



November 2014



YOUR HOLIDAY FITNESS SCHEDULE:

Did you know the average American gains 1-2 pounds during the Holidays, although if someone is already overweight they typically gain 5 pounds. Traditionally people wait until January 1st to begin their New Year's Resolution. A common resolution is to either lose weight or rejuvenate your fitness program. Our question to you: Why Wait?! Here are some ways to fit a workout schedule in your busy Holiday schedule.

- Be flexible when your days are busy. Instead of not going to the gym when you miss you 5 P.M. class, wake up and go the next morning. It's lighter out earlier right now!
- Mix up your routine. If you bored, try running one day, then swimming the next, and lift weights.
- Research suggests using weights at least twice a week. Start small, and don't overdo it!
- Combine family time with exercise- a family walk or play sports together outside!



PREMIER'S WELLNESS HIGHLIGHT:

The Wellness Committee would like to thank **Karen Sump** for her contributions to our Wellness Program. Karen coordinates and orders our weekly healthy foods found in the kitchen. Karen also is an active member of the Wellness Committee, and walked at the Eric Patrie 5K in Delray this year. Karen is very involved in many of Premier's activities from putting out the Friday Newsletter or assisting with wrapping gifts for our holiday party. Karen still makes time though to get her workout in at the Busy Bodies Gym where she has a personal trainer, enjoys using the Elliptical, walking and lifting weights! Wow Karen! Thanks for all you do!



UPCOMING WELLNESS HIGHLIGHTS:

SECRET HOLIDAY WELLNESS BUDDIES

The Wellness Committee is hosting a Secret "Santa" Activity. Please email Wellness@premiereyecare.net if you are interesting in joining or have questions, we will also be sending out an email. Once we have compiled a list of names of participants, associates will pick names randomly out of a hat. We ask that associates either provide the recipient with a small gift or we ask they do something inspirational or creative for their buddy on **Wednesday December 10th, 2014**. More details to come!

PREMIER BLOOD DRIVE

Premier's next Blood Drive is **Wednesday December 17th, 2014**. Please also email Wellness@premiereyecare.net if you'd like to participate. Bagels and refreshments will be provided the morning of for donors, but please remember to eat iron rich foods the days before you donate as well.

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.

