



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

Spring Cleaning



Spring cleaning is the practice of thoroughly cleaning a house in the springtime.

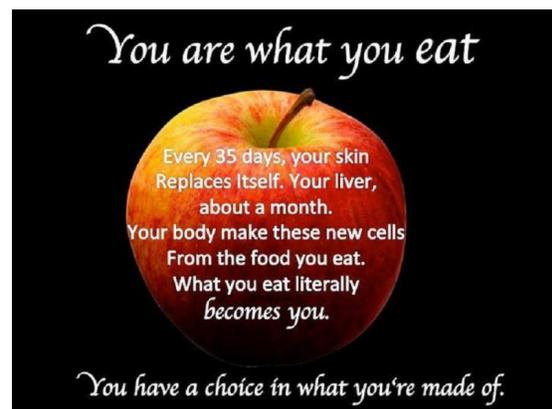
Four Surprising Health Benefits of Spring Cleaning:

- Cleaning helps you breathe better. If you're someone who suffers from seasonal allergies, it may not only be pollen that is responsible for those sneezing fits
- Cleaning reduces stress
- Cleaning is a workout
- A clean bedroom will help you get a good night's sleep

Cleaning is not just for your home. Set aside a weekend, it's time for spring cleansing - Spring cleansing means detoxifying your body. The body is coming out of what might be called hibernation. It's a way you can jump-start your body for a more active life, a healthier life.

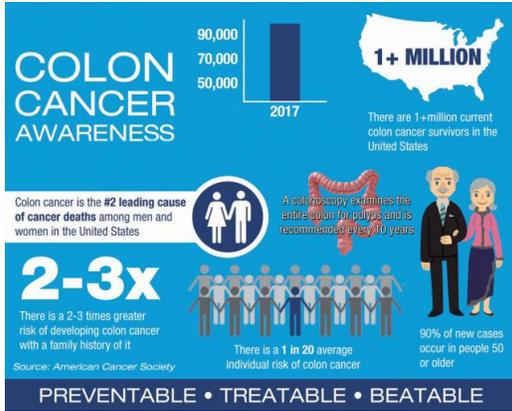
Good Nutrition

Good nutrition is much more than something to fill your stomach - what you eat can affect your health, energy, and well-being in so many ways. There's no one diet that is right for everyone, so it's important to follow a healthful eating plan that's packed with tasty foods and that keeps your unique lifestyle in mind. The most important feature of a good diet is variety. To make sure your eating plan contains all the nutrients you need, choose a rainbow of colorful foods.



Some Things Are Just Common Sense

Colorectal Cancer Awareness Month



How does colorectal cancer start? CRC usually begins as a noncancerous growth called a polyp that develops on the inner lining of the colon or rectum and grows slowly, over a period of 10 to 20 years. It is the third most commonly diagnosed cancer and the second leading cause of cancer death in men and women combined in the United States. People with a first-degree relative (parent, sibling, or children) who has colorectal cancer are between two and three times the risk of developing the cancer than those without a family history. With early detection it can be effectively treated. That's why it's so important to keep up with the tests your doctor recommends, so you can beat it when it's easiest to treat.

[Link to Additional Resources](#)

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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