

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

Published: Jan 17, 2018

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[Dr. Kevin Vincent](#) [2] 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](#) [3] website:

- [Medical Spotlight: New Year's Resolutions](#) [4]

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