



February 2019



## AMERICAN HEART MONTH

February is American Heart Month. Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Premier provides many activities that promote heart health. We organize athletic events such as the upcoming Publix A1A, Escape to Miami Triathlon, and Gumbo Limbo 10K. We provide healthy snacks in the break room and sponsor salad days and Fitbit challenges. Many of our team members get together unofficially to run (Jingle Bell Jog, Shamrock Run, or just train), do obstacle courses (Goliath Gauntlet, Spartan Sprint), do triathlons (Las Olas Tri), and cycle (Critical Mass). If anything interests you or if you don't know how to get started and need help, contact the Wellness Committee and we'll get you started.



## 21 DAYS OF GRATITUDE CHALLENGE

It's easy! Track 3 things you are grateful for everyday for 21 days.

Research on the physical and mental health benefits of gratitude has piled up in recent years. Practicing gratitude boosts overall wellness; it can make people happy and even inspire them to exercise more. The 21-day gratitude challenge helps you foster a new attitude of gratitude by pushing you to look for the good around you and express thankfulness for it

*"In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships."*

You can read more from the psychology experts at Harvard Medical School here: [https://www.health.harvard.edu/newsletter\\_article/in-praise-of-gratitude](https://www.health.harvard.edu/newsletter_article/in-praise-of-gratitude)



## BUILD HEALTHY RELATIONSHIPS

Humans are relational beings. Interactions with family, friends and acquaintances can be a powerful means of shaping our identities and infusing meaning and joy into our lives. However, healthy relationships don't just 'happen' – they need to be fostered and allotted significant time and energy to develop. The fact of the matter is, healthy relationships (romantic relationships, friendships, familial relationships — they all count!) can help make for a healthier overall life.

### How:

- Develop Your People Skills • Identify Your Relationship Needs • Schedule Time to Build Relationships • Focus on Your Emotional Intelligence • Appreciate Others • Be Positive • Manage Your Boundaries • Avoid Gossiping • Listen Actively

### Results:

- Live longer • Deal with Stress • Be healthier • Feel Richer

## 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.

