



Press Release
FOR IMMEDIATE RELEASE

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Keep Health and Wellness Top-of-Mind This Thanksgiving

Knox County Hospital District offers a few tips to stay healthy this fall.

KNOX CITY, Texas (Nov. 15, 2023) – Thanksgiving Day is upon us. Whether you are preparing to travel or host loved ones, wellness often takes a backseat for many of us this time of year. No matter how busy your schedule gets, making your health a priority this holiday season is imperative.

“Thanksgiving is the perfect time to reflect on our many blessings in life while spending time with family and loved ones,” says Stephen Kuehler, CEO of Knox County Hospital District (KCHD). “Thanksgiving is one of my favorite holidays but it can also be stressful with many things to get done. No matter how busy you get, take a moment to think about your health and wellbeing.”

Kuehler reminds everyone that nutrition, exercise, and relaxation are three important things to keep in mind this Thanksgiving.

Don't skip meals.

During the holidays, many people tend to skip breakfast and lunch to indulge in Thanksgiving dinner. “Saving your appetite” is counterintuitive as it can lead to binge eating.

Don't forget that breakfast is always the most important meal of the day experts say. It can be as simple as a bowl of warm oatmeal and fresh fruit. It is a fabulous meal that is not only healthy but quick to make.

Drinking plenty of water throughout the day could help curb hunger cravings, which are often signs of thirst.

Be mindful of what you eat.

We have all had those moments where your eyes are bigger than your stomach. This Thanksgiving, remember to be mindful of not only what you eat but also how much.

Always keep portion control in mind while loading up your plate. Use small plates and chew slowly to help you consume fewer calories

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Remember that casseroles and cranberry sauce can be high in calories, fat, and sugar. Also, be sure to go light on the gravy and try to reserve half of your plate for colorful vegetables. When eating salads, go extremely light on the dressing – or choose healthier options like vinaigrettes. When possible, choose whole-wheat bread.

Dessert is a treat while it may not be possible to resist completely, being mindful to enjoy sugary treats in moderation is helpful. Diabetics and individuals who are at the pre-diabetic stage should especially practice caution when it comes to consuming desserts and other foods. Fresh fruit is always a good choice.

Don't forget about exercise!

Whether you have been tasked with preparing the casserole or plan on enjoying the parade on television, making time to squeeze in some time for fitness is important. It does not have to be an all-day affair, either! Best of all, you can accomplish a lot while creating the energy to power your day ahead.

If going to the gym is not practical, a brisk walk or jog around your neighborhood can be very beneficial. Wake up early or carve sometime during your day to fit in physical activity. If you have been wanting to catch up with a friend or loved one, this is your opportunity to invite them along.

There are also many great at-home workouts that you can try that can take anywhere between 10 to 30 minutes. Most do not even require any special equipment! Try searching the Web for “simple at-home workouts,” to discover a plethora of routines that you can follow.

Take time for relaxation.

Make time for yourself. The holidays often leave us frazzled with much to do, but it is also about taking a timeout and enjoying a little downtime. Washing the dishes and taking out the trash can wait.

Take a moment to enjoy the time with family and loved ones. Most importantly, don't forget to reflect on the people and blessings in your life for which you are most grateful.

“Thanksgiving is a time to show appreciation and be thankful for everything in life,” Kuehler says. “By following a few commonsense guidelines and taking steps to look out for our health, we can ensure a

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happier, stress-free holiday season this year.”

If a medical emergency does occur, rest assured that help is around the corner. Knox County Hospital District and its trusted medical professionals can provide healthcare when you need it most.

To learn more about local healthcare services and providers, visit www.knoxhospital.org.

About Knox County Hospital District: Founded in 1926, Knox County Hospital District provides

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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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