



# PREMIER

WELLNESS E-NEWSLETTER

July 2014



### PREMIER EYE CARE'S WELLNESS HIGHLIGHT:

John Lumley, our Director of Facilities has walked over a 1,000 miles with his FitBit. Way to go John! That's the equivalent of walking from Premier's office on 4205 West Atlantic Avenue in Delray and making it to Lexington, Kentucky!

John also chooses to bike every day to work, which he says assists with his daily step goal. John logs his bike rides into the FitBit App and it calculates an accurate step ratio for his ride. We were impressed to hear that John's ride to and from work every day totals a little more than 9 miles a day! When Premier moves to Boca, the ride to and from the train station will add an additional 3 miles per day to his total, for a 12 mile bike ride commute.



### THE FITBIT & SLEEP TRACKING:

Did you know that the FitBit app allows you to track your quality of sleep throughout the night? It allows you to track the amount of hours you slept, see how long and when you were restless! Why is this so helpful? Well some might underestimate the importance of a night of quality sleep and how much sleep affects our lives. Please see a list below of three reasons to get quality sleep by the *Harvard Health Medical School's Publications*.

1. Learning and Memory- Sleep assists with the brain committing new information to memory through a process called memory consolidation.
2. Metabolism and Weight- Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates, and altering hormones that affect our appetite.
3. Disease- Sleep deprivation alters immune function, including the body's white blood cells. Keeping up with sleep is thought to assist in fighting Cancer.



### PREMIER WELLNESS HIGHLIGHTS:

#### Salad Day:

The Wellness Committee has planned another Salad Day! Please leave your lunch at home and try Premier's Healthy Lunch option catered by Rotelli's on **August 5th, 2014**.

#### Flu Shot Clinic:

Premier is happy to announce its second annual Flu Shot Clinic in **October**. With the success of last year's clinic, we are excited to bring it back again and continue promoting a healthy workplace. Keep a look out for more details.

#### Blood Drive:

Premier is going to host another blood drive on **September 8<sup>th</sup>, 2014** from 11:00 AM-4:00 PM. Those who donate that day will also be treated to a complimentary bagel breakfast that morning in the kitchen.

### 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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EYE CARE

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