



August 2016



MENTAL HEALTH AWARENESS MONTH:

"Workplace stress" is defined as the harmful physical and emotional responses that can happen when there is a conflict between job demands on the employee and the amount of control an employee has over meeting these demands.

Three out of every four American workers describe their work as stressful. And the problem is not limited to these shores. In fact, occupational stress has been defined as a "global epidemic" by the United Nations' International Labor Organization.

Ways to improve stress at work:

- Balance your schedule between work, family and social activities and responsibilities.
- Don't over commit yourself.
- Try to leave home earlier. Running late adds stress.
- Prioritize tasks in order of importance.



ASSOCIATE HIGHLIGHTS:

This month we would like to highlight Kevin Fedish who is currently training for the Battlefrog (8k course with 24 military obstacle courses) as well as the television series Ninja Warrior.

To train for these 2 great events, Kevin quit smoking and completely changed his diet and workout regimen.

Diet – Kevin has switched to a high protein diet which includes a combination of protein shakes, egg whites, chicken, vegetables, and brown rice.

Training – Kevin works out 5 days a week starts his training day at 4am. A typical day starts with a 5 to 8 mile run followed by upper body strength training at the gym followed by about 15 minutes of yoga. After work, Kevin finishes the day with some cardio which includes cycling and or grip-strength training. Great Job Kevin for being such a great inspiration!



UPCOMING WELLNESS HIGHLIGHTS:

This week marks the start of the 2016 Summer Olympics!

Did you know?

Rio will become the first South American city to host the Summer Olympics. The torch relay began its Brazilian journey on May 3rd at the capital Brasilia. More than 10,500 athletes, from 206 Countries will take part in this years' games; including first time entrants Kosovo and South Sudan. Who will win the gold for their nation? 306 sets of medals will be awarded. The games will feature 28 Olympic sports.

#

ABOUT PREMIER EYE CARE:

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.



PREMIER EXPERTISE. PREMIER SERVICE.