



Jefferson Man Regains His Freedom to Adventure

Jon McKibben felt he belonged outdoors his entire life. But when a knee injury kept him from the activities he loved, he was determined to regain his freedom.

[Read his story and watch his video.](#)



Can You Teach Your Taste Buds to Prefer Healthier Food?

If you think healthy food sounds bland or boring, it might just be time to try a new approach. Dietitian Bonnie Buckingham shares five "taste bud targets" to retrain your tastes for healthier food.

[Tempt your taste buds toward change.](#)



High-Intensity Workouts Are Not Just for Professional Athletes

A high-intensity workout may conjure visions of star athletes, but this time-saving approach to exercise is surprisingly do-able for just about everyone. Brady Vernon, health and fitness specialist at SamFit-Corvallis, will get you started.

[Get fit while saving time.](#)



A Case of Pneumonia Can Be Dangerous to the Heart

Did you know that your risk of cardiovascular disease can increase for up to a year after a pneumonia infection? Dr. Weston Harkness with Samaritan Cardiology - Corvallis explains.

[Learn who is at risk for complications.](#)



Try Golden Granola

Homemade granola can be a wonderfully nutritious snack. Serve it over Greek yogurt to add texture and crunch or grab a handful for a tasty treat. It's easy to make, stores well and promises to become a favorite go-to snack.

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

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