



April 2016

## April is Alcohol Awareness Month

### ALCOHOL AWARENESS MONTH:

This month is Alcohol Awareness Month, and Premier encourages you to educate yourself and your loved ones about the dangers of high alcohol consumption. Excessive alcohol consumption lead to 88,000 deaths from 2006-2010, which were most commonly related to violence, alcohol poisoning, alcohol related motor vehicle accidents, drowning, liver disease and cancer. Please go to the National Institute on Alcohol Abuse and Alcoholism's website for additional information:

<http://www.niaaa.nih.gov/alcohol-health/alphols-effects-body>

Here are some strategies to help you cut back or stop drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Don't drink when you are upset.
- Make a list of reasons not to drink.

If you or a loved one need assistance with Alcoholism, please go to [www.recovery.org/browse/Florida](http://www.recovery.org/browse/Florida) for a list of recovery centers near you.

### ASSOCIATE HIGHLIGHT:

This month Premier would like to highlight **Natasha Jefferson** for numerous Wellness achievements! Since November 2015, Natasha has participated in:

- **5K & 10k Runs -Super Hero Run, Down2Earth, Shamrock Run**
- **Obstacle/Mud Runs - Insane Inflatable, Spartan Race & Battle Frog Race**
- **A Half Marathon - Halloween Half Marathon**
- **7 Miles Bike Ride - Loop the Lake Bike Ride**

Altogether, Natasha has logged 47 miles of running and cycling (not including distance logged while training) through all these active events. Way to go Natasha!!

We would also like to announce that Natasha is registered for another 10K, the Marvel Challenge, which is a run and obstacle Course. At the Marvel Challenge, participants must complete a 5K, a 10K and a Half Marathon in three days.

### UPCOMING WELLNESS HIGHLIGHTS:

The Wellness Committee is hosting another **Fitbit Challenge!** The only thing you will need for this challenge is your Fitbit and to be registered to Premier's online Fitbit group! The guidelines for the challenge are as follows:

- To complete the challenge, you must reach a personal goal of 175,000 steps in the month of April (April 1st to the 30th).
- In order to qualify for the challenge, you must link your Fitbit to a smartphone, tablet or computer and be part of the Premier Eye Care Fitbit group.
- We will keep track of everyone's steps through the group page and notify you once you have reached your goal. You can view by visiting the Premier Eye Care Fitbit Group page.

### 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.

