Dr. Kevin Vincent talks New Year’s Resolutions with WCJB-TV20 Medical Spotlight

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Category: College of Medicine [1]
Running Medicine [2]
News [3]
Orthopaedics and Rehabilitation [4]
Sports Performance Center [5]

Dr. Kevin Vincent [6] shared safety tips and thinking smart about exercise as a life change - not a quick fix, with the WCJB TV20 Medical Spotlight. Key highlights included:

- Getting clearance from your doctor before starting a new program if you have any current health conditions,
- Expecting initial discomforts with starting a new program
- Start slowly to allow the body to adapt to new activities

This video news article was featured on the WCJB-TV20 [7] website:

- Medical Spotlight: New Year's Resolutions [8]


Links: