

Wellbeing Insights



In This Issue

- 01 [8 Tips for Better Health Through Nutrition](#)
- 03 [Build Your Own Bites: Cottage Cheese Dip](#)
- 05 [Digital Boundaries: How to Use Technology Without Letting it Use You](#)
- 06 [Health Literacy Highlight: Colon Cancer Screening Quick Guide](#)

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

8 Tips for Better Health Through Nutrition

When it comes to improving your health through nutrition, success has far less to do with willpower and far more to do with mindset, systems, and sustainability. These tips are designed to help you work with your real life, not against it.

Continued on page 2



8 Tips for Better Health Through Nutrition

Continued from page 1

1. *Change your environment to support you.*

Your environment has a huge influence on your choices. Set things up so the healthier option is the easier option. If nourishing foods are visible, accessible, and ready to go, you're far more likely to choose them. The goal isn't perfection, it's reducing friction.

2. *Minimize difficult decisions.*

Decision fatigue is real, especially when you're tired, stressed, or hungry. Plan ahead for your most vulnerable moments.

For example, if you come home late and starving, having prepped meals means you only need to grab a container and heat it up.

If sweets are your thing, don't rely on willpower. Keep realistic treats on hand, dark chocolate, frozen banana slices with peanut butter, etc. Having a small treat daily is far better than restricting it until you cave with a pint of ice cream.

3. *Explore your personal "food script."*

We all have beliefs about food that were shaped over time, family, culture, diets, and past experiences. Understanding your food history helps you recognize emotional or external triggers, eating patterns, and ingrained beliefs. There are no "bad foods," but there are habits that may no longer support your goals. Awareness creates choice.

4. *Embrace small changes.*

Big transformations are built through small, consistent actions over time. Think of change as stacking building blocks. When people try to overhaul everything at once, it almost always fails (unless there's a serious medical reason). Small changes allow your habits and your nervous system to adapt. They also give you space to experiment, pivot, and find what actually works for you.

5. *Let go of black-and-white thinking.*

There is no single "right" way to eat, move, or lose weight. Cutting out entire food groups, following rigid rules, or forcing yourself to do workouts you hate isn't sustainable. What does work is being gentle but firm with yourself, honest accountability paired with realism.

Look at your current bandwidth, time, and energy. Nutrition changes should still feel like life. If pizza or ice cream with your kids once or twice a month matters to you, make adjustments elsewhere. If a couple of glasses of wine a week bring you joy, that can fit too. Flexibility is not a failure; it's a strategy.

6. *Focus on what you can ADD.*

An "add, don't subtract" mindset shifts you from restriction to abundance. Instead of obsessing over what to remove, ask what you can include. Most people benefit from adding more protein, vegetables, and fiber. When you nourish your body well, less supportive choices often decrease naturally.

7. *Leverage food for body composition changes.*

If your goal is to change your body composition, food offers more opportunities than exercise alone. You eat multiple times a day; you likely work out far less often. Each meal is a chance to support your goals.

8. *Accept that preparation is part of the process.*

Some level of preparation is required, such as meal planning, grocery lists, ingredient prep, meal delivery, or meal prep. It doesn't have to be everything, but it does have to be something. Planning might be your strength, while cooking isn't, or vice versa. The good news? There are more options than ever to meet you where you are.

As James Clear says, "We rise and fall to the level of our systems." Build systems that support your life, and progress becomes inevitable.



Cottage Cheese Dip



Cottage cheese has become the latest craze among nutrition-conscious consumers. It's naturally high in complete protein and rich in calcium for bone health. Thanks to improved textures, better-quality dairy sourcing, and the rise of blending (hello, silky smooth spoonfuls), cottage cheese delivers both function and flavor. It's affordable, versatile, and easy to dress up with bold ingredients, making it ideal for quick, nourishing snacks.

