



### Rev Up Your Exercise Routine with SMART Goals

In the gloomy days of winter, motivation to get out and move is a lot easier said than done. SamFit Personal Trainer Joann Markham offers SMART goal setting to get you moving.

[Set your goals and get-a-move-on.](#)



### Women: Know the Signs of Heart Attack – It Can Save Your Life

While men are more likely to have a heart attack, women are less likely to survive one. Dr. Tiffany Fonte shares the signs you should look for and how to protect your heart.

[Recognize the warning signs.](#)



### DASH Diet Comes Out on Top

Health experts recently ranked the DASH diet as one of the "Best Diets Overall" in a comparison of 41 popular diets. Dietitian Mica Ward explains the DASH Diet and how to successfully implement it into your life.

[DASH your way to better health.](#)



### Small Changes = Big Payoff

It's easy to feel overwhelmed by grand fitness resolutions this time of year. Angela Smith, personal trainer at SamFit, reminds readers that when it comes to burning extra calories, making a few small changes can really add up.

[Make minor modifications for major results.](#)



### Try Spiced Chickpea "Nuts"

Looking for a low-fat snack when the salty cravings hit? Try this tasty, simple recipe. Oven-roasting makes the chickpeas crunchy and perfect for healthy nibbling!

[Get the recipe and see the video.](#) (~1 min.)

## News

[More News](#)

[Get Heart Smart with a Free Screening](#)

[Samaritan Awards \\$450,000 in Grants to Local Non-Profits](#)

[Medical Equipment Arrives for New Hospital in Newport](#)

## Classes & Events

[More Events](#)

Albany

[Pain Solutions: First Steps](#)

Thursday, Jan. 17

Corvallis

[Pain Solutions: First Steps](#)

Tuesday, Jan. 22

Newport

[Pain Solutions: First Steps](#)

Thursday, Jan. 24

Lincoln City

[Freedom from Smoking](#)

Thursday, Jan. 28

Albany

[Alternative Ways to Treat Sleep Apnea](#)

Thursday, Jan. 31

Lebanon

[Stop the Bleed](#)

Tuesday, Feb. 5

[Doctors](#) [Jobs](#) [Locations](#) [Classes](#) [News](#) [MyChart](#)



[Contact Us](#) [f](#) [in](#) [t](#) [v](#)

Samaritan Health Services  
3600 NW Samaritan Drive  
Corvallis, OR 97330

[Privacy Policy](#)