



Younger People Are Having Strokes – Are You at Risk?

Stroke has increased a whopping 44 percent for younger adults in recent years. Sarah Vincent, stroke coordinator at Samaritan Health Services, explains this trend along with key warning signs that require your immediate attention.

[Recognize the warning signs.](#)



Approach the Keto Diet with Care

Quick weight-loss diets come and go with the keto diet currently in the spotlight. Registered dietitian Theresa Anderson explains her concerns with this popular diet and offers effective strategies for long term weight loss.

[Learn more about the keto diet.](#)



Order Up Some Fun for Your Summer Exercise Routine

It's easy to let exercise slip into drudgery when you're doing the same thing every day. Fitness expert Kyle Bangen offers tips to reset your perspective and put some fun into getting fit.

[Liven-up your routine!](#)



New Sunscreen Ratings Now Grade UVA Protection

You might be diligent about wearing sunscreen, but did you know it may not be protecting you from sun-related damage? Medical aesthetician Ashley Johnson explains how to make sure you have the best protection for your skin.

[Get the scoop on sunscreen.](#)



Enjoy Tasty Smoothie Popsicles

When the weather heats up the temptation of frozen treats can be hard to resist. This twist on a classic popsicle serves up flavor without the guilt for a refreshing summer treat!

[See the video and get the recipe. \(~1 min.\)](#)

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