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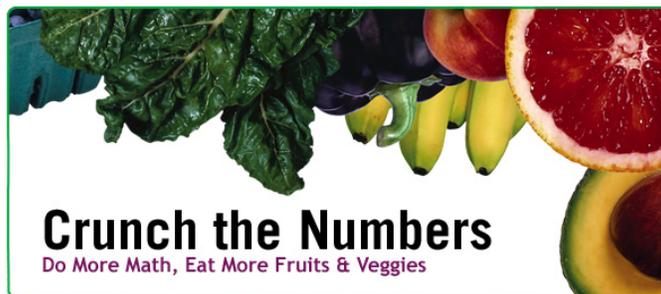
September is Fruits & Veggies – More Matters Month

Most people know that eating fruits and vegetables is important for good health, but most of us still aren't getting enough. 90% of adults and children do not eat the amount of fruit and vegetables recommended by the Dietary Guidelines and the My Plate nutrition guide.

People who eat a healthy diet with plenty of vegetables and fruits can help you:

- Lower your risk for heart disease, type 2 diabetes and some types of cancer
- Maintain or reach a healthy weight
- Keep your body strong and active

Real food grows. When it comes to choosing fruits and vegetables, pick whole, fresh options more often than frozen or canned varieties. These fresh foods are more nutrient-dense and pave the way to a more complete nutritional profile. Remember, eating more fruits and veggies can be fun – and it's worth it!



What about Yoga?

Workout fads come and go, but virtually no other exercise program is as enduring as yoga. It's been around for more than 5,000 years. In its full form, Yoga combines physical postures, breathing exercises, meditation, and a distinct philosophy. Many people who practice yoga do so to maintain their health and well-being, improve physical fitness, relieve stress, and enhance quality of life. In addition, they may be addressing specific health conditions, such as back pain, neck pain, arthritis, and anxiety.

Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. There are more than 100 different forms of yoga. Some are fast-paced and intense. Others are gentle and relaxing. Chances are, there's a type of yoga that suits your needs and fitness level. It's a great choice if you want a holistic approach to mind and body strength.

Yoga is generally low-impact and safe for healthy people when practiced appropriately under the guidance of a well-trained instructor.

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[Prostate Cancer](#)

Other than skin cancer, prostate cancer is the most common cancer in American men. The American Cancer Society estimates that in 2018:

- About 164,690 new cases of prostate cancer
- About 29,430 deaths from prostate cancer
- About 1 man in 9 will be diagnosed with prostate cancer during his lifetime.

Usually prostate cancer grows slowly and is initially confined to the prostate gland, where it may not cause serious harm. However, while some types of prostate cancer grow slowly and may need minimal or even no treatment, other types are aggressive and can spread quickly. Prostate cancer develops mainly in older men and in African-American men. About 6 cases in 10 are diagnosed in men aged 65 or older, and it is rare before age 40. The average age at the time of diagnosis is about 66.

Researchers have found several factors that might affect a man's risk of getting prostate cancer: age, ethnicity, family history, diet, obesity, smoking, and chemical exposure, to name a few. There is no sure way to prevent prostate cancer, but there are some things you can do that might lower your risk of prostate cancer.

- Eat at least 2½ cups of a wide variety of vegetables and fruits each day.
- Be physically active.
- Stay at a healthy weight.

[Additional Resources](#)

and requirements involved in group benefit packages, including health insurance, payroll, and many other HR decisions. Our online enrollment/hris system makes benefit implementation a breeze. Let us help you.

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