Dr. Kevin Vincent 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 website:

- [Medical Spotlight: New Year's Resolutions](http://www.wcjb.com/content/news/Medical-Spotlight-New-Years-Resolutions--469003083.html)