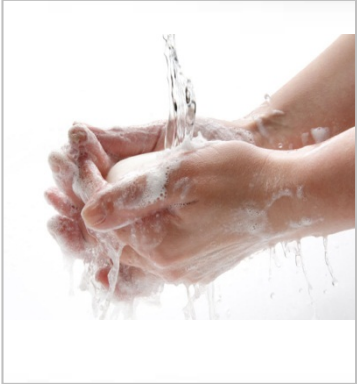




June 2014

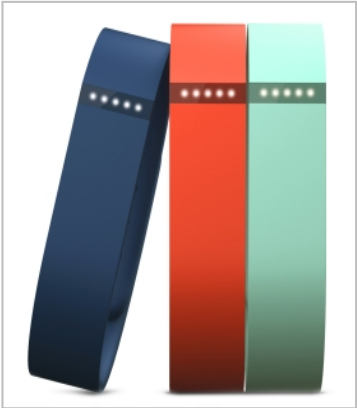


HAND WASHING, WHAT YOU NEED TO KNOW:

A study from the Center of Disease Control and Prevention recently came out with a study saying there is no significant difference between the usage of antibacterial soap versus regular soap. However, using too much antibacterial soap can cause a resistant form of bacteria to emerge.

The CDC also offers five simple steps to healthy hand washing: Wet, Lather, Scrub, Rinse and Dry. Did you know you should scrub your hands for a total of 20 seconds in order to totally clean your hands? For kids, this just means a quick rendition of their ABC's or the Happy Birthday song.

Washing your hands is a great way to prevent the spread of infection. Here is a list of times the CDC recommends to wash your hands: -Before, during and after preparing food. -After touching garbage. -After going to the bathroom. -After coughing, blowing your nose or sneezing.



FITBIT FOOD TRACKER

If you have downloaded the FitBit App you may have noticed you not only can track your steps, but your sleep quality, water consumption, weight, calorie and food consumption! It allows you to arrange a daily goal based on whether you are trying to lose or gain weight.

Did you know that many nutritionists believe that maintaining a daily diary of what you eat is the key to discovering your dietary hang-ups? A 2008 journal published in the *American Journal of Preventive Medicine* shows that keeping a food diary may *double* your weight loss efforts. The reason it is so helpful, is it allows you see all that you eat in the day laid out before you. Often, we are unaware of how many calories our drink has, or how many snacks we are consuming throughout the day. The FitBit App allows us to do just this, while also maintaining a tailored caloric goal for the day. The Wellness Committee loves hearing how your FitBit is helping you, email the Wellness Committee, we'd love to hear all about it!



PREMIER WELLNESS HIGHLIGHTS:

On **June 5th, 2014** Premier Eye Care's Wellness Committee attended the Healthiest Employer Luncheon at the Hyatt Regency in Fort Lauderdale. Premier was honored to accept the 4th place award for small businesses. Committee members also got a chance to speak with multiple Wellness vendors in South Florida for new ideas for 2014!

On **Monday June 9th, 2014** Premier Eye Care hosted another Blood Drive. Please see the building C kitchen for a list of Blood Donor Honorees. We'd like to give a big thanks to those who donated to assist One Blood in their life saving mission.

On **Saturday June 21st, 2014** Premier had its first Bowling Event at Frank's Cinebowl and Grill to promote Premier's social Wellness. We had a great time with over 70 associates and their friends and family participating in the fun. If you missed out on this opportunity, feel free to email the Wellness Committee to let us know you are interested in attending our next social event.

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.