

PRESS RELEASE

For Immediate Release

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Wellness Solutions for Maintaining Health during the Holidays *Med-Vision's healthcare strategist discusses why weight doesn't dictate good health.*

Nov. 27, 2012 (Tampa, Fla.) – The holidays are here, and weight gain is on everyone's mind. Being skinny, however, doesn't equate to being healthy, according to a video by Connie Gee, vice president and employee wellness strategist for Med-Vision (<http://www.med-vision.com/healthyvideo.htm>).

"Healthy comes in many shapes and sizes; it's not a matter of numbers on a scale," said Gee, who has two decades of experience in health promotions. "You can be considered normal weight, but if you don't couple exercising with proper nutrition, drinking water, and appropriate sleep – you can just as easily have a heart attack or stroke as someone above normal weight."

If a person is carrying an extra 20 to 30 pounds but is exercising, their body may adapt to that extra weight. Moving the body, good nutrition, and a good night's sleep can be protecting their heart health. Rather than focusing on the scale, Gee recommends simple steps for healthy holidays and wellbeing into the New Year:

- 1) **Get moving:** 30-60 minutes of moderate physical activity on most days can reduce risks for cardiovascular disease. Lace up your walking shoes and hit the mall for holiday shopping instead of ordering on-line.
- 2) **Cook smart:** Holiday treats can add on extra pounds. Find ways to make your favorite dishes healthier. Try skim milk in mashed cauliflower or potatoes, or opt for low fat whipped cream on desserts. (Recipes: <http://www.med-vision.com/holidayrecipes.htm>).
- 3) **Think Moderation:** Don't overextend yourself. Shoot for at least seven hours of sleep each night. Also, enjoy treats in moderation. Things like omitting the crust from pie can cut calories. Remember, regular exercise will also help balance those holiday meals.

Med-Vision LLC and Med-View LLC:

Founded in 2005, Med-Vision (<http://www.med-vision.com>) delivers health plan risk management and wellness strategies to help employer groups achieve optimal employee health and productivity. In 2012, Med-Vision launched a proprietary healthcare data analysis tool, Med-View (<http://www.med-view.net>), to help employers identify and mitigate health risks. The firms cater to self-funded employer plan sponsors and impacts health plan members across the nation. Med-Vision has helped corporations, healthcare facilities, municipalities, and school districts to reduce risk, reverse trends, and decrease healthcare costs while increasing quality of care for their employees. Call Med-Vision at 813-205-1577 for more information.

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