



December 2016

SAFE TOYS AND GIFTS MONTH:

According to the U.S. Consumer Product Safety Commission, hospital ER's treated an estimated 251,700 toy-related injuries in 2010 throughout the United States. 72% were to people less than 15 years of age. Additionally, in 2007 alone, toymakers recalled over 19 million toys worldwide because of safety concerns such as lead paint and small magnets. It is critical to remember to consider the safety and age range of the toys. **Please consider the following guidelines for choosing safe toys for all ages:**

- Be diligent about inspecting toys your child has received.
- Look for labels that assure you the toys have passed a safety inspection
- Gifts of sports equipment should always be accompanied by protective gear (give a helmet with the skateboard)
- Do **NOT** give toys with small parts to young children as they tend to put things in their mouths, increasing the risk of choking.
- Do **NOT** give toys with ropes and cords or heating elements
- Do **NOT** give crayons and markers unless they are labeled "nontoxic".



WELLNESS HIGHLIGHT:

Hallie Paxton, from Network Management, has begun a new workout regime and joined Crossfit Hardcore "The Station" in Boca. The class she participates in begins at 6 AM and is referred to as "The Roosters," where she is joined by her husband each morning. She likes going that early so she can get the most out of her workout. According to Hallie the workouts range from EWODs (Endurance Work Out of the Day) that include sprinting 2 miles to the regular WODs that include Box Jumps, Push-ups, Squats, Lunges, Wall Balls, Power Cleans and more. Hallie has also consistently been attending YouFit 5 days a week prior to her new membership as well as working out at home doing 21 day challenges where she posts her workout results online with her friends from home to keep each other accountable. She finds mixing up her routine on occasion keeps it challenging!



UPCOMING WELLNESS EVENTS:

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 with additional information. 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 **Friday December 16th, 2016**. More details to come!



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.



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