



February 2016

AMERICAN HEART MONTH:

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease, and more than 67 million Americans have high blood pressure. Heart disease can often be prevented when people make healthy choices and manage their health conditions, please see our preventative heart disease suggestions:



- **Choose a healthy eating plan** – the food you eat can decrease your risk of heart disease & Stroke.
- **Quit smoking** – and if you don't, don't start.
- **Reduce sodium intake** – Salt clogs arteries and increases the risk of stroke.
- **Be physically active** – 2 ½ hours every week is the minimum.
- **Have regular wellness exams** – Check Blood Pressure, cholesterol and heart rate.

ASSOCIATE HIGHLIGHT:

Jennifer Rozo is currently on a self-wellness plan of her own design, which she has been practicing for 10 months now. Her wellness plan ranges from a strict nutrition plan to a regular workout plan 4 days a week.

Nutrition:

- Since last April Jennifer has been focusing on drinking only water, which means she has eliminated the consumption of carbonated drinks, milk and coffee.
- Jennifer has eliminated meals that include carbohydrates such as pasta, bread, rice and has replaced these meals with homemade gourmet salads.

Workout:

- Jennifer has designed her own high interval walk and run training regime. She is also an avid Salsa dancer which she practices at least twice a week, but also on the days when there is inclement weather.



UPCOMING WELLNESS HIGHLIGHTS:

Saturday February 6th the Wellness & Community Service Committee will be participating in the Loop the Lake for Literacy cycling event at Lake Okeechobee. This event will help raise funds to provide literacy skills to children and families and promote physical fitness.

Anyone wishing to participate must register online at http://support.literacypcb.org/site/TR?fr_id=1110&pg=entry and choose from the following distances: 14 miles, 34 miles, 68 miles, or 115 miles.



Wednesday February 17th we ask that all Premier associates **DRESS in RED** in recognition of American Heart Month – Nutritional treats and drinks and informational information will be provided.

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.