



Wellbeing Insights



BUILD YOUR OWN BITES

Green Smoothies

Green smoothies are an excellent way to get fast, easy, high-quality nutrition into your day. We've got a fail-safe formula for creating your own below, but first, a few tips to keep in mind before you get started:

- Frozen fruit works best to help get a creamy consistency and nice cold temperature without adding ice. Try to buy your fresh fruit in larger quantities when it's on sale, then prepare and portion it before throwing it in the freezer.
- Greens vary in their bitterness and fruits vary in sugar content. If using a bitter green like kale with a lower sugar-content fruit like berries, you're more likely to need a bit of natural sweetener.
- Avoid chunky consistency by blending greens with the liquid first. If using oats, we recommend blending that in first as well to avoid chunks.

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Looking for ways to boost your self-care routine? [Click here](#) for your daily inspiration!



Green Smoothies

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Liquid Base - 1 cup

- Coconut water
- Green tea
- Milk of choice: oat, almond, coconut, etc.



Greens - 1 cup

- Spinach
- Kale
- Collards
- Bok choy
- Romaine
- Bib lettuce
- Cucumber



Fruit - 1 cup

- Berries
- Banana
- Pear
- Mango
- Pineapple
- Apple
- Peach
- Green grapes



Creaminess - 1/2 cup (optional)

- Nut butter
- Avocado
- Greek yogurt
- Cottage cheese



Sprinkles - 2-4 Tbsp. (optional)

- Chia seeds
- Ground flaxseed
- Hemp seeds
- Collagen powder
- Oats
- Protein powder



Sugar & Spice - 1-2 tsp. (optional)

- Honey
- Agave
- Maple syrup
- Vanilla
- Cinnamon
- Ginger
- Turmeric

A few of our favorite combos!

Option #1

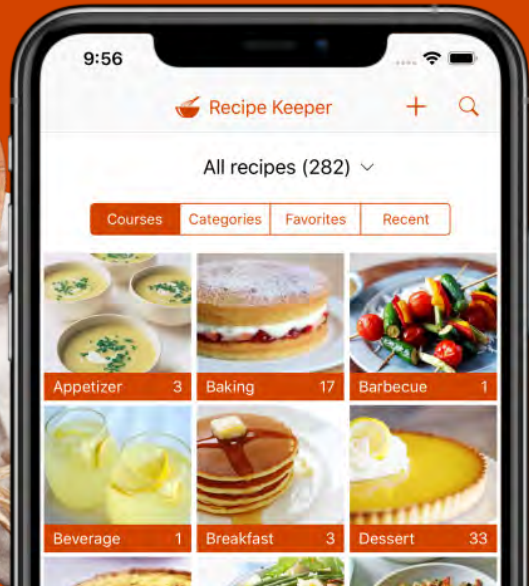
1 cup almond milk
1/2 cup spinach
1/2 cup cucumber
1/2 banana
1/2 peach
1/2 cup Greek yogurt
2 Tbsp. chia
1/2 tsp. ginger

Option #2

1 cup green tea
1/2 cup spinach
1/2 cup romaine
1 cup frozen green grapes
1/2 avocado
1 tsp. honey or agave

Option #3

1 cup oat milk
1/2 cup spinach
1/2 cup kale
1 cup pear
1/2 cup Greek yogurt
1 Tbsp. almond butter
1 Tbsp. flaxseed
1 Tbsp. honey
1/2 tsp. ginger
1/4 tsp. cinnamon
Sprinkle of nutmeg



APP IN A SNAP

Recipe Keeper

"Recipe Keeper has been a game-changer for me as someone who loves to cook and experiment in the kitchen. Adding recipes is a breeze — you can manually enter them from scratch or import directly from the web, where they transfer into an editable format. This feature is fantastic because I often use recipes as inspiration and tweak them to match my preferences. Sharing recipes is just as simple. The app formats them into a visually appealing recipe card, which has impressed my friends and family whenever I've shared my creations. I also love the flexibility to create custom categories and collections, tailoring the organization to suit my needs. The interface is intuitive and user-friendly, which is essential for me since I don't typically rely on apps. Recipe Keeper has become a staple for me over the years, serving as my hub for meal planning since it houses all my favorite go-to recipes."

[Click here](#) to download Recipe Keeper



Cook Your Way to Better Wellbeing: The Power of Homemade Meals

Cooking isn't just about feeding yourself — it's a powerful tool that enhances your social, physical, emotional and financial wellbeing. While it may seem like a chore at times, research shows that preparing meals at home offers significant benefits that go beyond nutrition. Whether it's building deeper connections with loved ones or saving money, cooking at home is a rewarding practice. Let's explore how it can improve your life and how to make it easier.

More Than Just a Meal

One of the key benefits of cooking at home is its ability to bring people together. Whether you're preparing a meal for your family or cooking with friends, the kitchen becomes a place for connection. A [2010 study](#) found that families who cook together have stronger bonds because these experiences lead to quality time and deeper conversations. The simple act of preparing and sharing food can be an expression of love, friendship and togetherness.

