



# PREMIER

WELLNESS E-NEWSLETTER

February 2014



## PREMIER DOES THE MIAMI BEACH MARATHON & THE DISNEY DOPEY CHALLENGE:

Patrick Hatchwell and Jason Panos took part in the Disney Dopey Challenge. The first day they did a 5k, the second day a 10k, the third day a half marathon and the fourth day was a full marathon. Patrick and Jason were able to complete all 4 of these races within the specified time limits and were awarded the Dopey finisher medal. The race took place in Disney World and totaled 48.6 miles in four days!

February 2, 2014, Premier employees Luis Prieto and Anna Burchuladze took part in the Miami Beach Half Marathon. Both joined the SHUZZ team and helped raise \$6,500 that will go towards purchasing shoes that will be shipped to Guatemala in early March of this year.



## WAYS TO BE HEART HEALTHY

*Did you know that heart disease is the number one killer in the U.S.?*

Here is a list of things you can do to help prevent this growing epidemic:

1. **Manage your Nutrition-** Eat salmon, flaxseed, oatmeal, black or kidney beans, almonds, walnuts and red wine (in moderation).
2. **Physical Activity-** Take the stairs instead of the elevator, or park a little farther away at the grocery store, walk your dog more or just walk for an extra 20 minutes a day.
3. **Stress Management-** Our bodies produce Cortisol when we are stressed, and high amounts of this chemical in our system can have major negative effects on our heart and body. There are many studies that link high cortisol levels to increased heart cardiac risk.



## UPCOMING PREMIER WELLNESS EVENTS:

**February 20<sup>th</sup> – Premier Salad Day-** Leave your lunch at home and take part in our Premier Eye Care Salad Day. Let's make a healthy choice together!

**March 4<sup>th</sup>– Premier Blood Drive-** Please contact Luis Prieto via email if you'd like to participate. *One pint of blood saves three lives!*

## 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. Want to join? Email Shari Basye, Hallie Saunders or Luis Prieto.

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.

