



PREMIER

WELLNESS E-NEWSLETTER

December 2013



PREMIER AND FITNESS

Hallie Saunders is participating at a gym just down the street in Delray called **DIRT Fitness**, which stands for “Design Integrated Resistance Training.” Each class is 40 minutes, and is designed for ages 15-50. The workout is meant to focus on your core strength, correct imbalance and tone your body from the “ground up.” The benefit to this type of workout is it also aids in your body’s ability to burn calories for up to 36 hours following the class.

Hallie is currently attempting to coordinate a “Groupon” deal with DIRT Fitness. Please sign up on the board or let her know if you are just simply interested so she can get a group quote. The class is designed for all fitness levels, and welcomes people new to the fitness world! It is located on Swinton Avenue, just 4.2 miles from Premier, and classes run from as early as 6:30 AM to 6:30 PM.



HEALTHY HOLIDAY EATING TIPS:

- 1) **BE REALISTIC**- Instead of trying to lose weight during the holidays, set a goal of maintenance.
- 2) **PLAN AHEAD**- Try not to arrive at a party hungry. Eat a light snack before you arrive.
- 3) **AVOID OVEREATING**- Before heading through the buffet line, circle the table and think about what you will choose for your plate.
- 4) **FOOD CHOICES**- You don’t have to pass up your favorite dessert, just remember to indulge in moderation.

Bottom Line, Enjoy Yourself, and Be Healthy!



UPCOMING PREMIER WELLNESS EVENTS:

December 16th – Premier Eye Care Blood Drive; Premier is going to be hosting its first annual Blood Drive. So far we have 26 interested donors, but more are welcome and needed. See **Luis Prieto** so that you can be scheduled to donate some much needed Blood.

January 11th – Superhero Scramble mud run in Deerfield Beach.

Registered: **Mike Aguire & Luis Prieto**

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.

