



Weight Loss Blues: Are You Sabotaging Your Success?

If you're struggling to lose weight, don't throw in the towel. Dr. Mark Day with Samaritan Internal Medicine highlights common stumbling blocks with tips to get you back on track.

[See if you're making these mistakes.](#)



Use Protein Powder with Care

As protein powders have gained in popularity, you may wonder about using them as part of a weight loss strategy or to supplement your diet. Fitness Expert Kyle Bangen with Samaritan Athletic Medicine shares the benefits and limitations.

[Get the scoop on protein powder.](#)



Many Loved Ones Count on You; Get a Colonoscopy

Colorectal cancer is largely preventable through screening, but many people avoid colonoscopy. Dr. Kelly Hewitt with Samaritan Surgical Specialists explains why early detection is important and what to expect during a colonoscopy.

[Learn how screening saves lives.](#)



Stay Upright as You Age with Three Easy Exercises

The advice to "sit up straight" may be especially important with age. Physical Therapist Jennifer Miller shares what causes some to become hunched over and steps you can take to prevent this gradual change to posture.

[Squeeze, tuck and stretch for life!](#)



Whether It's Acne or Wrinkles, Does Diet Affect Your Skin?

We've all heard too much chocolate can cause a breakout, but is it just an old wife's tale? Licensed Aesthetician Ashley Johnson explains the connection between diet and skin.

[Get the inside story on skin.](#)

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