



January 2016



## NEW YEARS WORKOUT PLAN:

### 5-4-3-2-1 Workout from Home

- **5 Minutes:** Any cardio you want: 1 Minute High Knees, 1 Minute Jumping Jacks, 1 Minute Front Kicks, 1 Minute Jumping Jacks and then 1 Minute run in place
- **4 Minutes:** 1 Minute of Lunges or Walking Lunges, 1 Minute of Mountain Climbers then Repeat.
- **3 Minutes:** 10 Pushups, 15 Tricep Dips, Rest and Repeat for 3 Minutes.
- **2 Minutes:** 30 Seconds Regular Squats, 30 Seconds Jump Squats, 30 Seconds Regular Squats, and 30 Seconds Jump Squats
- **1 Minute:** Plank

Beginner- 1x's, Intermediate – 2x's, Advanced – 3x's

## 5 WAYS TO MAKE YOUR NEW YEARS RESOLUTIONS PERMANENT:

- 1) **Resolution – Not Eating Seconds or Thirds at Meals:** Eat Smaller Portions, so you can get the satisfaction of going up for the second plate, but you are not over eating.
- 2) **Resolution – Exercise before Work:** Make sure you go to bed earlier if you are planning to wake up earlier. Try getting some of your items done at night that may prevent you from working out in the morning.
- 3) **Resolution – To Lose Weight:** Tell people about your plans to get your health back on track. Letting people know your goals helps keep you accountable.
- 4) **Resolution – To Eat Healthier:** Try drinking OJ when you feel your cravings for sweets come on. Self-restraint can lower your glucose levels and make you crave sweets. Artificial Drinks do not provide the same energy and sugar as a simply glass of OJ does.



## UPCOMING WELLNESS HIGHLIGHTS:

**Wednesday January 16<sup>th</sup>** the Wellness Committee will be hosting a *Salad Day* in honor of getting our nutrition back on track from the Holiday Season! We've provided three reasons why we know eating a salad will help you:

1. **Salads are High in Fiber** – Eating a high fiber diet can help lower cholesterol, feel more full, eat less and ultimately lose weight!
2. **Salads have Fruits and Vegetables** – Americans on average do not eat enough fruits and vegetables. Fruits and Vegetables are full of antioxidants and help protect the body from harmful free radicals. Researchers have linked eating vegetables and fruits to lowering our risk for many diseases.
3. **Eating Salads Help Reduce your Daily Calorie Intake-** If you are interested in losing weight, salads are an excellent meal substitution.



### 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.



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