



Florida Insurance Brokers, simplifying a complicated subject like insurance and helping you design a benefit package that will attract and maintain a healthy, talented workforce.



Build Social Connections

Humans need social contact. Having good social connections can help you feel better and live a healthier life. The strongest social connections are the ones you share with people who are concerned about your happiness and well-being. They should provide you with hope and inspiration instead of making you feel stressed or burdened out.



In this modern-day and age, too many of us are focused on online social interactions. While there is nothing wrong with these connections, personal or face-to-face connections are much more meaningful and beneficial. Right now, there's a lot of hype surrounding the importance of social connections in our life. Unfortunately, as we are learning this



importance, we also seem to be losing touch with others with the advent of social media. But the fact is, not having enough social connections can have a lot of negative impact on your life.

Building connections and working on them takes a lot of time and effort. But everything you put into these relationships will be worth it.



Medical Errors

As many as 195,000 people a year die in U.S. hospitals due to medical errors. Take an active role in every decision about your health care. If needed, have a family member or friend oversee your care.

Healthy Eating & Weight Loss

There is no magic formula to lose weight. To tip the scale in your favor, eat fewer calories than you use up, expend more energy in activity, or do both. And avoid crash dieting. This makes your body slow down to preserve body fat for reserve. Maybe these tips will help:

- Use smaller plates to make it look like you are getting more! Share a restaurant meal or take half home for lunch or dinner the next day.
- Vegetables, fruits, whole grains and beans are low in calories, and full of fiber, vitamins and minerals. Fill three-quarters of your plate with these foods.
- Take 20 minutes to eat a meal. Use utensils to eat all foods, even a banana. Put your fork down and take sips of water between bites. Chew and swallow each bite before taking another one.
- Eat at least five to nine servings of fruits and vegetables a day. Choose ones of different colors for a wide range of vitamins, minerals, and plant chemicals (phytochemicals) for good health.
- Eat a green, leafy vegetable, such as spinach, broccoli, kale, and romaine lettuce every day. The darker the green, the more nutrients a vegetable has.
- Enjoy your food, but eat less. Cut down on portions, especially high-calorie desserts and snacks. Plan healthy meals and snacks. Eat at regular times.



Our Benefit Consultants have the resources to inform and guide you through the processes and requirements for offering group health insurance. Our online tools and enrollment system, along with a *personal touch*, help ensure benefit administration is done right. Let us help you.