



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

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## **Knox County Hospital District Encourages Healthier Habits in 2025** *Simple strategies to improve health and wellness this year.*

KNOX CITY, Texas (January 10, 2025) – As the calendar turns to a new year, many people look for ways to make positive changes in their lives. Whether setting goals to eat better, exercise more, or schedule important health checkups, Knox County Hospital District (KCHD) wants to help residents in 2025 by offering support and practical tips to improve wellness.

“The start of a new year is the perfect time to focus on your health and well-being,” said Chris Scott, FNP of the Munday Clinic, a service of Knox County Hospital District. “By setting realistic goals and taking small steps, people can build healthier habits that last all year long.”

To assist the community, Scott offers four strategies to make health a priority in 2025.

### **Schedule Your Wellness Checkup**

Annual wellness exams are one of the most effective ways to stay on top of your health. These exams give you and your healthcare provider the opportunity to review your health history, monitor changes, and catch potential problems early.

“Preventive care is key,” Scott said. “We encourage everyone to take advantage of annual checkups to make sure they’re staying healthy and addressing any concerns before they become serious issues.”

Wellness visits typically include lab tests that check blood sugar, cholesterol, and other health indicators. Depending on factors such as age and medical history, providers may also recommend cancer screenings, including mammograms or colonoscopies.

Medicare and most insurance plans cover wellness exams, making these checkups affordable and accessible.

### **Don’t Forget Your Flu Shot**

While flu season often begins in the fall, cases frequently peak in January and February. That means it’s not too late to get vaccinated. Each year, flu vaccines are updated to target the most common strains, making them an effective way to reduce the risk of illness.

“Flu shots protect not only you but also those around you, especially young children, older adults, and individuals with weakened immune systems,” Scott said. “Even if you haven’t been vaccinated yet, there’s still time to get your shot and stay protected.”

The Centers for Disease Control and Prevention (CDC) recommends flu vaccines for everyone 6 months and older. Most insurance plans cover flu shots, so they’re easy and affordable to obtain.

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#### **Make Fitness Part of Your Routine**

Physical activity has countless health benefits, from improving heart health and boosting mood to strengthening muscles and increasing energy levels.

“You don’t need to train for a marathon to benefit from exercise,” Scott said. “Taking short walks, doing yoga, or stretching at home can all make a difference. The important thing is to stay consistent.”

Adults should aim for at least 150 minutes of moderate activity per week, while children need 60 minutes per day. Activities like swimming, biking, and dancing can make exercise fun and sustainable.

“Fitness isn’t one-size-fits-all,” Scott said. “Find something you enjoy, and make it part of your lifestyle.”

#### **Focus on Healthy Eating**

Nutrition is the foundation of good health, yet many people struggle to maintain balanced diets. Instead of trying extreme diets that are difficult to sustain, Scott recommends focusing on simple, lasting changes.

“Healthy eating doesn’t have to mean giving up all your favorite foods,” Scott said. “It’s about finding balance—eating more fruits, vegetables, and whole grains, while cutting back on added sugars and processed foods.”

Proper nutrition fuels the body, supports mental health, and reduces the risk of chronic diseases like diabetes and heart disease. Scott encourages patients to consult their healthcare provider if they need help building a personalized nutrition plan.

#### **Stay Motivated All Year**

Setting goals is easy—sticking to them is the challenge. Scott reminds residents that health improvements don’t happen overnight but through steady progress.

“Small steps lead to big results,” Scott said. “By focusing on what you can do today, you’ll set yourself up for success tomorrow.”

KCHD offers a range of resources, from wellness exams and flu shots to chronic care management and referrals for preventive screenings.

To schedule a flu vaccination or an annual wellness visit, contact Knox City Clinic at 940-657-3906 or Munday Clinic at 940-422-5271.

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#### **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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