



**Press Release**  
**FOR IMMEDIATE RELEASE**

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## **A Brand-New Year is on the Way. Why Not Create a Brand New You Also?**

*Following some easy guidelines can lead to better physical and mental health in 2023.*

KNOX CITY, Texas (Dec 23, 2022) – At the beginning of each new year we get a clean slate to work with. Now is a good time to think of what you want to do with this brand-new opportunity to make any changes or alterations you might want to see going forward. Many people focus on their health and wellness at this time of year and that is why we usually see an increase if only temporary, in gym memberships and exercise routines.

But, in order to really make changes to your health-both physical and mental-you need a plan and a serious commitment throughout the year. “Ask yourself what your goals are for better physical health and mindfulness and come up with ways to achieve them that you know you can manage and stick to,” advises Dr. Kendra Williams, physician at Knox City Clinic, a service of Knox County Hospital District. “Make it as much fun as possible so that it won’t seem like a chore and you will find more enjoyment in working toward your achievement,” She adds.

### **Physical Health**

Everyone may have different goals for physical health but we at Knox County Hospital District we believe there are certain basics to keep in mind. Physical wellness is generally defined as the amount of regular exercise one gets; how balanced a diet you take in; how much sleep you get; and how regularly you stay on top of your health with scheduled check-ins with your doctor.

Therefore, we recommend that any exercise routine include the following guidelines:

- At least 150 minutes of activity per week that involves getting your heart beating fast. Examples could include walking, biking, jogging, swimming, doing vigorous yardwork, group exercises
- Implementing a well-balanced diet that includes vegetables, fruit, whole grains, and keeping red meat and carbohydrates, which for many of us translates to sugar, down to a minimum
- Getting the appropriate amount of sleep which varies based on age and health conditions
- Keeping up on your visits with your primary care provider and getting the recommended vaccines like the bivalent Covid booster shot if you are eligible and the current Influenza vaccine. You can get both, commonly referred to as the *fluster* in one visit at the Knox City or Munday Clinic. They are two separate shots, that can be administered during the same visit.

**More**

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701 SE 5th St. | Knox City, TX 79529 | 940-657-3535



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#### **Mental Health and Mindfulness**

Chances are you're starting the new year off carrying some amount of stress after having come through the holiday season. It's normal that most of us are. But too much stress, in addition to altering our attitudes and outlook, can also have deleterious effects on our physical health.

Ways to incorporate self-care, a term we hear a lot these days because of its importance to overall wellbeing and promoting peacefulness and calm, include:

- Going on a hike
- Going fishing
- Reading a book
- Doing yoga
- Walking the dog
- Laying out in the sun

"If you made a resolution to be a better you in 2023 these are a few suggestions on how you can start to make that happen," says Dr. Williams. "Think about what's important to you and let us help you figure out how to get there." The tips laid out here are a great template for walking the path to a healthier new year. But you can also contact your local medical professionals for any advice you may need.

#### **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](http://www.knoxhospital.org).

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