



Press Release
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A Healthier Holiday Season Starts With You

Simple Ways to Strengthen Your Well-Being during the Holiday and Before the New Year Arrives

KNOX CITY, Texas (**Dec 5, 2025**) – The holiday season may be filled with joy and celebration, but it also tends to place extra demands on our bodies, schedules, and stress levels. For many people, December creates a delicate balance between maintaining healthy habits and wanting to fully enjoy festive gatherings, good food, and time with family. Yet this moment in the year offers an opportunity—not a setback—to reflect on what supports long-term well-being and to enter the new year feeling stronger, calmer, and more in control of your health.

“We understand how easy it is to let healthy routines slip during the holidays, but this season can also serve as a reset point,” said Logan Morrow, Paramedic and EMS Director. “You have more influence over how you feel than you might realize, and even small choices repeated consistently can contribute to a healthier start to the new year. Knox County Hospital District is committed to helping our community stay well, and December is one of the best times to pause and think about what matters most.”

Morrow emphasized that personal wellness is not something that happens in January alone. “If we can take a few steps now—no matter how modest—they build momentum,” Morrow added. “Choosing better meals, adding a bit more movement, or carving out moments for rest can make a huge impact by the time the new year arrives.”

The pace of the holiday season often gives people more “accidental exercise” than they realize—walking through stores, preparing meals, decorating, or hosting guests. But Morrow says that moving with purpose elevates the benefits even more. “Intentional activity helps regulate stress, improves sleep patterns, and boosts energy levels,” Morrow noted. “You don’t need to train for a marathon. A 20- to 30-minute walk a few days a week is a great place to start. What matters most is committing to a routine that feels doable.”

Simple activities such as brisk neighborhood walks, stretching on waking, yoga sessions at home, or gentle weight training can be adapted for any age or fitness level. People looking for more structured exercise can consider swimming, cycling, or low-impact group classes. Morrow said, “find something you enjoy because when you enjoy the activity, you’re much more likely to stick with it—not just through the holidays, but into the year ahead.” When Morrow is off-duty, he is very involved in Jiu Jitsu and is an instructor as well as a BJJ Black Belt competitor.

Just as movement affects physical well-being, food choices play a significant role in how people feel

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during this busy season. Holiday meals are meant to be enjoyed, and Morrow stresses that healthy eating is not about restriction or guilt. “You don’t have to say no to your favorite holiday dish,” Morrow said. “But you can balance your plate by adding fruits and vegetables when possible, drinking more water, and being mindful of sugar intake. Small adjustments like these prevent the sluggishness that often accompanies heavy meals.”

Hydration becomes particularly important when schedules are hectic. Drinking enough water can support digestion, reduce headaches, and help maintain energy levels throughout the day. “A lot of people think dehydration only happens in the summer,” Morrow pointed out. “But colder weather and holiday routines make it surprisingly easy to forget to drink water. A little extra hydration can go a long way toward supporting overall wellness.”

Mental health is another key consideration during the holidays. While the season brings gratitude and togetherness, it can also create stress, emotional fatigue, or feelings of loneliness for some individuals. “This time of year, can stir up complicated emotions,” Morrow acknowledged. “It’s important to listen to yourself and recognize when you need support or a quiet moment of peace.”

Practical strategies for emotional wellness include deep breathing, journaling, listening to music, reading, or taking a brief walk outdoors. Spending time with friends, grandchildren, or pets can also provide grounding comfort. Small acts of care help one stay balanced as well as protect your mental health is just as essential as caring for your physical health.

As December fills with lengthy ‘to-do’ lists, Knox County Hospital District encourages community members pause for a moment to reflect on both their current well-being and the habits they hope to strengthen in the new year. “You deserve to feel your best,” Morrow shared. “A healthier 2026 starts with small, intentional choices this month, and our team is here to support you every step of the way.”

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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