Control What You Eat

Cooking at home gives you full control over what you eat. [Research](#) found that people who cook more often eat more fruits, vegetables and whole foods while avoiding processed ingredients that are common in restaurant and pre-packaged meals. Home cooking also encourages healthier preparation methods, such as grilling or steaming, rather than frying or over-salting. In addition, portion control is much easier than when at a restaurant where meals are often oversized and can lead to overeating. When you cook for yourself, you can adjust portions to fit your dietary needs.

A Mind & Mood Boost

Cooking can benefit your mental health by providing a sense of accomplishment and relaxation. Studies show that cooking, like other creative activities, can reduce stress and improve mood. Additionally, they suggest that cooking can provide a therapeutic escape from daily pressures, offering a sense of control and calm.

Additionally, preparing a meal boosts self-esteem. The sense of pride that comes from creating something nourishing can enhance your emotional wellbeing. Being of service to others is also proven to elevate our emotional state — cooking for others is a great way to do this.

Save Money, Eat Well

Cooking at home is not only healthier but also more affordable than eating out. The cost of dining out for a family of four can range from \$50 to \$100, depending on where you live, while a similar meal prepared at home might only cost \$20 to \$40. These savings can add up quickly. You can plan meals around sales, use ingredients you already have and buy in bulk to reduce costs. Additionally, cooking at home reduces food waste since you can use leftovers or repurpose ingredients in creative ways.

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Cook Your Way to Better Wellbeing: The Power of Homemade Meals

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5 Strategies to Make Home-Cooking Easier

If you're worried about time or effort, here are five simple strategies to make cooking at home more manageable:

1. **Meal plan ahead.** Spend a few minutes each week planning meals to save time at the grocery store and avoid last-minute stress about what to cook. There are fantastic tools you can use, such as recipe-generating or food-savings apps. See our 'App in a Snap' for one such tool — Recipe Keeper.
2. **Batch cook and freeze.** Cook larger portions and freeze leftovers for future meals. This way, you always have a homemade meal ready to go, even on busy days. Set a daily reminder for yourself to pull out what you'll need for the following day to ensure proper defrosting.
3. **Use simple recipes.** Opt for quick recipes that require minimal ingredients and preparation. Many healthy meals can be made in under 30 minutes, using fresh, whole-food ingredients.
4. **Invest in time-saving tools and products.** Appliances like slow cookers, pressure cookers and air fryers can speed up cooking time and make meal prep easier. Buying pre-prepped ingredients can also save time — just be sure to check the label for unnecessary sugar or salt additives.
5. **Prep ingredients in advance.** Wash, chop and organize your ingredients ahead of time. Having prepped vegetables and proteins ready makes cooking faster and less stressful.
6. **Approach it with ease.** Cooking can sometimes feel stressful, whether you're rushing to get dinner on the table or striving for perfection with a new recipe. See if you can approach cooking with a sense of ease. Fully immerse yourself in each step, staying present as you chop, stir and move around the kitchen. Taking this approach will help you reap the positive emotional benefits of home cooking.





Spring Into Action: Harnessing the Season's Energy for Natural Momentum

Spring is a season of renewal and rebirth, bursting with opportunities to embrace fresh beginnings and growth. After the dormancy of winter, the natural world awakens with new life, longer days and warmer weather. This shift is reflected in our own energy, often bringing a sense of joy, motivation and inspiration. Spring's energy is characterized by creativity, action and clarity. It's a time of coming alive, both physically and emotionally, and engaging actively with the world around us.

Key aspects of spring energy include:

- **Renewal & New Beginnings:** Spring provides the perfect opportunity to let go of the old and embrace fresh possibilities, much like starting a new chapter in life. The clarity and momentum of the season make this the perfect time to act on any 'New Year Resolutions' or personal goals you've been thinking about.
- **Creativity & Action:** The vibrant energy of spring sparks inspiration and encourages us to take initiative. It's a time to transform ideas into reality, pursue creative projects and actively engage in endeavors that bring joy and fulfillment.
- **Connection with Nature:** The awakening of the natural world invites us to deepen our connection with it. Increased daylight and warmer weather encourage outdoor activities, fostering a sense of grounding.

Aligned Actions for Springtime

- **Prioritize the possibilities.** While this is the ideal time to turn dreams into reality, Spring's boundless energy can make it tempting to tackle everything at once, leading to feeling overwhelmed or scattered. Reflect on what truly excites and inspires you right now. Ask yourself:
 - » What personal growth do I want to nurture this year?
 - » What projects or goals feel most aligned with my passions?
 - » Where should I invest my time and energy to reap meaningful rewards later?

Writing down your thoughts or creating a vision board can help clarify your priorities and channel your energy effectively. Break down larger goals into smaller, manageable steps and celebrate your progress along the way.

