



Improve Four Major Health Concerns with Lifestyle Changes

What would you change in your life if it meant you didn't have to take medication or could reverse a chronic condition? Kristina Corso, DO, discusses the connection between lifestyle choices and disease progression.

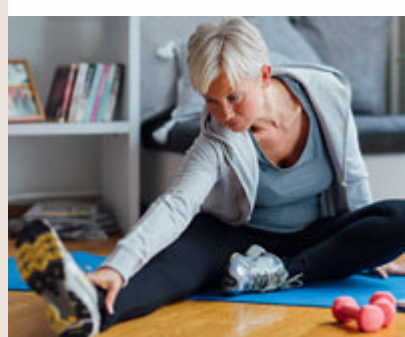
[Change course for better health.](#)



Catch Depression Before It Sneaks Into Your Life

The symptoms and triggers of depression can vary widely for each of us. Psychologist Alan Silver, PsyD, discusses the subtlety of symptoms, strategies to stay "out of the dark" and knowing when it's time to seek help.

[Spot the tell-tale signs of depression.](#)



Joint Pain Slowing You Down? Exercise Can Help

Aching joints might seem like a good reason for giving up on exercise. Fitness Specialist Carli Wymore explains how exercise can actually help.

[Keep moving to feel better.](#)



Choose Laughter Over Leaking

It's one of the unfair ironies of age that a sneeze or a good laugh can lead to "springing a leak." Linda Fox, MD, explains stress incontinence, its causes and what you can do about it.

[Learn about your options.](#)



Tune in to Your Posture to Relieve Back & Neck Strain

The number one culprit of back and neck pain is the amount of time we spend sitting each day. Physical Therapist Kara Smith offers tips to relieve strain by improving your posture.

[Pay attention to your posture.](#)

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