



For Immediate Release
Women's Health Week: Prevention & Good Health



(SALEM, OHIO) – May 10, 2022 - “In today’s world, women have to be prepared to manage many different roles and responsibilities,” explained Alexis Hill, D.O., Internal Medicine physician affiliated with SRMC Primary Care- Lisbon and Salem Regional Medical Center. “One of the most important roles is setting a positive example for others and that means making your health a priority.”

May 9-15 marks National Women’s Health Week, and Dr. Hill and Salem Regional Medical Center (SRMC) encourage women to take steps to improve their overall health and wellness.

“The better women take care of themselves, the better they will be able to care for their loved ones. For example, when a mother makes it a point to eat healthy foods and exercise regularly, she sets a great example for her children to follow,” Dr. Hill advised.

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Role Model Tips to Encourage Healthy Behaviors

1. **Eat the foods and drink the beverages** that you want your family to consume. Emphasize fruits, vegetables, and whole grains. Include lean meats, poultry, fish, beans, eggs, and nuts; and eat foods low in saturated fats, trans fats, cholesterol, salt (sodium), and sugars.
2. **Encourage** low-fat or fat-free **milk** or water and **limit soft drinks, juices and other sugary beverages**, which often displace milk and add significant amounts of empty calories.
3. **Make every effort to have family meals at home**, where parents can set a positive example.
4. **Exercise together**. Walking briskly, mowing the lawn, dancing, swimming or bicycling are just a few examples of moderate physical activity. If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity on most days of the week.
5. **Engage in healthy lifestyle changes to address weight**, rather than restricting foods or promoting unhealthy diets.
6. **Foster positive body image and high self-esteem** by complimenting qualities other than appearance.

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“Many women work outside of the home and juggle a hectic schedule full of daily responsibilities,” Dr. Hill added. “In order to perform all of these vital roles, it’s important that women find healthy ways to relieve stress and take time out of their busy lives to get regular

screenings and check-ups. If women make their health a priority now, they'll likely save themselves a great deal of trouble later in life by preventing age-related health challenges."

Alexis Hill, D.O., Internal Medicine, treats patients ages 18 and older at SRMC Primary Care – Lisbon, located at 38506 Saltwell Road in Lisbon. Appointments with Dr. Hill can be scheduled by calling 330-424-1404. She is affiliated with Salem Regional Medical center's medical staff.