

WE ♥ YOU!



You may think you are healthy because you have a job that keeps you on your feet all day. But that's not enough for your heart health if you snack on donuts, or eat a pound of bacon while at breakfast with your team. We care about NARI members health and since February is Heart Month, we're sharing seven risk factors that can change cardiovascular health.

Manage Blood Pressure Reducing sodium and caffeine and limiting alcohol consumption can keep blood pressure within healthy ranges, while reducing strain on your heart, arteries, and kidneys.

Control Cholesterol Eating foods rich in omega-3 fatty acids (fish) and increasing soluble fiber while reducing sat fats

and eliminate trans fats can control cholesterol, and give arteries a good chance to remain clear of blockages.

Reduce Blood Sugar Controlling intake of carbs, while increasing fiber and water consumption can naturally lower blood sugar levels. High levels of blood sugar can damage heart, kidneys, eyes and nerves.

Get Active The daily habit of a physical activity such as walking with family and friends can lead to participation in charity walk or run. (Note: Join us for the Milwaukee Heart Walk in September!)

Eat Better The best way to fight cardiovascular disease is to eat heart-healthy meals and snacks with lots of veggies and

Historically, the employees at The Starr Group have been generous when it comes to donating time, talent and treasure to various charities. In 2019, the staff participated in the American Heart Association Milwaukee Heart Walk (left). They were involved in the organizing and planning stages, too. Thanks to the Executive Committee, the Milwaukee AHA Staff, and the thousands of volunteers, donors and walkers, the Milwaukee area realized an all-time fundraising record of over \$1,400,000. Because of their efforts, the AHA is able to create awareness for heart disease and stroke and fund research.

fruit. You'll feel good and stay healthier longer.

Lose Weight Shedding unnecessary pounds, reduces the burden on heart, lungs, blood vessels and skeleton. Actively losing weight can lower your blood pressure, cholesterol and blood sugar!

Stop Smoking Tobacco smokers and vapers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health.

Risk of stroke and heart disease can be reduced starting with one or two of these simple and inexpensive changes. We know. At The Starr Group, reducing risk and wellness is what we do! 🍌

The Starr Group and Frankenmuth Insurance are proud to support NARI Foundation and its members all year long. See us online: www.starrgroup.com/products-services/nari-members/

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NARI members who are
contributing to the
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FEBRUARY 2020

Total donations to date:
\$185,318
...and counting!