



➤ Sun savvy

July

Protect yourself from sunburns

Ah, summer. We all love being outdoors when the days become longer, warmer and sunnier. But it's important to protect our skin from sunburn – overexposure to the sun's harmful ultraviolet (UV) rays. Having a sunburn may seem like a minor irritation, but it can lead to long-lasting damage to your skin.

Everyone has something called melanin in their skin. Melanin helps protect your skin from the sun's harmful rays, which can cause wrinkles, brown spots and even skin cancer. The main cause of skin cancer is too much exposure to the sun, especially when someone is young. The good news is that most types of skin cancer are able to be cured. Preventing skin damage in the first place is easy. Choose a sunscreen that has an SPF of 30 or higher and make sure to apply generously and often to safely enjoy all outdoor activities.

Source: Skin Cancer Foundation, AAD, Medline Plus

How sunlight helps keep you healthy

Sunlight is essential for all life, and although we need to always protect our skin from the sun's harmful UV rays, there are many benefits of sunlight. The best-known benefit of sunlight is its ability to boost your vitamin D supply which helps your body absorb calcium, promoting healthy bones and teeth. In moderation, sunlight can also ease tension, improve sleep, heighten metabolism, increase immunity and boost energy levels.

Just 30 minutes of exposure to direct sunlight three times a week is all it takes to get the benefits from the sun's rays. Make sure, though, to protect your skin with proper clothing and sunscreen for longer or more intense exposure to the sun. Enjoy sunlight in moderation for a healthier, happier you!

Source: NCBI, Amazing Health Facts, Healthline

Trivia time:

How long does it take for light from the Sun to reach the Earth?

Answer: Only 8 minutes!



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You've got it made in the shade

Staying in the shade is a great way to protect yourself from the sun's harmful UV rays, but not all shade is equally protective. Although a leafy tree is very inviting on a bright, sunny day, you can still get far too much exposure to the sun, since UVB rays (often considered the most harmful part of sunlight) can reach your skin indirectly.

A large amount of the UV light we get while sitting under a tree or an umbrella is indirect. We can only rely on deep shade (where we cannot see the sky and no UV penetrates) to offer complete protection.

Source: Skin Cancer Foundation

Sun savvy style

Out in the sun? Make sure to protect your skin. It takes as little as 15 minutes for the sun's ultraviolet (UV) rays to cause damage. In addition to spending some time in the shade, choose dark or brightly colored clothing when possible. Long pants and sleeves help keep UV rays at bay as does clothing made with tightly woven fabrics. Make sure to remember a hat, sunglasses and a sunscreen with an SPF of at least 15 to enjoy your day in the sun!

Sources: CDC, American Cancer Society

Water for wellness

As temperatures rise, it's even more important to stay properly hydrated. Most of us know the general rule: eight 8-ounce glasses of water a day. There are several things to consider, however, when determining how much water your body needs. Your weight and how much you exercise factor into maintaining a healthy hydration level. It's best to stay away from caffeinated drinks and remember to take water bottles with you to keep you and your family hydrated this summer!

Source: Med Ind, Umsystem

Trivia time:

How fast does the Earth travel around the Sun?

Answer: At a mean velocity of 66,600 MPH. Hold on!