



PREMIER

WELLNESS E-NEWSLETTER

May 2018



NATIONAL PHYSICAL FITNESS AND SPORTS MONTH:

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active.

Helpful tips for Getting out and moving:

- Take the stairs instead of an elevator or escalator
- Take a brisk walk at lunchtime
- Go for a hike/walk instead of going out.
- Check local listings for boxing or yoga lessons near you.

Track your progress!

Setting small physical activity goals is a great way to keep you on track. There are numerous applications available online and via phone apps to help you keep track of your progress and stay motivated!

ASSOCIATE HIGHLIGHTS:

This month Premier would like to highlight the following associates that completed April's Fitbit Challenge to accumulate 175,000 steps. The Wellness Committee congratulates:

- | | | |
|----------------|--------------|-----------------|
| - John L. | - Bridget L | - Brian S |
| - Oksana D. | - Sherene H. | - Daphnee D. |
| - Patrick H. | - Benouse A. | - Bel E. |
| - Teresa W. | - Claudia P. | - Jacqueline W. |
| - Jason P. | - Nabil B. | - Alex W. |
| - Dauna Y. | - Don C | - Amanda S. |
| - Migdalia R. | - Anna S. | - Peggy K. |
| - Natasha J | - Jordan W. | - Kevin F. |
| - Elizabeth H. | - Cindy O. | |

Premier accumulated a total of **7,857,829** steps which equals to **3,928.9** miles in the month of April. That's nearly half the diameter of the Earth! (**7,917.5 Miles**)

UPCOMING WELLNESS HIGHLIGHTS:

- Please join us each Friday this month and dress up in your sports gear! **5/11, 5/18 and 5/25**
- Keep an eye out for some fun sports activities throughout the month!
- The **Great Cycle Challenge** begins in June! Every week, 28 kids pass away from cancer and we want to stop this! Make sure your bikes are in good shape and well oiled! We will be starting on June 1st attempting to ride as many miles as possible, while also fundraising. Please email wellness@premiereyecare.net for details in participating. You can choose to fundraise, bike, or BOTH! If you elect not to participate, feel free to donate to the Premier team! Let's together kick cancers butt!



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.

