



PREMIER

WELLNESS E-NEWSLETTER

May 2015



ERIC PATRIE 5K:

Premier attended the Eric Patrie 5K this month, and we'd like to show our appreciation for the following attendees representing Premier: **Amanda Gilbert, Michael Aguirre, Natasha Jefferson, Whitney Glover & Terry Wong.** Associate **Terry Wong** also won 3rd place in her age group, way to go Terry!

The Wellness Committee is always looking for ideas for events that are friendly to all types of athletes, so if you have a specific day and event time you'd like us to propose to the committee, please email: wellness@premiereyecare.net.



PREMIER'S WELLNESS HIGHLIGHT:

This month we'd like to highlight **Brandy Sanders** on Premier's Network Management Team. Brandy has been going to Hard Exercise Works 3-4 Days a week. This workout program is very intense, and it's extremely impressive she can attend this many days a week. We provided an example of a recent workout she accomplished while at the gym: a 1 Mile Run, 100 Pull-ups, 200 push-ups, 300 squats followed by a 1 mile run.

Brandy also has been combining her intense workout program with a healthy diet. She has been ordering meal plans through a company called "Chef Fit" and they deliver their fresh, healthy meals to your house on Sundays and Wednesdays. Brandy says, "For healthy good it's very flavorful. They will also accommodate whatever dietary need you may have whether its: Paleo, Vegetarian, Gluten Free, etc."

Brandy says her advice to anyone working out it is, "Always listen to your body, but if you can, keep going because it's worth it." Great work Brandy!



UPCOMING WELLNESS EVENTS:

On **Wednesday June 10th**, we'll be having another Blood Drive and anyone who volunteers to donate will also be receiving a free movie ticket! So come donate with us and see a summer a Blockbuster in the theatre for free!

The Wellness Committee is happy to announce we will be having another **Bowling Event Saturday June 27th, 2015**. Last year we had 72 associates attend Premier's bowling event, and by popular demand we've decided to have another one! More to come from our Wellness Committee in the coming weeks.

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.



PREMIER EXPERTISE. PREMIER SERVICE.