

2019 KACO Posts

January

'Now' Is the Most Important Word

Patterning good behavior is a stalwart of parenting and pediatrician advice. It's also good for pediatrician wellness. So, help your patients by taking care of yourself. A recent study demonstrated that stroke risk, like diabetes and heart disease risks, are reduced by staying fit. And the most important take away is that people who have stayed fit or have become fit are the ones who benefit. Never being fit or losing fitness were indicators for people with the highest risk. When it comes to health and wellness, there really is no time like the present! You can read more [here](#).