



March 2019



## STUFF GOING ON

Congratulations to Jeff Castillo on finishing his first half marathon during Publix A1A. Also congratulations to Alice Kean, Marlene McKay, and Natasha Jefferson on finishing another half marathon, as well as Gina Hunter on her 5K.

So far 8 team members have registered for the Spartan Obstacle course on April 27<sup>th</sup> in Boca Raton. If you're interested, go to <https://www.spartan.com/en/race/detail/4440/overview>, register for the Saturday morning wave as part of team Premier Eye Care, and use registration code SEREGION at checkout to save \$20. This is NOT a sponsored event, however, Spartan is a top event of its type, along with Tough Mudder, and we are taking advantage of it being local. Email the Wellness committee if you have questions.

Unofficially, on the last Friday of the month, some team members participate in a cycling event called Critical Mass Fort Lauderdale. This month, it's on March 29<sup>th</sup>. The ride lasts approximately 2 hours at a leisurely 10 miles an hour, starting at 8pm. Again, email the Wellness committee if you have questions.



## NATIONAL SLEEP AWARENESS MONTH

Sleep. It is one of the few things we absolutely cannot live without, but also something most of us rarely think about and rarely get enough of. According to the National Sleep Foundation, at least 40 million Americans suffer from sleep disorders. These disorders have a myriad of causes, from environmental factors to physical and emotional ailments, but all have one thing in common: they are detrimental to our health and well-being.

Sleep is important not only for rest, but also for repair, as many body systems undergo a period of restoration during normal sleep. March is National Sleep Awareness Month, the perfect time to implement healthy sleep habits and think about what you can do to get a good night's rest!

## MARCH IS NATIONAL NUTRITION MONTH

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. Registered Dietitian Nutritionist Day is also celebrated during National Nutrition Month®, on the second Wednesday in March. This occasion increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services, while recognizing both RDNs and nutrition and dietetic technicians, registered for their commitment to helping people enjoy healthy lives.

"National Nutrition Week", initiated in March 1973, was embraced by members of the American Dietetic Association (now the Academy of Nutrition and Dietetics) as a way to deliver nutrition education messages to the public while promoting the profession of dietetics. In 1980, in response to growing public interest in nutrition, the week-long celebration expanded to become a month-long observance.

## 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.

