yields 2 servings.

Nutrition Info

Per Serving

Calories	265
Total Fat	17g
Carbohydrates	26g
Sugar	14g
Fiber	8g
Protein	5g

Power Seed Bars

Looking for a way to pack in all of the benefits of many types of seeds? These bars are an easy, energizing way to enhance your snack game.

Ingredients:

- 1 cup coconut flakes (unsweetened)
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- ½ cup honey
- ¼ cup sesame seeds
- ¼ cup chia seeds
- ¼ cup flax seeds
- Pinch of salt
- Optional add-ins: sliced or chopped nuts, dried cranberries or any small dried fruit, 1 tsp. vanilla



Directions:

Preheat oven to 325° F. Mix the seeds and salt together in a bowl. Stir in warm honey until combined. Place a piece of parchment in an 8x8 baking pan (including sides). Spray lightly with oil. Pour seed mix into pan and spread the mix using a wet metal or silicone spatula. Work until you have a compacted, smooth surface at a uniform depth. Place on the middle rack in the oven for 40-55 minutes. The longer the baking time, the crispier the bars will be. Remove from oven, and cool completely. When completely cooled, take the parchment out of the pan, turn it over and remove the parchment. Cut into desired shapes or bars. Store at room temperature. Recipe yields 12 servings.

Nutrition Info

Per Serving

Calories	198
Total Fat	12.7g
Carbohydrates	18.7g
Sugar	12.4g
Fiber	4.7g
Protein	4.5g

Adapted from feastingathome.com.

Chiropractic Care 101

Chiropractic is a health care profession that focuses on the spine and other joints of the body. The word chiropractic means “to be done by hand.” Chiropractors use adjustments to restore joint function. While often considered alternative medicine, many people look to chiropractic care as a first line of defense against pain, as it is usually less invasive than some traditional pain relief measures. Estimates show that approximately 35 million Americans receive chiropractic care each year. The rise in the number of those seeking chiropractic care may be in part due to the Joint Commission officially recognizing the value of non-drug approaches by adding chiropractic to its pain management standard in 2015. In addition, chiropractic services are often covered by health insurance, including Medicare.

Let’s chat about two of the most commonly asked questions related to seeking chiropractic care.

What does chiropractic treatment involve?

Chiropractic treatment usually involves spinal manipulation. Spinal manipulation or spinal adjustment is a treatment that uses pressure on a joint of the spine. Manipulation can be done with the hands or a special device. The careful, controlled force used on the joint can range from gentle to strong and from slow to rapid. You may hear a cracking or popping noise. This is caused by small pockets of air or bubbles, which are in the fluid that surrounds your joints. When joint tissues are stretched, the pockets of air “pop,” which creates the sound. After this treatment, you may feel more movement in your back. However, the muscles may still be sore and tight.

The goal of chiropractic treatment is to increase movement in the joints and relax the muscles. Some chiropractors use heat, electrical stimulation or ultrasound to help relax your muscles before doing spinal manipulation.



In addition to spinal manipulation, chiropractors may use:

- **Soft-tissue therapy** to relax tight muscles, relieve spasm and release tension in the fascia (the connective tissue that surrounds each muscle)
- **Joint bracing/taping** (e.g., Kinesio taping) to support sprained joints or muscles as they heal
- **Exercises and stretches** to restore and maintain mobility and range of motion

What else can you expect when visiting a chiropractor?

While all chiropractors do things slightly differently, it may be helpful to understand what to expect. When looking for a provider, use your network and the power of Google to find a trusted, well-reviewed practitioner. Once you find a provider, confirm that they have an up-to-date state license. Lastly, it may be beneficial to check your medical insurance to see if they cover the services and contact the chiropractic office to determine pricing.

It may be recommended that you wear clothing that is not too restrictive on the day of your visit. During the visit, most providers will do a baseline physical assessment, which may include x-rays. Following the assessment, the chiropractor will develop a treatment plan that takes into account your general health and your goals. After your session, your provider should give you specific protocols to follow. This may include rest, hydration and light modification of activities for the day.

If you’re interested in seeking chiropractic care, speak with your health care practitioner, and do your research on its effects specific to the condition you’re trying to treat.

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