



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.



## Happy New Year! Welcome 2024!

Looking forward to the new year with joy and gladness.

Thank you to all of our clients, colleagues and friends, for your support and business this past year.

Holiday office closures:

Christmas—closed Monday & Tuesday, Dec. 25th & 26th, 2023

New Year's Day—closed Monday, Jan. 1st, 2024.

### Try Walking Backwards

Quite a few studies have been done on the potential benefits of retro walking, a common term for walking backward. The backward motion may help those with [knee osteoarthritis](#) and [chronic back pain](#), plus improve [gait and balance](#). Study participants showed an increase in walking pace, cardiopulmonary fitness and decreased body fat.

[Retro walking](#) may even sharpen your mind and help you become more mindful, as your brain needs to be more alert when moving in this novel fashion.



### New Year Resolutions

Looking for ideas for your new year resolution? How about one of these:

- \* Keep track of things that you're grateful for
- \* Make a conscious effort to carve out that one-on-one time with family
- \* Cook something new each week.
- \* Play mind-boosting games to stave off cognitive decline
- \* Volunteer
- \* Sit less



### Be Positive

Look on the bright side and be with positive people. [Positive energy](#) spreads from one person to the next like an electrical charge.

Kids laugh 200 times a day. Adults laugh only 15 times a day. Start counting the number of times you laugh and increase your record every day.



**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.**