Before you build: what to consider when making a cottage cheese dip

- **Start with a high-quality base.** Look for cottage cheese with a short ingredient list: milk, cultures, salt. Higher-quality products tend to have better texture, cleaner flavor, and more beneficial live cultures.
- **Choose your texture.** Blending cottage cheese in a blender or food processor makes it smooth and spreadable, while leaving the curds intact adds texture for a chunky, rustic feel. Choose based on what you're dipping and your personal preference.
- **Dip more than just chips.** Pair your dip with vehicles that add fiber and micronutrients like cut veggies (carrots, cucumbers, bell peppers, snap peas), whole-grain or seed-based crackers, pita wedges, toasted sourdough, apple slices, or pear wedges for sweet dips.
- **Balance flavor + function.** A great dip hits protein, fiber, healthy fats, and flavor. Herbs, spices, and seeds can elevate flavor while providing antioxidants, minerals, and gut-friendly benefits.

Continued on page 4

Build Your Own Bites: Cottage Cheese Dip

Continued from page 3

Venture Into Variations

1. Tropical Protein Boost

Cottage cheese + crushed pineapple + shredded coconut + chia seeds



This dip balances sweet and creamy while adding a nutritional boost. If you choose to make this a blended dip, blend the cottage cheese with the pineapple and chia seeds, and then fold in the shredded coconut. Pro tip: lightly toast your coconut in a dry pan, stirring frequently until coconut gets a lovely brown color for added rich, nutty flavor.

Dip with apple slices or whole-grain crackers, or spread on a piece of toast along with some ham for a yummy lunch.

2. Savory Asian Crunch

Cottage cheese + everything bagel seasoning + chili crisp + lemon zest



Creamy meets crunchy with a hit of heat. Chili crisp adds texture and depth, while lemon zest brightens the richness.

Dip in cucumber rounds, seeded crackers, or celery, or spread on a piece of toast with sliced avocado and slivered almonds for a quick lunch.

3. Mediterranean Classic

Cottage cheese + chopped cucumbers + lemon juice + dill



Simple, fresh, and crisp, this dip leans on heart-healthy fats and classic Mediterranean flavors. We recommend leaving this one chunky, but you can blend the cottage cheese with the lemon juice and dill before folding in the cucumbers if you prefer.

Dip with whole-grain pita or zucchini rounds, or add it to toast with hummus and pickled red onion for a fresh, zesty lunch.

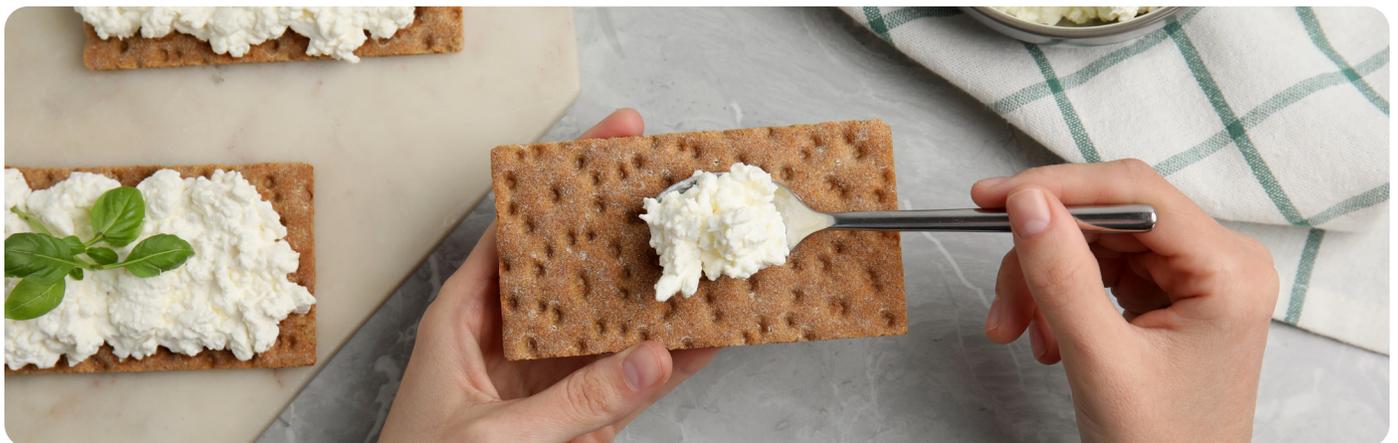
4. Southwest Kick

Cottage cheese + mashed avocado + lime juice + taco seasoning



Creamy, tangy, and gently spiced, this dip brings healthy fats from avocado and bold flavor from taco seasoning. Blend for a smooth, guacamole-adjacent spread or leave it chunky.

