

Start Strong, Stay Healthy at St. Luke's Urgent Care

Life throws unexpected challenges your way, and you need to be prepared. At St. Luke's Urgent Care Centers, we understand that you can't afford to let a minor illness or incident slow you down. Embracing a few key habits can make a significant difference in your overall wellness. Here are some health tips to support you in fostering vitality and well-being throughout the year.

1. Prioritize Regular Exercise:

Physical activity is the cornerstone of a healthy lifestyle. Aim for at least 30 minutes of moderate-intensity exercise per day, whether it's brisk walking, jogging, cycling, or dancing.

2. A colorful plate is a healthy plate:

Adopt a well-balanced and nutrient-rich diet. Focus on whole foods, such as fruits, vegetables, lean proteins, whole grains, and healthy fats. Reduce the intake of processed foods, sugary snacks, and excessive amounts of caffeine or alcohol.

3. Hydration is imperative:

Staying adequately hydrated is crucial for optimal health. Make it a goal to drink at least eight 8-ounce glasses of water daily. Proper hydration supports digestion, nutrient absorption, and overall cellular function. Consider carrying a reusable water bottle to make it easier to meet your daily water intake goals.

4. Get enough ZZZs:

Quality sleep is a vital component of good health. Aim for 7-9 hours of uninterrupted sleep each night. Establish a consistent sleep schedule, create a relaxing bedtime routine, and create a comfortable sleep environment.

5. Work on stress management:

Chronic stress can negatively impact both physical and mental health. Incorporate stress-reducing practices into your daily routine, such as deep breathing exercises, meditation, yoga, or spending time in nature.

6. Don't forget about regular health check-ups:

Schedule regular health check-ups and screenings to monitor your health status. Catching potential issues early allows for better management and prevention. Ensure you're up to date on vaccinations and screenings recommended for your age and gender.

7. Utilize St. Luke's Urgent Care Centers:

Winter illnesses such as COVID, flu, and RSV often strike suddenly. Urgent care centers provide prompt access to medical care without the long wait times. This swift response is vital in addressing the early stages of illnesses and preventing them from worsening, ultimately facilitating a quicker recovery.

Visit: st.lukes-stl.com/urgent-care



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But why else should you
visit a St. Luke's Urgent
Care Center near you?

- **Convenience:** Our 8 urgent care centers are strategically located around the St. Louis area. Our centers offer convenience by providing walk-in services.
- **Seasonal injury treatment:** Winter brings its fair share of injuries, from slips and falls on icy sidewalks to winter sports mishaps. Our centers are staffed by physicians and NPs experienced in managing a wide range of medical conditions, including winter illnesses and injuries.
- **Extended hours:** St. Luke's Urgent Care Centers offer convenient walk-in services. You don't need an appointment, and you can visit when it fits your schedule. Our regular urgent care hours are 8 a.m. to 8 p.m. every day (*Des Peres location is closed on weekends). Our special holiday hours are 8 a.m. – 5 p.m.
- **Reduce ER crowding:** Our centers typically have shorter wait times than emergency rooms. If the medical issue is not life-threatening and requires prompt attention, but is not an emergency, urgent care can provide quicker service. ERs are for life-threatening situations and severe medical emergencies.

Let us be your partner in health, helping you bounce back quickly and get back to living your busy life without missing a beat.

Walk-ins welcome and online check-in is available! Visit: stlukes-stl.com/urgent-care or call 314-205-6200

