

July 2015







LIGHTNING SAFETY AWARENESS: "WHEN THUNDER ROARS, GO INDOORS":

Did you know Lightning is the <u>number one weather related killer in Florida</u>? Did you also know that according to the American Meteorological Society Florida is the MOST dangerous state when it comes to lightning. The odds of being struck by lightning are 1 in 12,000 if you live to be 80 years old nationally, however based on your safety habits and your geographical location your chances can be much higher. The biggest danger to people is that they assume it won't happen to them, we've provided some lightning safety tips below:

No place outside is safe during a thunderstorm.
If you hear thunder, lightning is close enough to strike you. –Do not lie flat on the ground
Stay away from windows and doors.
Stay away from lakes and ponds

-Avoid Plumbing, including sinks, baths and faucets

PREMIER'S WELLNESS HIGHLIGHT:

The Wellness Committee would like to highlight **Brian Squillace** (Center in Photo) for his achievements at the Singer Island (sprint distance) triathlon on Saturday May 30th. This was Brian's first triathlon/duathlon, and Brian won first place in his race competition category! In order to complete the duathlon one must complete the following distances:

- Run: 1 mile (substitute to the .25 mile swim)
- Cycled 10 miles
- Ran 3.1 miles

Duathlons are set up similarly to a triathlon, but it consists of running, then cycling and then running again. Upon completion of the race Brian was awarded the Finishers Medal and the First Place Medal in his category. Way to go Brian!

Brian wanted to mention, "He have never would have even attempted to do this without Luis's encouragement and Patrick Hatchwell inspiring him!"

FOURTH OF JULY HEALTHY DESSERT RECIPE:

You may feel that it's too hot to bake a cake for your Fourth of July Festivities, or maybe you are looking for a dessert that won't ruin your summer fitness plans. We have a great recipe idea for you:

Watermelon Cake: 8 servings

-1 Medium sized watermelon

-Strawberries, Almonds, and Blueberries for garnish -1 80z. container frozen whipped topping (thawed)

Cut the watermelon away from the rind and carve a spherical cake shape. Pat the watermelon down with paper towels to absorb some of the moisture. Cut the watermelon across to create the cake layers. Frost the layers with the whipped topping and then stack them and frost the sides. Then decorate the topping with the garnish of your choice. You can add Almonds to the sides for décor.

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.

<u>Why is Health and Wellness so important to us?</u> 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.

