



PREMIER

WELLNESS E-NEWSLETTER

March 2014



PREMIER BLOOD DRIVE HONOR ROLL

A total of 16 Premier Employees donated blood! The One Blood Bus came to Premier Eye Care and collected 13 pints of blood from the 15 who donated here on site! Denise Nix from our Tampa location donated blood the same day on behalf of our blood drive, way to go Denise!

Here is a look at our Premier Eye Care Blood Donor Honor Roll:

Shari Basye, Whitney Glover, Crissia Herrera, Marlene McKay, Orson Monge, Steven Moran, Edna Rodriguez, Karen Sump, Debbie Clark, Elizabeth Henriquez, Liz Jackson, Eloy Montesino, Luis Prieto, Hallie Saunders, Terry Wong and Denise Nix



PREMIER EYE CARE EMPLOYEE WELLNESS SPOTLIGHT:

Premier employee Blossom Spigner has been putting her new Fitbit to work! Since Blossom received her Fitbit on February 17th, she has walked a total of 80 miles and 190,000 steps! Just to give you an idea of how far 80 miles is, it's as if she left our building here at Delray Beach and walked all the way to Cutler Bay, Florida, that's South of Miami! Way to go Blossom!!



SPRING INTO ACTION IN MARCH: HOW TO FUEL YOUR BODY

PREWORKOUT: Good nutrition is essential to give energy, build muscle, and increase cardiovascular strength. Snack before a normal workout for a regular exerciser (3-4 days/week, moderate/intense workout) should be a meal that isn't digested too fast. Not sure what to eat? Try these foods for preworkout fuel:

- Banana with peanut butter
- Nuts and fruit mix
- Granola with a fruit and low-fat milk
- A fruit smoothie

POST WORKOUT: After a workout, it is important to replenish glycogen stores (what we use for energy during a workout) by consuming carbohydrates. Also, a small amount of lean protein is advised to aid in muscle repair. Foods that are easily digested are best so that the nutrients can reach where they need to go fast.

Ideas:

- Whole wheat English Muffin
- Tuna on whole wheat
- Greek Yogurt
- Electrolytes

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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