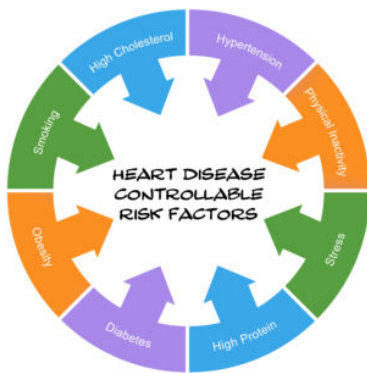




Florida Insurance Brokers, *simplifying the complicated subject of employee benefits and helping you design benefit packages that will attract and maintain a talented workforce.*



7 Factors of Heart Health

Investigators used the American Heart Association's "Life's Simple 7" factors to measure heart health. That tool assesses physical activity, diet, weight, cholesterol, blood pressure, blood sugar (glucose) and tobacco use. People who were in the recommended ranges for at least four of the seven heart health factors had a 70 percent lower risk of developing diabetes over 10 years, according to the report.

Quiz...

Healthy Heart Change

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

Quiz...

Rest for Health

Sleeping less than six hours a night may boost risk of cardiovascular disease, says study. Results of the study showed people who slept fewer than six hours a night were 27 percent more likely to develop atherosclerosis – a buildup of plaque in the body's arteries – compared to those who got between seven and eight hours of sleep. This study emphasizes we have to include sleep as one of the weapons we use to fight heart disease – a factor we are compromising every day.

Heart Health Facts:

- Every beat of your heart blood is sent flowing through 60,000 miles of blood vessels; If you stretched the blood vessels in your body end-to-end, they'd circle the Earth almost 2.5 times!
- An adult heart pumps more than a gallon of blood per minute - enough to fill 38,000 drinking glasses each day; Your heart pumps 1 million barrels of blood in an average lifetime - enough blood to fill more than 1,500 Olympic sized swimming pools.
- The No.1 killer of women in America is heart disease. A woman's heart typically beats faster than a man's. On average, a woman's heart beats 78 times per minute while the average man's beats 70 times.



- Heart attack sufferers do best when treated within an hour of symptoms starting. Sadly, many wait hours before seeking help and 133,000 Americans die of heart attacks each year.
- Sadly, only 27% of people can identify all the major symptoms of a heart attack and know to call 911 immediately when they occur. Immediate action saves lives! According to the CDC, the major signs of a heart attack are:
 - Chest pain or discomfort.
 - Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach.
 - Shortness of breath.
 - Nausea, lightheadedness, or cold sweats. [Quiz...](#)
 - Laughing may, in fact, be good for your heart and overall health! Research suggests a good belly laugh can increase your blood flow by 20%. The positive effects of this chuckle can last for 24 hours. [Quiz...](#)
- About 1 in every 6 U.S. healthcare dollars is spent on cardiovascular disease each year. It's the most costly condition in America. Together, heart disease and stroke are among the most widespread and costly health problems facing the nation today. Heart disease kills roughly the same number people in the United States each year as cancer, lower respiratory diseases (including pneumonia), and accidents combined. [Quiz...](#)

[The Rest of the Story](#)

Heart disease and stroke can be fatal, but they can also lead to serious illness, disability, and lower quality of life. Suffering a stroke may lead to significant disability, such as paralysis, speech difficulties, and emotional problems. Following a heart attack, individuals frequently suffer fatigue and depression, and they may find it more difficult to engage in physical activities. [Quiz...](#)



We would like an opportunity to provide a no obligation consultation to review your company health benefits. Our Benefit Consultants have the resources to inform and guide you through the processes 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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