

JANUARY  
2020

## **BREAKING bad habits**

It's the new year, which is a great time to say goodbye to bad habits. If you're hoping to make a change, these tips may help:

### **AVOID.**

If certain places or people make you want to engage in unhealthy habits, try your best to stay away.

### **REPLACE.**

Focus on what you can do instead of the bad habit. For instance, take a walk or drink a glass of water.

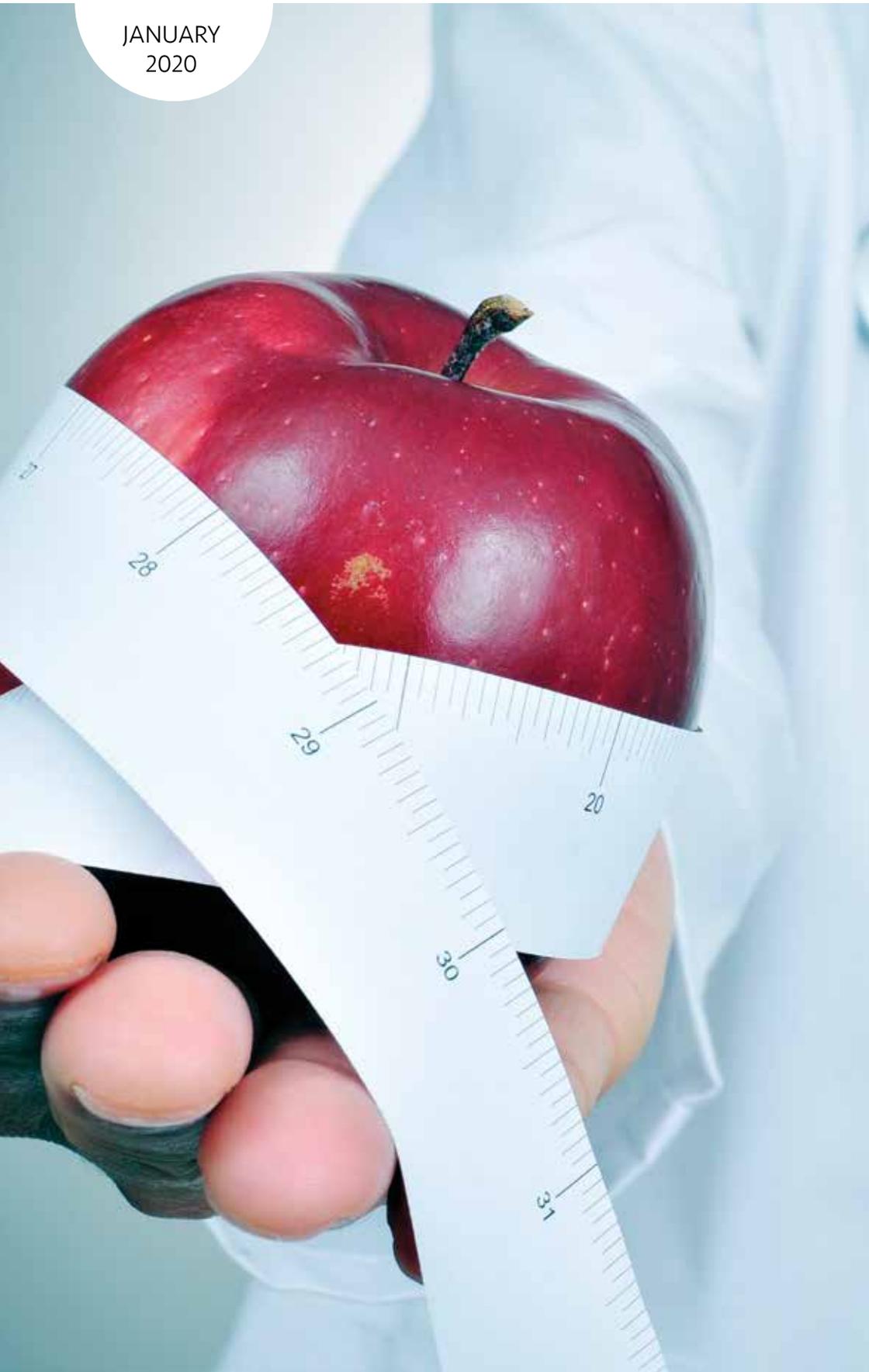
### **PLAN.**

If you know you'll be tempted with a bad habit, practice what you can do. Picture yourself not giving in. Have a plan for yourself.

### **BUDDY UP.**

Ask a friend or family member to support you. They can cheer you on and encourage you when you need it.

Source: National Institutes of Health



# Caring for toe injuries

Toes are an important part of walking and balance. And their bones and ligaments are small, so they can be easily injured.



Many people think doctors won't do anything about an injured toe. This is not true. A broken or sprained toe may need medical attention. But minor toe injuries may get better with some simple home care.



## WHAT TO DO IF YOU HURT YOUR TOE

- If the pain is not severe, try putting ice on it for 10 minutes at a time. Be careful not to get the toe too cold.
- If needed, take an over-the-counter pain medicine.
- Stay off the foot if possible. Try to elevate it when sitting down.
- Look for signs of bruising and swelling, which could mean a possible sprain or broken toe.
- If the pain is severe, contact your doctor or seek urgent medical care.
- If pain and swelling don't get better within two days, see a health care provider.
- Elevate the affected toe to help with swelling.

## SPRAINED VS. BROKEN TOE

A sprain means that the ligaments in the toe have been injured. You can usually walk on a sprained toe, but it may still be very sore from swelling and bruising.

Sprains may happen when you overstretch the toe during sports, running or jumping. "Turf toe" is a sprain of the big toe that is quite common in athletes.

If you have a broken toe, you may not be able to move the toe or put weight on it. It may have a lot of swelling and bruising. The pain may not get better, even after a couple of days.

Broken toes can happen during sports and activities. They also occur with falls and accidents or when you drop something heavy on your foot.

## SHOULD YOU GET MEDICAL CARE?

Some minor toe injuries can be treated at home. But toe sprains and breaks can be more serious.

Don't ignore toe pain that lasts more than two days. See a health care provider if you think your toe is sprained or broken.



## IF YOU HAVE DIABETES

Always see a health care provider for any kind of foot or toe injury.

# Tips for joining a gym

A gym can be a great option if you like to work out indoors, but out of your house. And they can help you beat boredom if they offer classes and a variety of equipment. Before you join a gym, keep these things in mind:

## Ask the right questions

The gym staff should allow people to visit and check it out before signing a contract. See if the equipment is clean and well-maintained. You should also ask:

- Do you have a membership limit? If they allow unlimited members, the gym could get very crowded at peak times. This could mean waiting in line to use equipment or full classes.
- Do classes cost extra? Some gyms include classes. Others charge a fee.
- Who are your instructors? Ask if the gym staff, teachers and trainers have fitness backgrounds.

## Pricing it out

Many gyms have you sign a monthly or yearly contract. Think about how many times per week you will go to the gym. Then divide it up and see how much you will pay each time you work out.

Find out if you are locked into a long-term contract. What is their cancellation policy?

Good health is worth the cost of the gym – but only if you use it!

YMCAs often have discounted programs for seniors that may be covered as a Medicare benefit at no cost.



## Check out reviews

Before signing up, search reviews of the gym on the Internet. See what others have to say about the gym's staff, facilities and equipment.

This is a good way to get some insider information before you move forward. And don't let them pressure you into joining before you're ready. Tell them, "I need to think about it" if you're not sure yet. Then sleep on it for a day or two and check reviews — before you decide.

Source: Federal Trade Commission