



PREMIER

WELLNESS E-NEWSLETTER

January 2013



PREMIER ATTENDS CROSSFIT TOGETHER!

CROSSFIT- Is a type of program that targets strength conditioning to improve muscular strength, cardio-respiratory endurance and flexibility. The gyms are located not only in Boca, but Delray and Boynton Beach as well, just near our office!

Nicole Carnes & Ana Burchuladze have joined East Boca Crossfit and are currently taking Crossfit/boot camp classes once a day, three times a week for an hour at a time for the past 4 weeks! Furthermore, they take part of the 6am class then come to work at Premier Eye Care after!! Way to go Ladies!



SIX WAYS TO DETOX IN THE NEW YEAR

Some of us may feel that after the holidays we have ingested far too many unhealthy foods and here is a way to get back on track naturally. All it takes is just three weeks:

Why Detox? This is another way to explain a body cleanse, to help improve digestion and stimulate parts of the body that help cleanse the toxins we ingest daily. Detoxing your body can help promote balanced energy, glowing skin, good sleep, weight loss and more. Detoxing can also help our body eliminate some of the daily environmental and dietary pollutants it comes into contact with.

1) Stay hydrated with water. 2) Limit Caffeine- no need to eliminate, just 300 milligrams a day or less. Green tea is a great natural cleanser, and has caffeine. 3) Avoid Alcohol- Even red wine, not forever, but for three weeks. 4) Eat Fiber! 5) Get some extra sleep, 7-9 hours is the recommended amount 6) Eliminate processed and prepared foods.



UPCOMING PREMIER WELLNESS EVENTS:

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

Registered: Mike Aguirre & Luis Prieto

Have an event idea? We'd love to hear your suggestions. Please email Hallie Saunders, Luis Prieto or Shari Basye.

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.

