



New Years Edition



NEW YEARS RESOLUTIONS:

One of the most common New Years Resolutions is to focus on losing weight or to focus more on your health. We often hear people choose the word “Diet,” which actually means to “Restrict oneself to small amounts or special kinds of food in order to lose weight.” Unfortunately for most of the population, this resolution can be short-lived because a sudden diet change can lead to cravings, hunger and eventually overeating. It’s important that we realize creating new habits takes time, and the best method is gradual small changes. Perhaps start with replacing your afternoon snack with something healthier, and move to replacing soda with water, but many nutritionists recommend not cutting entire food groups out of your diet rather eating more small meals throughout the day and adding more vegetables to your diet. If you are still not getting your desired results, it helps to keep a food journal because it helps you recognize what, how much and when you are eating.



SAFETY AND DRIVING:

The Wellness Committee would like to remind everyone to be safe while traveling on New Years Eve and all year round. During the Holidays there are 2-3 more traffic fatalities in alcohol related crashes. Please remember to either designate a driver for the evening or call a cab if in doubt. We’ve provided a list of cab services in your area:

-Hollywood Taxi: 954-455-5555

-Ft. Lauderdale Taxi: 954-222-222

-Metro Taxi of Palm Beach County: 561-444-9999

-Taxi Service of West Palm: 561-402-7681

As a special note, also if you are the driver, please also *don't text and drive*. Many aren't aware, but 5 seconds with your eyes off the road traveling 55 mph equals the length of a football field. Be safe and have a Happy New Years!

UPCOMING WELLNESS EVENTS:

Susan G. Komen Race for a Cure: West Palm Beach
Saturday, January 31st 2015

If you are interesting in participating, please contact the Wellness Committee. Premier will be putting together a team to sign up under on the website. You can enter the race as a timed runner, a walker, a “Proud to be in the Crowd” member, or there is also an option for children to enter. Please let us know if you are interested, so we can start the ball rolling and create a team. Please email wellness@premiereyecare.net. It's a great incentive to get your New Years workout schedule in motion!



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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