



October 2015



ASSOCIATE SPOTLIGHT:

This month we are highlighting **Hallie Saunders** for building her own garage gym. Hallie and her Fiancé were tired of trying to work around their trainer’s schedule and wanted to be able to complete their WODs (Workout of the Day) at home. When building their gym, they did the following to revamp the garage:

- Painted the floors and the walls
- Painted on a Chalkboard to write out daily WODs and monitor progress

Installed the following:

- Pull up Bar, Yoga Mats, Dumbbells, Kettle Bells, Resistance Bands, Machine Ball and weight bar with weights.

Hallie’s goal is to no longer need a gym membership so she can do all her physical training in the confines of her own home at her convenience. WAY TO GO HALLIE!!!!

BREAST CANCER AWARENESS MONTH:

October marks the beginning of Breast Cancer Awareness month, an annual campaign that aims to increase knowledge and awareness of the disease. Other than skin cancer, breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. The United States Preventive Services Task Force recommends that if you are 50 to 74 years old, be sure to have a screening mammogram every two years.

Here are some Fast Facts:

- Each year in the U.S. more than 200,000 women get breast cancer and more than 40,000 women die from the disease.
- 1 in 8 women will be diagnosed with breast cancer in their lifetime.
- Breast cancer is the second leading cause of death among women.
- Breast cancer deaths have been declining since 1990 thanks to early detection, better screening, increased awareness, and new treatment options.



BREAST CANCER WALK & PINK DAY:

Making Strides 5k Walk – On **Saturday, October 24**, Premier is participating in the **Making Strides against Breast Cancer 5k Walk**, which will take place in Mizner Park in Boca Raton. To sign up for the walk, please visit the website or visit one of the Wellness Committee members for assistance. If you cannot walk, you can also visit the Premier Team page and donate to the team.

Wear PINK to Work Day – On **Thursday, October 15** Premier Eye Care will be hosting a **‘Wear Pink to Work Day** to promote Breast Cancer awareness. We welcome all associates to join us!



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.

