



NEWS RELEASE

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CONTACT:

Melanie Reda

941-907-2585

FCCI Insurance Group Recognized as an American Heart Association Fit-Friendly Worksite

*Fit-Friendly Worksites take steps to decrease healthcare expenses while
increasing employee wellness and productivity*

SARASOTA, Fla. – July 23, 2014 – FCCI Insurance Group has been again recognized as a Platinum-Level Fit-Friendly Worksite by the American Heart Association for helping employees eat better and move more. FCCI was also recognized as a Platinum-Level Fit-Friendly Worksite in 2013, 2011 and 2010, and as a Gold-Level Fit-Friendly Worksite in 2012.

“FCCI makes employee health and wellness an important priority. We’re committed to providing exceptional workplace environments and helping employees stay at the top of their game, and we are honored to be recognized by the American Heart Association” said Lisa Krouse, FCCI executive vice president, Chief HR Officer.

Platinum-level employers:

- Offer employees physical activity options in the workplace.
- Increase healthy eating options at the worksite.
- Promote a wellness culture in the workplace.
- Implement at least nine criteria outlined by the American Heart Association in the areas of physical activity, nutrition and culture.
- Demonstrate measurable outcomes related to workplace wellness.

At FCCI’s headquarters in Sarasota, a state of the art on-site fitness center is available to all employees 24/7. Classes for different fitness levels are offered each workday, and walking paths are available. Regional and field employees are offered subsidized gym memberships and the opportunity to participate in company-wide challenges conducted several times throughout the year. Employees can earn prizes for participation and performance. FCCI also offers educational sessions on topics such as

ergonomics, the importance of stretch breaks and other physical activities, tips for handling sedentary tasks, and lifestyle coaching for weight loss, smoking cessation, and stress management.

The Fit-Friendly Worksites program is a catalyst for positive change in the American workforce. American employers are losing an estimated \$225.8 billion a year because of healthcare expenses and health-related losses in productivity, and those numbers are rising. Many American adults spend most of their waking hours at sedentary jobs. Their lack of regular physical activity raises their risk for a host of medical problems, such as obesity, high blood pressure and diabetes. Employers face \$12.7 billion in annual medical expenses due to obesity alone. The American Heart Association is working to change corporate cultures by motivating employees to start walking, which has the lowest dropout rate of any physical activity.

Recognition is a critical component of the Fit-Friendly Worksites program. Employers that join this program qualify for official recognition by the American Heart Association. They are listed on the program's national website, as well as at local American Heart Association events. Qualifying worksites also have the right to use the program's annual recognition seal for internal communications and with external, recruitment-related communications.

For more information about the Fit-Friendly Worksites program and how it's helping to improve the health of Americans by focusing on the workplace, visit heart.org/worksitewellness.

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About the American Heart Association

The American Heart Association is devoted to building healthier lives, free of cardiovascular diseases and stroke. Our mission drives everything we do. To improve the lives of all Americans, we provide public health education in a variety of ways. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or join us, call 1-800-AHA-USA1 or any of our offices around the country, or visit heart.org.

About FCCI

Working through independent agents in 18 states, FCCI provides commercial property and casualty insurance to nearly 18,000 policyholders, and commercial and contract surety to more than 10,000 bonded principals. Established in 1959 and rated A (Excellent) by A.M. Best Company, FCCI is headquartered in Sarasota, Fla., and has regional offices in Florida, Georgia, Indiana, Mississippi and Texas. For more information, please contact 800-226-3224 or visit www.fcci-group.com.