



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.



Let's Get Movin'

Any extended sitting – such as at a desk, behind a wheel or in front of a screen – can be harmful. The impact of movement – even leisurely movement – can be profound.

When you've been sitting for a long time, such as in an all-day meeting or a theater, cross a leg. A short time later, cross the other leg. Doing this moves many of your back and hip muscles. Move as much as you can throughout the day. Swing your legs when you are sitting. Stand up and do side steps while you are on the phone. There are lots of simple ways to include some physical activity in your day.



How Sweet!

Sugars in your diet can be naturally occurring or added. Naturally occurring sugars are found *naturally* in foods such as fruit (fructose and glucose) and milk (lactose). Added sugars are sugars and syrups put in foods during preparation or processing or at the table. Sugar is sweet, but too much of it can sour your health. Whole foods like fruits, veggies, dairy, and grains have natural sugars. Your body digests those carbs slowly so your cells get a steady supply of energy. Added sugars, on the other hand, come in packaged foods and drinks. Your body does not need any added sugars. In the US, added sugars account for up to 17% of the total calorie intake of adults and up to 14% for children.



Distracted Driving

There are three main types of distraction:

- **Visual:** taking your eyes off the road
- **Manual:** taking your hands off the wheel
- **Cognitive:** taking your mind off driving



New technology in vehicles is causing us to become more distracted behind the wheel than ever before. Fifty-three percent of drivers believe if manufacturers put "infotainment" dashboards and hands-free technology in vehicles, they must be safe. But in fact, these technologies distract our brains even long after you've used them.

Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed.

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.