

Spring clean your health

ANCHOR LEDE

Winter means cold, snowy conditions and a desire to stay in. It's fine to be cozy, but there might be an unintended consequence: you put off or cancel doctor's appointments.

Now that spring and warmer temperatures have arrived, it's the perfect time to take stock of your health. What screenings have I missed? What habits can I start at home?

TAKE VO

Bethany Huelskoetter, a family medicine provider at OSF HealthCare, says you should talk to your primary care provider about what screenings and vaccines you need to catch up on. Make sure kids get their yearly physical.

You can take a fresh start to your health at home, too. Recommit to quitting unhealthy habits like junk food and smoking.

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Bethany Huelskoetter, APRN (HOLES-ket-er)
OSF HealthCare

"One thing I always tell my patients: move your body. I'm not saying you need to go to the gym and do pushups, sit ups and deadlifts every day. Just move your body. Start at a pace that's good for you. If you have a sedentary job or lifestyle, get a step counter or smartwatch to track your steps and see where you're at." (:31)

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For example, Huelskoetter says if you're at 2,000 steps a day, set a goal of 10,000. But start small. For the first month, aim for 3,000 steps a day. Then increase it to 4,000, and so on. You can accomplish this, she says, through 30 minutes of exercise for five days a week.