



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.



The Heart of the Matter

You've probably heard the terms [cardiovascular disease](#), [heart disease](#) and [coronary heart disease](#). But did you know each of these terms means something different?

- ♥ WHAT IS [CARDIOVASCULAR DISEASE](#)? Cardiovascular disease is any type of disease that affects the heart or blood vessels.
- ♥ [WHAT IS HEART DISEASE](#)? Heart disease is any type of condition that affects the heart's function or structure. The most common type of heart disease is coronary heart disease.
- ♥ WHAT IS [CORONARY HEART DISEASE](#)? Coronary heart disease is also called coronary artery disease (CAD). Coronary heart disease happens when a fatty substance called plaque builds up in the arteries.



Seasonal Affective Disorder (SAD)

You can take steps to help prevent or overcome the low mood during the winter months that can [lead to SAD](#).



Get outside. This offers maximum exposure to natural light. Include some physical activity, such as a brisk walk or hike, for a double dose of mood enhancers.

Keep the curtains open. Do this during daytime hours and turn on lights on cloudy days. Sit near windows when you can.

Stay connected with others. This will help avoid feeling isolated.

Eat your veggies!

What if, instead of "selling" veggies based on health, we focused on taste? To lead with taste, may be one of the most powerful tools you can deploy to dial up the plants on your plate.



Most people don't know how to make healthy food that [actually tastes GOOD](#). Start by focusing on using excellent quality, fresh, seasonal ingredients – not products – when it comes to cooking & eating healthy. Fat, sugar and salt is what makes food taste GOOD!! This is a BIOLOGICAL response in our bodies- There are receptors on your tongue that send signals to the reward centers in your brain to say 'YUM' when you eat fat, sugar or salt. A small amount goes a very long way to making healthy food taste good!



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.