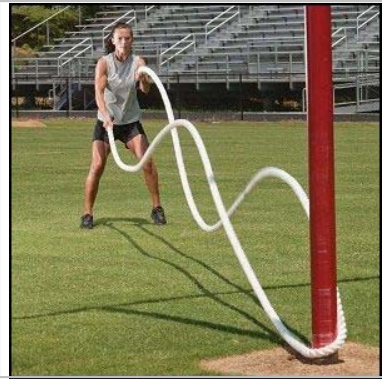




PREMIER

WELLNESS E-NEWSLETTER

April 2015



10 EXERCISES THAT WILL MAXIMIZE YOUR CALORIE BURN:

Do you feel that you don't have the time to complete an hour long workout? The following exercises done with moderate intensity are some of the biggest calorie burners, besides running:
1) Kettle bell Swing 2) Bike Sprints 3) Jumping Rope 4) Tabata Jump Squats (A shown below)
5) Battling Ropes 6) Burpees (As shown below) 7) Battling Ropes (As shown in picture)
8) Indoor Rowing



(Kettle Bell Swings)



PREMIER'S WELLNESS HIGHLIGHT:

Patrick Hatchwell has successfully completed the 2014-2015 Florida Marathon Running Season. Please see below his impressive list of accomplishments this Season: **Star Wars Rebel Challenge** (Jan. 2014), **Vero Beach Beachside Half** (Oct. 2014), **Publix A1A Half** (Feb 2014), **Avengers Half Marathon** (Nov. 2014), **Michelob ULTRA Ft. Lauderdale Half Marathon** (Nov. 9, 2014), **EAU Palm Beach Half Marathon** (Dec. 7, 2014), **Miami Half Marathon** (Jan. 25, 2015), **Michelob ULTRA Miami Half Marathon** (Mar. 1, 2015) and the **First Watch Sarasota Half Marathon** (Mar. 15, 2015). **That's 9 half marathons and 1 10K!**

The Wellness Committee reached out to Patrick and wanted to know:

What was your favorite part of participating in the Florida Storm Series Challenge?

"The bling and the t-shirts. I received: 8 medals and 6 t-shirts for the Florida Storm Series, 3 t-shirts and 3 medals for Star Wars Challenge, 1 t-shirt and 2 medals including my Disney Coast to Coast for Avengers, and 1 t-shirt and 1 medal for each of the other 2."- Patrick- GREAT WORK!



3RD ANNUAL- ERIC PATRIE 5K:

For the third year in a row, Premier Eye Care will be sponsoring any associate wishing to participate in the **3rd Annual Firefighter Eric Patrie 5k** on **Saturday May 16th**. The race will be held in Delray Beach at Anchor Park at 7am. All race proceeds will benefit the Eric Patrie Trust Fund, additionally a portion of the proceeds will be donated to a local firefighter currently battling cancer to assist with medical expenses.

On November 11th, 2015 Firefighter Eric Patrie, 37 years old, lost his battle to brain cancer. Eric was a 13 year veteran of the Delray Beach Fire Rescue. The Delray Beach Firefighters and the Paramedics organized this 5k to assist Eric's immediate family with the large financial burden that this loss had on the family.

Please join Premier in supporting two local families who have lost someone or are currently battling with Cancer. Email Wellness@premiereyecare.net if you'd like to participate.

ABOUT PREMIER EYE CARE

Introducing Premier Eye Care's Health and Wellness newsletter! Each month we will post one of these on our boards, to let you know about upcoming events in the area and our company concerning Health and Wellness.

Why is Health and Wellness so important to us? Wellness is more than just physical fitness and can affect multiple parts of your life: lower levels of stress, increased self-image, reduced healthcare costs, reduced absenteeism, increased morale and productivity, as well as improved physical fitness.



PREMIER EXPERTISE. PREMIER SERVICE.