HEALTHY FUN IN THE SUN

Summer's almost here and the heat is on. It's time to fill our calendars with fun outdoor activities. We can't wait for family cookouts, pool parties, and lazy days at the beach soaking up the sun. Sun is one good thing you can have too much of, so we want to make sure we protect out skin and still enjoy the outdoors. What does summer sun + outdoor fun + taking care of number one equal? Healthy Fun in the Sun!

Summer Safety Tips

- **Stay hydrated.** Dehydration can lead to heat exhaustion or heat stroke. Drink plenty of water. Don't wait until you feel thirsty. By the time thirst kicks in, your body has already lost too much salt.
- **Ease into exercise.** Gradually increase your hot weather exercise to improve your tolerance to the heat. It'll take you a week or two to get acclimated.
- **Stay cool and fit.** Wear synthetic fabrics like nylon because they wick away sweat from your body. Stay cool by wrapping a wet bandana around your neck.
- **Eat your fruits and vegetables.** Fruits and vegetables are high in antioxidants which protect your skin from sun-damage, slow the aging process, and are even shown to protect against cancer. Fruits known to have high antioxidant levels include all berries as well as apples and mangos. Good sources of antioxidants in vegetables include yellow, red, and green peppers, and tomatoes.

Did you know?

Some medications, such as antibiotics, can increase your skin's sensitivity to the damaging rays of the sun. If you are taking medication - either prescription or over-the-counter - check with your pharmacist or physician about covering up outdoors.

Action Steps for Sun Safety

- **Do not burn.** Sunburns significantly increase one’s lifetime risk of developing skin cancer.
- **Avoid sun tanning & tanning beds.** UV light from tanning beds and the sun causes skin cancer and wrinkling.
- **Generously apply sunscreen.** Apply about 1 ounce to exposed skin 20 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 15 and provide protection from both UV-A and UV-B rays. Reapply every 2 hours.
- **Seek shade.** Seek shade when possible and remember the sun's UV rays are strongest between 10:00 a.m. and 4:00 p.m.
- **Check the UV Index.** The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure.

Be SunWise - Wear Sunglasses

The American Academy of Ophthalmology recommends use of sunglasses that block 100 percent of UV-A and UV-B rays. By protecting your eyes from the sun's UV rays with sunglasses you reduce risks for some minor or serious eye problems. UV damage adds up over time, so the sooner you begin protecting your eyes, the better, even if you are in your teens or early adult years.