



November 2018

MOVEMBER – MEN’S HEALTH AND AWARENESS MONTH:

The state of men’s health is in crisis. Men experience worse longer-term health than women and die on average six years earlier. Prostate cancer rates will double in the next 15 years. Testicular cancer rates have already doubled in the last 50. Three quarters of suicides are men. Poor mental health leads to half a million men taking their own life every year. That’s one every minute! The Movember Foundation is uniquely placed to address the crisis at a global level. We’re funding ground-breaking projects all over the world, engaging with men where they are, to understand what works best, to help make change happen sooner.

Our goals are big, but the impact of doing nothing is bigger. We need to act!

5 HEALTHY EATING TIPS FOR THE HOLIDAYS:

‘Tis the season for family, festivity, and FOOD – lots of food! What’s more, it all goes on for weeks! Here are some tips that can help balance the holiday eating struggle:

1. **Exercise Before / After You Eat** – Exercise suppresses appetite, and exercising after you eat is a great idea. You will have this in the back of your mind while you are eating.
2. **Eat Before You “Eat”** – Do not skip meals earlier in the day, this will make you hungrier.
3. **Pick Smarter Options** - Being conscientious of what you are putting into your body is half the battle
4. **Just Have One Piece of Pie (or dessert of your choice)** - It is going to make you feel better!
5. **Hydrate Before You Eat** - Thirst can easily be mistaken for hunger. Stay hydrated and curb hunger.

FACT: *The average person gains about a pound (sometimes more) during a Thanksgiving meal.*

UPCOMING WELLNESS HIGHLIGHTS:

- **Solider Rush: Saturday November 10th.** Best of luck to all Premier Associates participating in this military themed Obstacle Course Race!
- **Holiday Wellness Buddies:** We will be doing the annual Holiday Wellness Buddies this year once again in early December. We can’t wait!
- **Blood Drive:** TBD, Premier will be hosting its final Blood drive of 2018 in December. Please prepare ahead of time, eat your iron and let’s make this the biggest turnout yet!

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.



MOVEMBER



CHOOSE YOUR WEAPON

