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Common gym fears & solutions

If going to the gym makes you nervous, you're not alone. Many people feel uncomfortable going to a new place with new people. But, if you find ways to deal with these fears, you could end up with a healthy habit that makes you feel great!



Fear #1: I don't know how to use the equipment.

Solution: Ask for help from others. This can be a gym employee, personal trainer or a trusted friend. When choosing a gym, choose one that is well-staffed and has helpful employees who make you feel comfortable. Another option is to join a gym your friend already belongs to, and set up a time to go with them. Some gyms have personal trainers who work with members and show them how to use the machines and other equipment.



Fear #2: I don't know what to do at the gym.

Solution: Have a plan before you go. Many fitness websites have printable exercise plans, or you can make your own by writing down a few activities yourself. Start with simple things you already know how to do, such as walking or running. Another option is to take a class you'll enjoy and follow with a few minutes of stretching.



Fear #3: I don't want people looking at me while I exercise.

Solution: Many people feel self-conscious at first. But, most people are there to exercise — not look at others. And they may be just as nervous about others watching them as you are. Wear comfortable clothing. Don't worry about the latest styles, but choose something that makes you feel good and allows you to move freely.



If you're not comfortable going to a gym, don't let that stop you from exercising. Choose workout videos that can be done at home. Many libraries have a variety of videos so you can try before you buy. If those don't appeal to you, lace up your shoes and walk around your neighborhood.

4 reasons to get your colonoscopy

If you're age 50 or older, your doctor may have recommended you get a colonoscopy. This test, which uses a thin, lighted tube to view inside the colon and rectum, checks for:

- Polyps, which are growths or bumps that could turn into cancer
- Colorectal cancer (cancer in the colon and/or rectum)



A colonoscopy gives the doctor a chance to remove polyps and possible cancerous growths during the test.

Even though a colonoscopy is a safe and effective way to help prevent colorectal cancer or find it early, many people put off getting one. This is often because they are nervous about the test or they don't want to do the "prep." Preparing for a colonoscopy usually means you take medicines that cause diarrhea the day before the test. This can be inconvenient, but it's worth the hassle.

If you're putting off getting your colonoscopy, here are 4 good reasons you should call your doctor about scheduling it today:



1. Early colon cancer has no symptoms.

Many people have polyps or even colon cancer for months or years and don't know it. A colonoscopy can find these things early and increase the chances of a good outcome. The earlier colon cancer is found, the higher the likelihood of successful treatment.



2. One day of prep could save your life.

No one likes to have diarrhea. But, one day of prep means you're getting a test that checks for a common and sometimes deadly cancer. In fact, the American Cancer Society says more than 50,000 Americans will die from colorectal cancer in 2018. It is the third most common cancer in the U.S.



3. There are ways to make the prep easier.

Ask your doctor about adding certain flavorings to your medicine to make it taste better. Also, there are many clear liquids other than water you may be able to drink. Sports drinks, tea, coffee, popsicles and some broths may be allowed. Usually, red, blue and purple dyes need to be avoided, but other flavors are fine.



4. Can't put a price on peace of mind.

With so many people being diagnosed with colorectal cancer, isn't it worth a day of discomfort to know that you've been screened? Even if a polyp or possible sign of cancer is found, you can get on the path to treatment that could be life-saving.

Sources: Centers for Disease Control and Prevention, National Institutes of Health, American Cancer Society