



Press Release
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Something New for the Holidays? Follow Instructions for Building a Better You *A healthier you is in the bag this Christmas season.*

KNOX CITY, Texas (Dec 19, 2022) – You have probably heard the popular Christmas tune “The Man with the Bag,” referring to Santa Claus and his bag of gifts. Among all the goodies contained in the “bag” is the possibility of sound health for the holiday season and into the new year. And the good news is that the bag is actually in your hands. And, unlike the song lyrics, you don’t have to “wait” for it.

“You can decide how actively engaged in your health and well-being that you want to be starting right now as you prepare for the upcoming holiday season and into the new year,” says Chris Scott-FNP, of Munday Clinic. “And we at Knox County Hospital District are here to help you in leaning in to a good physical and mental health regimen that not only keeps you strong in body but also helps to reduce your stress level which can quickly become aggravated at this time of year,” Scott added.

Getting a lot of “accidental” exercise may be quite easy as you rush from here to there to buy Christmas gifts, food for parties and holiday meals and prepare your house for guests. But how about planning an intentional exercise routine that you can dedicate yourself to?

According to Chris Scott, creating a health plan involves about four steps that you can fairly easily take on.

“First, take a good look at your current physical wellness,” Scott suggests. This means looking at your physical fitness and how you eat. Scott recommends creating a physical fitness plan that includes about 150 minutes of moderate aerobic activity per week or 75 minutes of vigorous activity that gets your heart pumping, per week. That comes down to about 30 minutes of exercise per day, three days a week. If you are inclined to do more, even better.

“Exercise that strengthens all major muscle groups is ideal,” Scott points out. “This should be done at least twice a week with weights heavy enough to tire out your muscles after about 12 to 15 repetitions.” Moderate aerobic exercise includes brisk walking, biking, swimming, and pushups. More vigorous exercise would include running, hiking, and aerobic group dance classes. Based on your age, weight and general health conditions, healthcare providers at KCHD can help you determine what type of exercise routine might be best suited to you.

Eating right is the other side of the health and wellness equation. “The simplest advice I can give on eating a good and nutritious diet is to make sure you get an appropriate amount of vegetables, fruit, protein and whole grains in your diet as well as to cut down on your sugar intake,” Scott advises.

More

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Also important is getting an adequate amount of sleep regularly. "Sleeping too little can make you feel tired and worn out," Scott said, "But sleeping too much can also have deleterious effects on you." The appropriate amount of sleep one needs often changes throughout the stages of life.

As you are assessing your health and wellbeing don't overlook your mental health. "Especially during the holidays, stress can be a constant visitor," Scott said. A few remedies to keep stress levels low include finding some time and space to steal a few minutes away for yourself over the busy holiday season. "Meditation, breathing exercises, yoga, reading, walking, sitting or laying in the sun, playing with your pets or grandchildren, or for some people, having a cup of tea or making your favorite meal are also great de-stressors."

Scott suggests members of the community take this time to consider how to survive the holidays keeping a sound mind and body in their sights and creating a plan built on a strong and healthy foundation to stand on throughout the new year.

Knox County Hospital District wishes you a Merry Christmas and a blessed New Year and reminds you that if you need us, our hospital and ER is available throughout the holiday season 24/7.

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.

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