

Wellbeing Insights



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

Healthy Aging Starts Now: Simple Habits for a Stronger Future

September is Healthy Aging Month, a reminder that aging well is not just an “older adult” topic. It is something we can build into everyday life long before retirement is on the calendar. And here is the reality check: Americans are living longer. U.S. life expectancy reached 79.0 years in 2024, and a person who reaches age 65 can expect, on average, nearly 20 more years of life. But longer life does not automatically mean more healthy, independent, energized years. A JAMA analysis using World Health Organization data found that the average gap between lifespan and healthspan, (years lived with disease or disability), was 12.4 years in the United States.

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That sounds a little heavy, but the message is actually hopeful: many of the habits that support healthy aging are simple, repeatable, and available right now. Research on long-lived communities, often called Blue Zones, points to a similar theme: people who age well tend to build health into daily routines through natural movement, plant-forward eating, stress relief, connection, belonging and a sense of purpose. Here are several ways you can start to incorporate more habits that may increase your longevity.

1. *Move like your future self is counting on you*

You do not need to train like an athlete to age well. In fact, one Blue Zones takeaway is “move naturally.” Building more movement into ordinary life instead of relying only on formal workouts can make a significant difference. The National Institute on Aging (NIA) also notes that regular physical activity is a cornerstone of healthy aging and is linked with living not only longer, but better.

Try this:

- Take one walking call each day.
- Add a 5-minute mobility reset between work blocks: neck rolls, shoulder circles, hip openers and ankle circles.
- Practice 8–10 sit-to-stands from your chair during a break.
- Choose “slightly inconvenient” more often: stairs, farther parking spots, carrying groceries in smaller trips.
- Maintain your outdoor activities when the weather isn’t “perfect.” Dress for the weather and go anyway.

2. *Eat for steady energy and long-term strength*

Healthy aging nutrition does not have to mean a dramatic diet overhaul. Blue Zones principles emphasize a “plant slant,” with beans, vegetables, whole grains, nuts and other plant foods showing up often in meals. The National Institute on Aging points to Mediterranean-style, DASH and MIND eating patterns as examples of approaches that may support heart, brain and overall health as people age.

Try this:

- Add one plant food to meals you already eat: spinach in eggs, beans in soup, berries with yogurt, vegetables on frozen pizza.
- Eat seasonal produce. The silver lining is that fruits and vegetables tend to be least expensive during their peak season because they are not only fresher, but also more plentiful.
- Keep easy snacks on hand: nuts, fruit, Greek yogurt, hummus, boiled eggs or roasted chickpeas.
- Slow down and enjoy your food. Take a moment to feel real gratitude before beginning and enjoy each bite you take. Try the 80% rule: pause before you feel stuffed and ask, “Am I satisfied?” Bringing this mindset of eating for nourishment and enjoyment at a slower pace can help you build a healthier relationship with food.



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3. *Make preventive care a non-negotiable*

One of the most practical healthy aging moves is simply staying current with routine care. The CDC includes regular checkups, vaccines and screenings as part of healthy aging habits. Regular health screenings can help doctors catch chronic conditions early and support better management of risk factors like blood pressure and cholesterol.

Try this:

- Schedule your annual physical before the year gets busy.
- Know your key numbers: blood pressure, cholesterol, blood sugar, and any screening dates recommended for you.
- Ask your provider, "What should I be tracking based on my age, family history and lifestyle?"
- Use calendar reminders for dental, vision, skin, and preventive screenings.
- If something feels off, do not wait for it to become disruptive before asking questions.



4. *Protect recovery, sleep and stress relief*

Healthy aging is not only physical. Chronic stress, poor sleep, and emotional strain can wear on the body over time. Emotional wellbeing, stress management, and social wellbeing are all important parts of healthy aging.

Try this:

- Use "micro-downshifts" during the day: three deep breaths, stepping outside, quiet music, prayer, meditation or a short reset.
- Keep a consistent bedtime and wake time when possible.
- Give your brain a buffer between screens and sleep.
- Notice stress signals early: irritability, tension, headaches, doom-scrolling, or feeling constantly rushed.

