



PREMIER

WELLNESS E-NEWSLETTER

January 2019



UPCOMING EVENTS: BOWLING EVENT AND PUBLIX A1A RUN

Saturday February 2nd 2019, Premier will be hosting the ever popular **bowling event at Frank Theatres Cinebowl** located in the Delray Marketplace. This is a great event to bring the family. Food, non-alcoholic beverages, and two games are provided. More to come!

Sunday February 17th 2019, the Wellness Committee presents the **Publix Fort Lauderdale A1A Marathon** as the next Premier-sponsored event. The running categories are marathon (26.2 miles), half marathon (13.1 miles), 5K (3.1 miles). To register or for more information, visit: <https://alamarathon.com/event-details/ala-marathon/>. This is a premier-sponsored event, which means that you would be reimbursed in addition to your monthly Wellness benefit if you are a full time permanent associate.



ASSOCIATE SPOTLIGHT: ALICE KEAN AND GINA HUNTER

Alice Kean and Gina Hunter are Premier Team Members in the HEDIS[®] department. Alice started running in High School when she still lived in Jamaica. She ran numerous 5Ks as well as the Reggae and Kingston City half marathons 10 years ago when she was still in Jamaica. Gina started running when she was in the military. She mentioned to Alice that she wanted to run so she could get back in shape. So now they train twice a week at Spanish River Athletic Park in Boca for their short runs.

Both are training for half marathons, so for their weekly long run, Gina joined Friends in Training in Coral Springs, and Alice runs with WeBe Running Boca. Gina ran her first 5K in 43 minutes, with no walking, at the Jingle Bell Jog in December. Her goal is to run a 30-minute 5K at Publix A1A, and eventually work to a half marathon. Alice is registered for the 13.1 at Publix A1A in February and hopes to both improve her times and run more half marathons. She already ran Publix A1A last year, the DTR Endurance Half, Wings for Life, the Race for Women's Wellness half marathons, the Wellington 10-Miler and numerous 5Ks.

Both Alice and Gina inspire others to be part of the South Florida running community.



HEALTHY WEIGHT WEEK: 1/20/2019 – 1/26/2019

It is time to celebrate the New Year, the new you and a healthy weight. Healthy Weight Week focuses on making wellness a lifestyle by consuming nutritious foods, living actively and feeling positively about yourself and others. Join the cause and celebrate your health!

During Healthy Weight Week, hide your scale, do not peek at a height and weight chart, and avoid body mass index calculations. Love yourself and love your body!

Try some of the following:

- Get a move on
- **Drink plenty of water**
- Catch some Zzzz's
- **Take a deep breath**
- Sign up for a race
- **Chat with loved ones**
- Step it up with stairs

Focus on what you can change

• **Plan your meals** • Derail your stress • **Record goals**

Use a smaller plate • Be conscientious • Cut down on alcohol • **Eat fruits and veggies**

Read food labels • Eat high-fiber foods • Don't skip breakfast • Be happy with where you are

Reward yourself • **Cook nutritious meals** • Eat regular meals • **Just "be"**



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.

