



National Marketing
Group Services, Inc.

Experience. Professionalism. Integrity.

MONTHLY INSIGHT NEWSLETTER ISSUE 11 • BACK TO SCHOOL SERIES 2022



MYNMGs
MONTHLY INSIGHT

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BACK TO SCHOOL HEALTH: 3 TIPS FOR PARENTS

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Focus on your
child's nutrition.

In the United States, 17% of youth ages 2 to 19 are obese. 40% of total daily calories for 2 to 18 year old's are **empty calories** from added sugars and solid fats

- If you have a picky eater, DON'T GIVE UP, continue to introduce new foods
- Be a role model for a healthy diet
- Don't use food as a reward



Know the risks your
child may face.

Poor vision: Squinting, tilting the head and holding handheld devices too closely are just some of the signs your child may have a vision problem.

Watch for uneven shoulders or hips. and make sure your child gets regular **scoliosis checkups**. Early diagnosis is key.

Only 17% of children seek help after being bullied. Don't miss the early signs: changes in behavior. academic problems. anxiety depression.



Be a partner in your child's
education and wellness.

Start a conversation with your child's teacher about your child's:

Likes and dislikes

Strengths and struggles

Preferred learning styles

Any other issues that may affect them at school



www.mynmgs.com

SOURCES
JOHN HOPKINS MEDICINE



Roger Gonzalez
Founder & President,
National Marketing Group
Services

NMGS CELEBRATES 34 YEARS IN BUSINESS

"As another year of business goes by, I can't help but feel incredibly proud of the amount of growth and resilience we have shown as an organization. I wanted to take the opportunity to thank you for allowing myself and my family at National Marketing Group Services an opportunity to serve you, your families, and your businesses.

We are not celebrating 34 years in business, ***we are celebrating years of consistent high quality service - upheld by our mission statement and practiced in our day-to-day.***

You've experienced our commitment to servicing our clients. You've seen our relationships flourish from decade to decade - our credibility is immeasurable. Our reputation bestows us with our insurance carriers and our entire salesforce.

With your support, we continue to experience significant growth in all our insurance lines, including our Property & Casualty business which we started only a few years ago.

NMGS will continue to offer the latest industry standards that benefit our clients and brokers. We continue to enhance our technologies and communications to bring you resources in wellness and business systems.

I would like to thank our amazing employees, all the agents that do business with the agency and to our clients for their trust and loyalty. It was never my intention to be the biggest insurance agency in South Florida, ***just the best.***

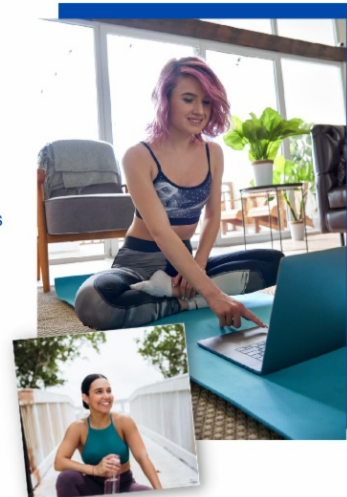
As I stated many times before, this is my legacy to my children Michelle, Roger and Michael. They are the backbone of the business, their professionalism, knowledge and hard work are second to none. The privilege and the satisfaction of working with them on a daily basis it's simply priceless!"



BACK TO SCHOOL WELLNESS PROGRAM COMPLIMENTARY FITNESS CLASS

You heard right - as a token of our appreciation, we wanted to say thank you by extending to our NMGS family ***our featured virtual wellness class for a month - it's 100% on us!*** Whether you are a seasoned athlete or a beginner, you will be able to benefit from this virtual guided class. Our very own wellness partner will walk you through a personalized journey of health, fitness, and mindset. The virtual wellness program happens in the comfort of your home three times a week. We utilize weights, bands, kettlebell, and some varied home items. Classes include instruction, guidance, and motivation. Classes will start September 1st.

Register at Chasinbalance@gmail.com - and enter: NMGS Fitness



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