5. *Stay connected and keep purpose in view*

Bringing this mindset of eating for nourishment and enjoyment at a slower pace can help you build a healthier relationship with food. NIA reports that loneliness and social isolation in older adults are linked with higher risks for health concerns such as heart disease, depression, and cognitive decline, while social activity and meaningful activities can support longevity. Blue Zones research also highlights purpose, belonging, loved ones and positive social circles as common patterns in long-lived communities.

Try this:

- Put one recurring connection on the calendar: a monthly lunch, weekly walk, standing phone call or coffee chat.
- Join or restart something that gives you a reason to show up: volunteering, a class, faith community, hobby group or mentoring relationship.
- Look for purpose in small places like helping a coworker, teaching a skill, caring for family, creating something, or contributing to your community.
- Choose people and routines that make healthy behaviors easier, not harder.

Healthy aging is a collection of small choices repeated often: moving a little more, eating a little better, checking in on your health, resting on purpose and staying connected to people and meaning.

[Visit the Blue Zones website](#) for more free lifestyle tips and a deeper dive on longevity research findings.



Egg Bites

For a protein-packed, meal-prep-friendly dish, it doesn't get much better than egg bites.

Egg Bite Base Recipe

- 6 eggs
- 1/4 cup half and half
- 1/2 cup shredded cheese
- 2 1/2 cups of filling
- Salt, pepper, or seasoning to taste

Whisk eggs and then combine with all other ingredients. Scoop into greased muffin tins and bake at 350 degrees for 20 to 25 minutes, or until a toothpick inserted in the center comes out clean.

Don't care about the single-serving convenience? Easily make this a crustless quiche by pouring into a pie dish instead and increasing the bake time to 30 to 35 minutes.



Venture into Variations

Here are four filling variations to consider for your next crustless quiche or batch of egg bites.

1. Cowboy

- 1/3 pound turkey or chicken sausage, browned
- 1/2 cup shredded hash browns, thawed
- 1/2 cup diced onion and peppers
- 1/2 cup shredded cheddar cheese
- Optional: sliced jalapenos for heat



2. Ham & Mushroom

- 1/3 pound diced ham
- 1/2 cup sliced mushroom
- 1/2 cup chopped spinach (sauté for a few minutes if fresh. Drain off water if using frozen)
- 1/2 cup shredded parmesan cheese



3. Crab & Cabbage

- 1/3 pound crab meat, flaked small
- 1/3 cup diced green onion
- 1 cup shredded cabbage
- 1/2 cup shredded swiss cheese



4. Veggie Lovers

- 1/3 cup cooked quinoa
- 1/2 cup each of your 3 favorite veggies, diced: asparagus, tomato, zucchini, onion, pepper, artichoke, olives, mushrooms, and broccoli all work well
- 1/2 cup shredded cheese of your choice



Morning Magic: Setting a Positive Tone for Your Child's Day

Mornings can often feel like a whirlwind, with the rush to get ready and out the door further setting a frantic tone for the rest of the day. By taking a few moments to connect with your child(ren) each morning, you can transform the start of the day into a productive, nurturing experience. Here are some simple yet powerful ways to do just that:

Start with a smile.

Greet your child with a warm, genuine smile each morning; it's a universal sign of love and reassurance. This small gesture can create a sense of safety and belonging, making them feel valued and loved from the start.

Share a morning hug.

Physical touch is a fundamental way to connect and show affection. A morning hug can do wonders for your child's mood and emotional wellbeing. It's a simple act that releases oxytocin, the bonding hormone, which helps to reduce stress and promote feelings of happiness.

Incorporate positive affirmations.

Simple statements like "You are capable and strong," "You are loved," "You are brave" or "Today is going to be a great day" can boost your child's confidence and encourage a positive mindset. Encourage your child to come up with their own affirmations as well, fostering a habit of self-love.

