



July 2016



SUMMER EXERCISE – FUN WAYS TO GET YOUR BODY INTO SHAPE:

Kayaking Paddle Boarding Play water Polo
GO RUNNING ON THE BEACH! Hiking
Go Swimming Beach Yoga Snorkeling
Play Tennis Play Volleyball

STAYING SAFE IN FLORIDA DURING THE SUMMER - IDENTIFYING HEAT EXHAUSTION AND HEAT STROKE:

Heat Exhaustion is caused by exposure to High Temperatures, particularly when combined with high humidity and strenuous physical activity. Without prompt treatment, Heat Exhaustion can lead to **Heat Stroke**.

Signs and Symptoms of Heat Exhaustion: Heavy sweating, faintness, dizziness, fatigue, weak, rapid pulse, low blood pressure upon standing, muscle cramps, nausea and a headache.

When to see a Doctor: After you have stopped all activity, move to a cooler place, drink cool water or sports drinks – if your symptoms don't improve within an hour seek medical attention.

Heat Stroke: A life threatening condition that occurs when your body temperature reached above 104 degrees. Typically this is coupled with an altered mental state, nausea and vomiting, flushed skin, rapid breathing, racing heart rate.

Most Importantly: Stay hydrated when outside, and go inside when you begin to feel overheated. Summer is meant for fun, so stay healthy!

PREMIER'S WELLNESS HIGHLIGHT:

This month we'd like to highlight **Amanda Gilbert**, who in recent months has made significant changes to her diet, physical exercise and overall wellness! Please see her Fitness and Diet Plan below:

- **Diet** – Amanda has changed her eating habits to a protein shake with fruit in the morning and two smaller portion meals for lunch. For dinner she has another protein shake and or a small vegetable plate, but will still indulge in a cheat day on Sundays!
- **Exercise** – Amanda has hired a personal trainer which she sees four times a week for an hour session. She has been with this trainer for two months and they work together on various forms of cardio and weight lifting. Amanda has also just started Orange theory, which is a 60-minute workout which uses the science of heart rate interval training and weight lifting training to promote weight loss.

Great work Amanda!



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.



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