Dip with bell peppers or tortilla chips, or load it up on a piece of toast with some pico de gallo for a southwest-inspired lunch.





Digital Boundaries: How to Use Technology Without Letting it Use You

Technology is woven into daily life: phones, wearables, laptops, smart homes, streaming, and workplace platforms. These tools add speed and convenience, but they can blur lines between work and rest, connection and overwhelm, information and noise. Digital boundaries aren't rejection of tech; they're about deciding how it serves your life rather than letting it direct your attention, rhythms, and energy.

- **Start with awareness.** Many habits are automatic: scrolling in spare moments, replying instantly to pings, checking work messages late at night because the phone is nearby. Notice when technology pulls you instead of you choosing it. Ask: When do I feel drained after being online? When do I feel supported or connected? Which online behaviors align with who I want to be and which do not?
- **Make intentional choices.** Digital boundaries are values in action. If rest matters, keep work apps off your phone or silence them after a set time. If presence is a priority, keep phones off the table or out of bedrooms. If mental clarity counts, begin mornings with 30 screen-free minutes. These choices don't need to be extreme, just purposeful.
- **Turn intention into action with practical structures.** Use environmental design: charge devices outside the bedroom to minimize disruption to sleep. Create phone-free zones like the dining room, playroom, or a home office focus area so connection and deep work aren't interrupted. Leverage 'Do Not Disturb', focus modes, and app limits as support tools. Let technology help protect you from technology.
- **Set time boundaries.** Build "offline anchors" into your day: a morning focus block without email, a clear end to the workday, or a personal rule like "no social scrolling until after dinner." Define and communicate your availability. Tell colleagues when you typically respond. Let friends know you're reducing screen time. It's okay to delay replies when it supports your wellbeing; responsiveness shouldn't cost you your health or peace.
- **Protect your emotional landscape.** Notice when digital spaces trigger comparison, anxiety, outrage, or performance pressure. Curate what you consume. Unfollow accounts that drain you. Mute nonessential notifications. Choose content that enriches, connects, or educates.
- **For parents and caregivers, boundaries are about modeling.** Children learn what they see: thoughtful tech use, intentional downtime, and open conversations about why boundaries matter. This reframes limits as stewardship of attention, time, and values.
- **Offer yourself grace.** Technology is powerful and pervasive. You'll sometimes still scroll too long, answer late-night messages, or fall back into old patterns. Boundaries are built through practice, not perfection. Each conscious choice builds self-trust and affirms that you decide how technology fits into your life.

Digital boundaries aren't limitations; they're liberating. They help you reclaim focus, restore rest, deepen connection, and honor what matters most. Chosen thoughtfully and practiced consistently, technology becomes a tool that supports your humanity, not a force that consumes it.

Colon Cancer Screening Quick Guide

Colon cancer can often be prevented if found early. Screening matters, so the best test is the one you feel comfortable doing on time.

Screening Options	Stool Tests (at home) FIT or Cologuard	Colonoscopy (in a clinic)
Best for	People at average risk with: <ul style="list-style-type: none"> • No strong family history • No symptoms 	<ul style="list-style-type: none"> • People at higher risk • People at average risk who prefer a thorough exam
What is it	You collect a stool sample at home and mail it to a lab. It looks for signs of cancer or large polyps, like hidden blood or abnormal DNA.	A doctor looks at your entire colon with a camera while you are sedated.
Pros	<ul style="list-style-type: none"> • Non-invasive • No bowel prep • No anesthesia • Zero recovery time 	<ul style="list-style-type: none"> • Most accurate test • It can find and remove polyps before they turn into cancer
Cons	<ul style="list-style-type: none"> • Can give false alarms or miss some cancers • Must be done more often 	<ul style="list-style-type: none"> • Needs bowel prep (clear liquids and laxatives the day before) • Sedation is used; you'll need someone to stay with you and drive you home
How often	<ul style="list-style-type: none"> • FIT: every year • Cologuard: every 3 years 	<ul style="list-style-type: none"> • Every 10 years (if results are normal)



Continued on page 7

Health Literacy Highlight: Colon Cancer Screening Quick Guide

Continued from page 6

When to skip stool tests and go straight to colonoscopy

- You have symptoms like rectal bleeding, unexplained weight loss, or ongoing belly pain.
- You have a first-degree relative (parent, sibling, or child) with colon cancer.
- You've had colon polyps before or have inflammatory bowel disease (IBD).

