



February 2015

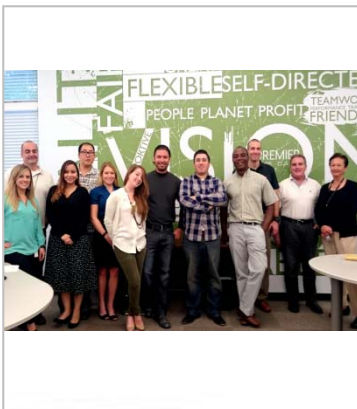


### HEART HEALTHY MONTH:

Did you know heart disease is the leading cause of death for men and women in the U.S.? Doctors recommend reducing your risk by doing each of the following: quitting smoking, lowering your Cholesterol, controlling your high blood pressure, maintaining a healthy weight, exercising and managing your stress levels.

The following are symptoms of a Heart Attack, and if you experience these symptoms call 911 immediately:

- Discomfort, pressure, heaviness or pain in the chest, arm or below breastbone.
- Discomfort radiating to the back, jaw, throat or arm. Fullness, indigestion or choking feeling.
- Rapid or Irregular Heartbeats

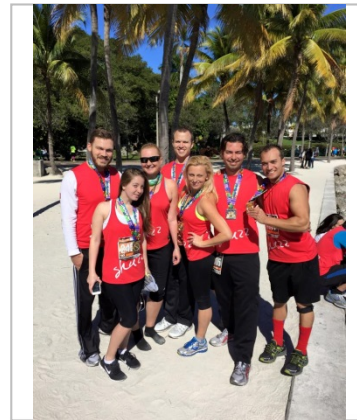


### PREMIER'S FITBIT FITNESS CHALLENGE:

The Wellness Committee would like to thank all of our active participants for the month of January: **Patrick Hatchwell, Jason Panos, John Lumley, Luis Prieto, Teresa Wong, Natasha Jefferson, Patrick Reache, Hallie Saunders, Jackee Joseph, Dennis Poore, Dauna Young, Amanda Gilbert, Michael Aguirre, Lotane Wilson, Whitney Glover, Brian Squillace, Jake An, Brent Andres, Theresa H., Marla Grant, Jamie Moran, Jennifer Rozo, Steve Moran and Karen Sump.**

So far the participants of the Wellness Challenge have accomplished great lengths, and we look forward to walking even further towards healthier minds and bodies. Just to see what our team has accomplished thus far, please see our group statistics below:

**Total Distance:** 15,880 Miles      **Total Steps to Date:** 20, 092, 717 Steps  
**Total Active Minutes:** 46, 061



### WELLNESS ASSOCIATE HIGHLIGHT:

**Anna Burchuladze, Patrick Hatchwell and Luis Prieto** joined the SHUZZ running team and participated in the 2015 Miami half (13.1 mile) marathon on January 25, 2015. All of our runners/walkers made it back unscathed, and according to the participants, "Everyone really enjoyed the event!" The team of 26 runners was able to raise \$13,382 and sponsor donations which will purchase 2,676 shoes for men, women and children in need domestically and internationally. The Wellness Committee is very impressed, keep up the good work!

### 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.

