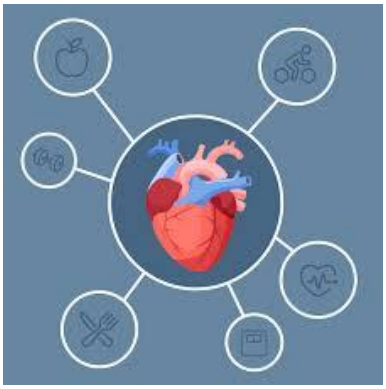
February 2020



Florida Insurance Brokers of Central Florida

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

Heart Disease: It Can Happen at Any Age



Heart disease—and the conditions that lead to it—can happen at any age. High rates of obesity and high blood pressure among younger people are putting them at risk for heart disease earlier in life. Other conditions and behaviors that affect your risk for heart disease include:

- Obesity. Carrying extra weight puts stress on the heart. More than 1 in 3 Americans—and nearly 1 in 6 children ages 2 to 19—has obesity.
- Diabetes. Nearly 1 in 10 people in the United States has diabetes.
- Physical inactivity. Only 1 in 5 adults meets the physical activity guidelines of getting 150 minutes a week of moderate-intensity activity.
- Unhealthy eating patterns. Only 1 in 10 adults is getting enough fruits and vegetables each day.

Link to Additional Resources







Groundhog Day - Feb. 2nd

Thousands of years ago people in

Wear Red - Feb. 7th

On the first Friday of every

Valentine's Day - Feb. 14th

The holiday has origins in the

the area of Europe now known as Germany believed that the badger had the power to predict the coming of spring. By the time the first German immigrants settled in Pennsylvania they probably understood that this was not true but continued the tradition. Since there were not many badgers in PA the groundhog was substituted for the badger. Tradition has it that if the groundhog sees its shadow on February 2 it will be frightened by it and will then return to its burrow, indicating that there will be 6 more weeks of winter. If it does not see its shadow, then spring is on the way.

February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.



Roman festival of Lupercalia, held in mid-February. The festival, which celebrated the coming of spring, included fertility rites and the pairing off of women with men by lottery. At the end of the 5th century, Pope Gelasius I replaced Lupercalia with St. Valentine's Day. It came to be celebrated as a day of romance from about the 14th century. Formal messages, or valentines, appeared in the 1500s, and by the late 1700s commercially printed cards were being used.

February

The word February comes from the Roman festival of purification called Februa, during which people were ritually washed.

It's almost that time of the year when we start thinking about spring cleaning our house, and maybe our lives. We think it's a great idea! Your New Year motivation is probably worn off and all you're thinking about is warm weather and how you want things to be fresh again.

Spring cleaning your home is pretty straightforward, but spring cleaning our lives?



Our Benefit Specialists have the resources to inform and guide you through the processes and requirements for offering a group benefits package. Online tools and enrollment, as well as, that *personal touch* help ensure benefit administration is done right. Let us help you.

BENEFIT ADMINISTRATION DONE RIGHT!
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