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Spring Into Action: Harnessing the Season's Energy for Natural Momentum

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- **Take a leap.** Spring is an excellent time to tackle those bigger, more intimidating challenges or opportunities that have been on your mind. The season's energy provides momentum to experiment with new habits or take a first step on projects that feel like a significant shift. Have a big work project that's been on the back burner? A recurring urge to try your hand at homemade kombucha? Staring at an old piece of furniture that you bet you could refinish? Thinking how you should try composting every time you toss an apple core in the trash? How about tackling your first 10K? Whatever it is, there is no better time than now to give it a whirl!
- **Nurture creativity.** Start a creative project that excites you — whether it's painting, writing, woodworking, or another passion — and dedicate time each week to it. If you're trying something new to you, there are beginner-level workbooks for things like watercolor, calligraphy, sketching, needlepoint and poetry writing. Embrace novelty and playfulness; experiment with a new hobby or activity that sparks curiosity and joy. Ideas include:
 - » Flying a kite, dancing or hiking in a new area
 - » Joining a class or workshop to learn a skill you've always wanted to try
 - » Exploring your surroundings with a sense of childlike wonder, noticing details you may have overlooked before
- **Connect with nature.** Immerse yourself in the natural world. Spend time outdoors to observe the transformation as you witness buds turn to blooms and the arrival of baby wildlife. Consider planting flowers or a vegetable garden to cultivate new life and connect with the earth.
- **Refresh and organize your space.** A fresh and organized environment can help you feel more energized and focused. Try bringing new life to your surroundings by:
 - » Decluttering spaces that feel stagnant, such as a closet, desk or garage
 - » Deep cleaning your home, letting in fresh air and refreshing decor with greenery or flowers
 - » Rearranging furniture or creating a dedicated space for creative activities

By aligning your actions with Spring's natural energy, you can embrace renewal, nurture creativity and take meaningful steps toward growth and fulfillment. Use this vibrant season to refresh your mind, body and spirit, and to cultivate a life filled with joy and purpose.



Get a Better Night's Sleep with Melatonin & Magnesium

Achieving a good night's sleep can often be elusive. In recognition of Sleep Awareness Month, we're highlighting two popular natural supplements renowned for their potential to enhance sleep quality: melatonin and magnesium. Understanding their mechanisms and benefits can help you make informed decisions about incorporating them into your nightly routine.

Melatonin: The Sleep Hormone

Melatonin is a hormone naturally produced by the pineal gland in the brain. It plays a crucial role in regulating the sleep-wake cycle, also known as the circadian rhythm. Melatonin levels typically rise in the evening, signaling to your body that it's time to wind down and prepare for sleep. Key benefits include:

- **Regulates Sleep Patterns:** Melatonin helps synchronize your internal clock with the external environment, making it easier to fall asleep and wake up at consistent times. This is particularly beneficial for individuals with irregular sleep schedules or those experiencing jet lag.
- **Improves Sleep Quality:** Studies have shown that melatonin can enhance sleep quality by reducing the time it takes to fall asleep and increasing total sleep duration. It's especially helpful for people with insomnia or other sleep disorders.
- **Reduces Symptoms of Seasonal Affective Disorder (SAD):** Melatonin supplementation can help alleviate symptoms of SAD, a type of depression that occurs during certain seasons, by regulating sleep patterns and improving mood.
- **Supports Eye Health:** Melatonin has antioxidant properties that can protect the eyes from damage caused by free radicals, potentially reducing the risk of age-related macular degeneration.

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Get a Better Night's Sleep with Melatonin & Magnesium

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Magnesium: The Relaxation Mineral

Magnesium is an essential mineral involved in numerous bodily functions, including muscle and nerve function, blood sugar control and bone health. It also plays a significant role in promoting relaxation and sleep. Key benefits include:

- **Promotes Relaxation:** Magnesium helps activate the parasympathetic nervous system, which is responsible for calming the body and preparing it for sleep. It also regulates neurotransmitters that promote relaxation and reduce stress.
- **Improves Sleep Quality:** Research indicates that magnesium supplementation can improve sleep quality, particularly in individuals with low magnesium levels. It helps increase sleep duration and reduce the time it takes to fall asleep.
- **Reduces Symptoms of Restless Leg Syndrome (RLS):** Magnesium can alleviate symptoms of RLS, a condition characterized by an uncontrollable urge to move the legs, by relaxing the muscles and nerves.
- **Supports Heart Health:** Adequate magnesium levels are associated with a lower risk of cardiovascular diseases. By promoting relaxation and reducing stress, magnesium contributes to overall heart health, which can indirectly improve sleep quality.

Combining Melatonin & Magnesium

Combining melatonin and magnesium can provide a synergistic effect beyond their individual benefits. Melatonin helps regulate the sleep-wake cycle while magnesium promotes relaxation and reduces stress. Together, they can create an optimal environment for a restful night's sleep.

By understanding the benefits of magnesium and melatonin and how they work, you can take proactive steps toward achieving a more restful and rejuvenating night's sleep. However, before taking either supplement, it's essential to consult with a healthcare professional to determine the appropriate dosage and ensure there are no potential interactions with medications or health conditions.



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