Practice mindfulness together.

This can help to start the day with a calm and focused mind. It can be as simple as taking a few deep breaths together, doing a short, guided meditation, or just sitting quietly for a minute to center yourselves. Mindfulness can enhance emotional regulation and promote a sense of peace and wellbeing.

Create a playlist.

Music can be a powerful mood booster. Create a playlist of your child's favorite upbeat songs. Playing this during breakfast or while getting ready can energize the morning routine and make it more enjoyable.

Be present.

In the morning hustle and bustle, it's easy to get caught up in the tasks at hand. However, making a conscious effort to be present with your child, even for a few minutes, can make a big difference. Put down your phone, look them in the eye, and fully engage with them. Find the best time in your routine for this; perhaps it's eating breakfast, which can be important if you can't eat dinner together, during your morning commute, or a few moments before your child leaves for school.



Actively engaging and listening to your child not only helps them feel heard and understood but also provides insight into their emotional state, allowing you to offer appropriate support and encouragement. Here are some phrases to use:

- "I'm so happy to see you."
- "What's one thing we can do together today?"
- "I saw you in my dreams last night. Did you have any good dreams?"
- "I'm so excited to see your face. What are you excited about today?"
- "Is there anything you're nervous about today?"

Establishing a consistent and positive morning ritual with your child provides a sense of structure and predictability. Find something that fits into your routine that both you and your child enjoy, and make it a cherished part of your morning, setting a positive tone that lasts throughout the day.

For more tips on connecting with your children for positive days, [check out the Institute of Child Psychology](#).

Back-to-Routine for Fall

As summer comes to a close, routines begin to return, and priorities come back into focus. Fall is a natural time to get organized, especially with holidays and year-end expenses on the horizon. It can also be a welcome opportunity to reset habits that may have drifted during the busy summer months.

Just as routines support physical and mental health, they can also strengthen financial wellbeing. Small, healthy money habits can reduce stress, build confidence, and help you stay on track toward your goals. Often, it's the simple actions you repeat consistently that make the biggest difference over time.

Reduce Financial Stress

Financial wellbeing is closely connected to overall wellbeing. Money concerns can consume valuable mental energy, making it harder to focus on work, family, health, and other priorities.

Have you ever found yourself wondering, Am I saving enough? Can I cover upcoming expenses? Am I making progress toward my goals? Those unanswered questions often create more stress than the numbers themselves. While no routine can eliminate every financial challenge, healthy financial habits can create a greater sense of preparedness, peace of mind, and control. The good news is that reducing financial stress doesn't always require major changes. Often, a few simple routines can help you stay organized and feel more confident about your financial future.

Create a Weekly Money Routine

One of the simplest ways to strengthen your financial wellbeing is to establish a regular money check-in. Setting aside a few minutes each week can help you stay informed and avoid surprises.

Think of it as a financial version of reviewing your calendar for the week ahead. A quick check-in can help you review account balances, check upcoming bills, and monitor

progress toward savings goals. If you're working to pay down debt, build an emergency fund, or save for retirement, a brief review can help keep those goals front and center.

Simplify Your Finances

When financial tasks feel complicated or overwhelming, it's often easy to postpone them.

Look for ways to streamline routine tasks, such as automating savings contributions or bill payments. Consider whether consolidating accounts could make managing your finances easier. You may also benefit from setting up account alerts and reminders to help you stay organized without requiring constant attention.

Simplifying your financial life can reduce mental clutter and free up more time and energy for the things that matter most.

Back-to-Routine Financial Checklist

What financial habit would help you feel more organized and confident this fall?

Reflect on your answer, then use this checklist to begin strengthening your financial wellbeing this season:

- Review your calendar for major expenses between now and year-end.
- Confirm that your savings and bill payments are automated as intended.
- Identify one financial priority you'd like to focus on this fall.
- Schedule a 15-minute money check-in for next week.

Takeaway

This fall, focus on progress, not perfection. Small financial habits can help you feel more organized, prepared, and in control.

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