Florida Insurance Brokers
of Central Florida

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

Strength Training

If you knew that a certain type of exercise could benefit your heart, improve your balance, strengthen your bones, and help you lose weight all while making you look and feel better, wouldn't you want to get started? Well, studies show that strength training can provide all those benefits and more.

- Strength training makes you stronger and fitter
- Strength training protects bone health and muscle mass
- Strength training helps keep the weight off for good
- Strength training helps you develop better body mechanics
- Strength training can help with chronic disease management

Link to Additional Resources

Heart Rate

If you ask most doctors, 90 beats per minute is considered a normal heart rate. The accepted limits of heart rate have long been set at 60 to 100 beats per minute. Where did that range come from? It was adopted as a matter of convenience simply based on the scale of the squares on EKG paper.

The accumulated weight of evidence linking elevated [resting] heart rate to a shortened lifespan, even in apparently healthy individuals, makes a strong case for adopting a new norm and for resting heart rate to be considered in the assessment of cardiovascular risk. Research shows, every ten-beat-per-minute increase is associated with a 10 to 20 percent increase in the risk of premature death.

Happy Easter

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.

BENEFIT ADMINISTRATION DONE RIGHT!
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