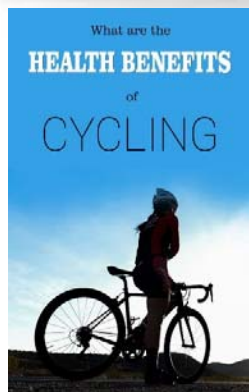




June 2019



- GOOD HEALTH
- STRENGTH
- SLIM BODY
- SOUND BLOOD
- GOOD MOOD
- BRAIN ACTIVITY

CYCLING HEALTH BENEFITS

If you've considered taking up cycling, and weighing it up against other potential activities, well then cycling is hands down the best option. Cycling improves your sense of well-being because it combines physical exercise with being outdoors and exploring new views. It promotes weight loss burning between 400 and 1000 calories per hour depending on intensity and weight. Cycling builds muscle, improves lung health, cuts heart disease and cancer risk. Because it's low-impact, it has lower injury rates than running. It improves sleep and, therefore, you'll be more productive. Cycling boosts brain power, as does exercise in general, because of the improved blood flow to the brain, which also reduces cognitive changes that can leave us vulnerable to dementia later in life. And if you find other cyclists, it's a great social activity.

If you're looking for local bike trails, try: <https://www.bikeflorida.net/bike-south-florida.htm> or <https://www.floridarambler.com/florida-bike-hike-trails/best-south-florida-bike-trails/>. If you're interested in getting a new bike, try Trek Bicycle store in either Boynton, Sunrise, or Ft. Lauderdale, Downtown Bikes Ft Lauderdale. Bicycle Generation in Deerfield. TUNE Cycles in Boca, Family Bycle Lake Worth, and LC TRI shop in West Palm.

GREAT CYCLE CHALLENGE – RIDING TO FIGHT KIDS' CANCER

Great Cycle Challenge started in 2015, and after just 4 years, the event has grown to become one of the biggest cycling events in the United States. In 4 years, this community of riders from all 50 states has ridden a total of 12,205,253 miles, and raised \$16,070,740 in support of research to develop better treatments and find a cure for childhood cancer.

Premier is again helping. This year Kevin Fedish will be doing his third challenge. He has ridden for Gabriela Marin. Elizabeth Colon, Natasha Jefferson, and Patrick Hatchwell will be doing their second challenge. Liz will be riding in memory of her grandmother, Iris, who died of ovarian cancer. Patrick will be riding in memory of his cousin Arnaud who had childhood leukemia and passed away this past January.

Why? Because over 15,700 American children are diagnosed with cancer every year, and sadly, 38 children die every week. If you want to participate or donate please visit <https://greatcyclechallenge.com>.



SALAD DAY – WEDNESDAY JUNE 12TH

Keep your lunch at home on Wednesday June 12th because Premier will be providing a healthy salad lunch with some added protein on the side like chicken.

Why eat a salad? Salads are a natural source of fiber. This quote from the Harvard School of Public Health sums it up: "A diet rich in fruits and vegetables can lower blood pressure, reduce risk of stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect on blood sugar which can keep appetite in check." A daily salad aids in your intake of healthy fats. The carotenoids found in green leafies like spinach, romaine and red lettuce help the eyes adjust from bright to dark, and to filter out high intensity light levels, protecting them from the formation of free radicals. There are plenty of great salad ideas on the internet. Just watch out for certain salad dressings – they can pack a lot of fat. Bon appetit!



I ❤️ SALADS

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.