



September 2016



### FRUIT AND VEGGIES – MORE MATTERS MONTH:

**Fruits & Veggies— More Matters Month** is a time to promote the health benefits of eating a healthy, balanced diet that includes lots of fruits and vegetables.

It's essential to get a colorful variety of fruits and vegetables into your diet every day! Colorful fruits and vegetables provide the wide range of vitamins, minerals, fiber and phytochemicals your body uses to maintain good health and energy levels, protect against the effects of aging and can help lower the risk for:

- Some types of cancer
- Heart disease, including heart attack and stroke
- Type 2 diabetes
- High blood pressure
- Obesity



### ASSOCIATE HIGHLIGHTS:

Anna has completely changed her wellness routines to best suit her fitness lifestyle.

**Physical exercising** – Anna keeps up with her physical fitness by working out 6 days a week. She splits those days playing tennis after work 3 times a week which consists of a lot of running and cardio. Her other 3 days involve going to the gym for weight lifting, circuit training and cardio classes.

**Diet** - Anna is now taking part in meal-prepping for her breakfast, lunch and dinner to help her stay in shape. In the morning Anna eats hard-boiled eggs for her morning protein intake, and then has a yogurt mixed with granola and fruit for lunch. To keep up her energy for after work active training, Anna eats a high protein and high carb diet that usually consists of whole wheat pasta mixed with chicken.

KEEP UP THE GREAT WORK ANNA!!!!

### UPCOMING WELLNESS HIGHLIGHTS:

**#22 KILL** – is a global movement created by veterans with a mission to raise public awareness around veteran suicide and mental health issues such as Post Traumatic Stress Disorder. PTSD is a mental condition triggered by experiencing or seeing a terrifying event. In 2013, after statistics showed that an average of 22 veterans is killed by suicide every day the organization was created. It serves as a resource for veterans, and continues to build a network offering programs focusing on veteran empowerment, mental health treatment, and therapy/counseling for veterans and their families.

**#22 PUSH UPS (To Honor Those Who Serve)** – Premier will be hosting an after-hours event on site to raise awareness for veteran suicide prevention. Every associate wanting to participate will be performing 22 pushups while another associate counts. We will send an email with additional details - Gatorade and snacks will be available for anyone who wants to participate!



### ABOUT PREMIER EYE CARE:

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.