Age to start

Most people should start screening at age 45. Ask your doctor if you should start earlier based on your family history or health.

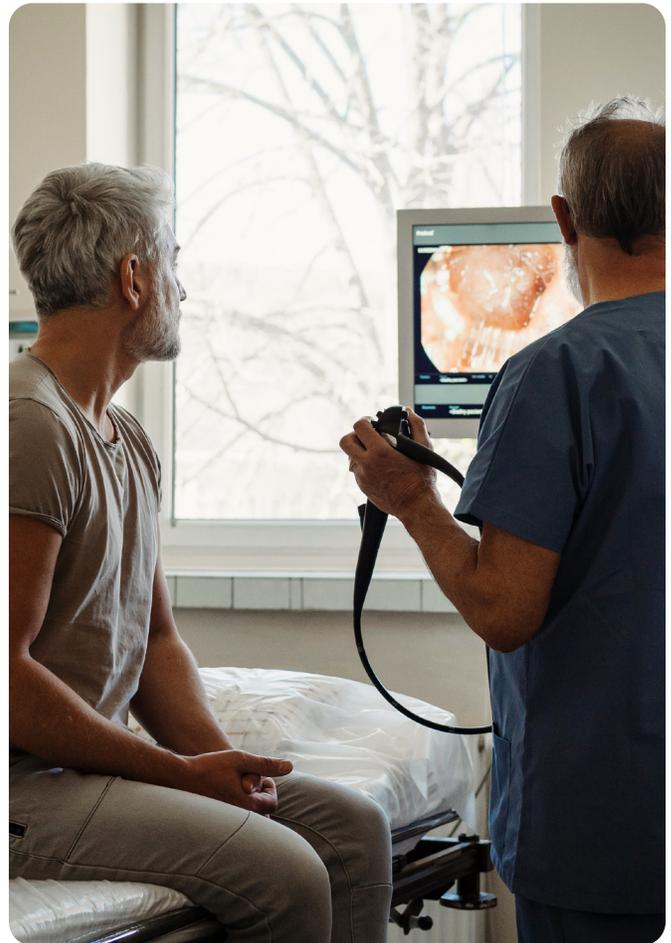
If a stool test is positive

You will need a colonoscopy to check why. This follow-up is often billed as diagnostic, rather than preventive. Your costs depend on your insurance plan, so be sure to contact your insurance provider before the test.

Bottom line: Talk with your doctor and pick the test you can stick with long-term.

- If prep or sedation is a barrier, a yearly FIT test is much better than doing nothing.
- If you want the most accurate test and the chance to remove polyps right away, choose colonoscopy.

Note: Screening recommendations can change. Always check with your healthcare provider for the most current advice.



Visit us at cbiz.com/wellbeing.

Contributing Writers

Julie Fulton
Director of Population
Health & Wellbeing
Solutions

Bridgette O'Connor
Lead Wellbeing
Solutions Consultant

Danielle Shaw
Sr. Wellbeing Specialist

Abby Stevenson
Sr. Wellbeing
Solutions Consultant

Copyright CBIZ, Inc. All rights reserved. Use of the material contained herein without the express written consent of the firms is prohibited by law. This publication is distributed with the understanding that CBIZ is not rendering legal, accounting or other professional advice. The reader is advised to contact a tax professional prior to taking any action based upon this information. CBIZ assumes no liability whatsoever in connection with the use of this information and assumes no obligation to inform the reader of any changes in tax laws or other factors that could affect the information contained herein. Material contained in this publication is informational and promotional in nature and not intended to be specific financial, tax or consulting advice. Readers are advised to seek professional consultation regarding circumstances affecting their organization.