



# PREMIER

WELLNESS E-NEWSLETTER

March 2015



### BLOOD DRIVE SUCCESS!

The Wellness Committee would like to thank all the donors who donated blood on March 4, 2015. Thanks to their generosity, we were able to collect a total of 1.5 gallons of blood which will help or save 36 people in our community. This brings Premier's total donation history to 10.6 gallons of blood.

#### A Special Thanks to our Donors:

**Jake An, Debbie Clark, Anna Gerbrandt, Amanda Gilbert, Whitney Glover, Liz Jackson, Natasha Jefferson, Tori Lichtenwald, Luis Prieto and Hallie Saunders**

"If you're a blood donor, you're a hero to someone, somewhere, who received your gracious gift of life."



### PREMIER'S WELLNESS HIGHLIGHT:

This month we interviewed **Kim Trajbar, Dulce Alvarado and Nishat Tasnim**: three associates motivating each other into action. Thank you ladies, for taking the time to answer a few of our questions! What made you choose to start going to the gym? "It started out as a New Year's Resolution to become healthier in 2015. Then we were discussing it together and we all decided to go together."- Kim Do you enjoy going together? "Yes, it's definitely more fun."- Nishat/ "It motivates us, we motivate each other to go."- Dulce Do you have a goal you are working towards? "Mostly to be more active."- Kim / "I want to be more active and feel better about myself."-Dulce / "To relieve stress, I feel better and more calm after working out." – Nishat What is your favorite exercise at the gym? "Yoga."- Kim/ "Yoga."-Nishat / "Zumba and Yoga."-Dulce Do you have any advice for anyone struggling to make time to go to the gym? "You just need to set up a time frame, and plan ahead."-Kim/ "It just takes 30 minutes, and you can build up from that."-Nishat / "You really need to schedule your classes ahead of time, and then you can go after work."-Dulce



### PREMIER'S SALAD DAY:

The Wellness Committee is hosting another Salad Day **Wednesday April 8<sup>th</sup>, 2015**. Please remember to leave your lunch at home and participate in our healthy lunch alternative catered by Rotellis.

Why should you choose a Salad?

- 1) Lettuce, spinach, and other salad greens are an important part of a healthful diet because they can be year-round sources of vitamin A, vitamin C, and other nutrients.
- 2) Red and dark green leafy vegetables are generally higher in antioxidants, Vitamin B6, and other nutrients than lighter colored greens.
- 3) Alternating one meal a day with a salad can help you lose weight, however be aware that loading your salad with dressing may have the opposite effect.
- 4) Salad is a great meal option for people with diabetes.
- 5) Bringing your own salad for lunch every day is easy and cost effective.

### 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.



PREMIER EXPERTISE. PREMIER SERVICE.