



June 2017



AVOCADOS – SUPER FOOD OR SUPER FAD?

Health magazines and nutrition experts lately are raving about avocados and their health benefits. Avocados have become the latest food fad, and meals such as Avocado Toast and Guacamole have been popping up on menus throughout the country. It's safe to say Avocados have created a national food craze, but we wanted to ask the question – is this truly a Super Food or Super Fad? Based on our research, Avocados live up to their hype as they have strong nutritional benefits: healthy fats, a good source of fiber, Vitamin rich, its high in Folate (an important nutrient for pregnancies) and they even help make smoothies creamier. Many finance articles however say to save your money as these Avocado foods are easily made at home. We challenge you to try your own Avocado recipe!



ASSOCIATE HIGHLIGHT:

This month we'd like to highlight **Nana Duah**, from our Finance Team. Nana has recently begun Boxing at Fight Fit Boxing & MMA. According to Nana, "I've always been a fan of the sport. It's a one stop shop for a full body workout, without the feeling of working out. My biggest challenge in fitness has always been consistency. My genuine interest in the sport allows me to perceive boxing as playing a fun sport as opposed to me working out. This helps me to remain consistent." We asked Nana what he has learned taking the classes, and he said, "My gym offers different classes to teach different boxing skills, I chose a workout plan that incorporates cardio and Technical defensive and offensive skills. So I have learned how to throw a few "combo punches", and defensive techniques like the "shell defense" and also learned a great deal of footwork to support my movement on offense and defense." Nana says, "His goal one day is to be Mohammed Ali (just kidding), but on a serious note to improve and sharpen my skills."

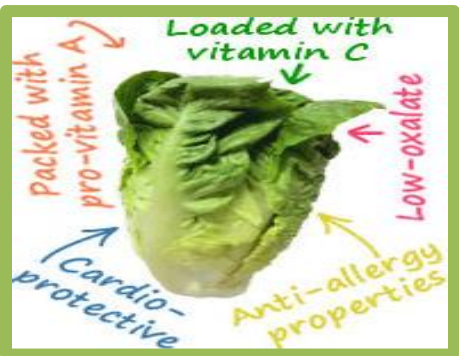
That's not all! Nana also participates in a men's soccer league in Pembroke Pines, where he plays on an intramural soccer team. They are currently in second place in their league – **way to go Nana!!**

UPCOMING WELLNESS HIGHLIGHTS:

This month Premier's Wellness Committee is excited to announce we'll be having a **Salad Day** on **Wednesday September 21st, 2017**. Salad day promotes healthy eating, and also is an opportunity to learn some nutritional facts about salads and alternative healthy lunch options.

June National Wellness Highlights and Events:

Alzheimers and Brain Awareness Month, **June 5th** is National Running Day, Child Vision Awareness Month, National CPR and AED Awareness Month, **June 4th** is National Cancer Survivor Day, Wellington Father's Day 5K, **June 3rd** is a 6K for Heroes Recovery



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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