

All about Sun Safety!

Fun in the sun tends to get a lot of negative attention, but is all sun exposure really that bad? The answer turns out to be no! There are several health benefits to being out in the sun, but in moderation of course. In small doses, sun exposure can positively affect you both physically and mentally and is essential for the production of Vitamin D in your body. However, it is important to remember that too much sun can cause a variety of skin related issues that can be prevented with safe and sensible steps.

The Health Benefits of Moderate Sun Exposure

- The same UVB rays that can damage skin are also beneficial in moderate amounts. They jumpstart the chemical and metabolic reactions to create vitamin D in your body.
- Low levels of vitamin D have been linked to poor bone health.
- Provides warmth and light that enhances your mood and stimulates blood circulation
- Helps reverse Seasonal Affective Disorder (SAD)

The Health Risks of Sun Exposure

- Pre-cancerous and cancerous skin lesions
- Benign tumors
- A yellow discoloration of the skin
- Fine and coarse wrinkles
- Freckles



The Scoop on Vitamin D



Vitamin D, also known as the “Sunshine Vitamin,” helps increase calcium and phosphorus absorption from food and plays a major role in bone development, immune function, and blood cell formation. But don’t think this gives you an excuse to soak up the sun all day, five to fifteen minutes of mild sun exposure two to three times a week during the summer months is about all you need to keep your vitamin D levels high.

Naturally occurring vitamin D is very rare in our diet and is present mainly in fatty fish and cod liver oil. Additionally, many common foods, such as milks, cereals, and flours are now supplemented with Vitamin D in order to make its health benefits more available.

Quick tips to protect yourself from sun damage:

- Apply sunscreen with a sun protection factor (SPF) of 30 or more at least 30 minutes before being out in the sun and then every few hours thereafter.
- Select cosmetic products and contact lenses that offer UV protection.
- Wear sunglasses with total UV protection.
- Eighty percent of a person's lifetime sun exposure is acquired before age 18. As a parent, be a good role model and teach skin cancer prevention tips to your child.
- Avoid direct sun exposure as much as possible during peak UV radiation hours (between 10:00 a.m. and 3:00 p.m.).
- Perform skin self-exams regularly to become familiar with existing growths and to notice any changes or new growths.
- Wear hats with a long/wide brim
- Avoid tanning beds

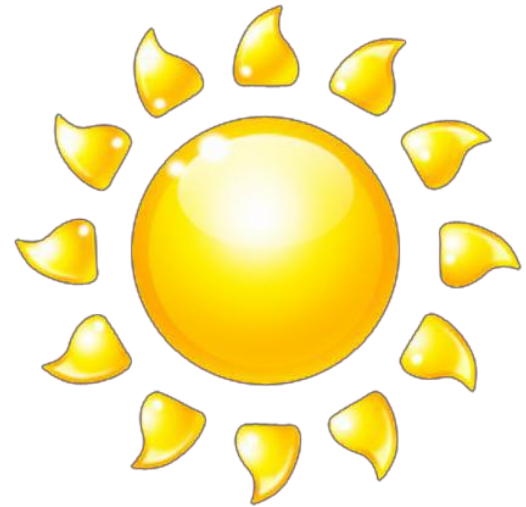
Sunscreen Myths Unveiled!

You only need to apply sunscreen once if you are using a high SPF:

False. For example, an SPF of 15 screens only a few percentages more of the sun's rays than an SPF of 30. Many people apply much less sunscreen than instructed on the bottle, which makes it all the more important to focus on re-applying versus only the SPF value. Usually, proper coverage is about one to two ounces of sunscreen for the entire body 30 minutes before going outside and every two hours after that.

It is safe to use last year's bottle of sunscreen:

True. Sunscreen can actually last for about one to two years.



"Waterproof" sunscreen does not need to be reapplied after swimming:

FALSE. While the FDA recognizes the term "water resistant," it does not acknowledge the term "waterproof." No sunscreen is completely waterproof and should therefore be reapplied every two to three hours and every time you get out of the water.

Under new FDA rules, sunscreens that claim to be "water resistant" will need to have a label that explains how long they remain effective after a person swims or sweats (either 40 or 80 minutes). Sunscreens that aren't water resistant will have to be labeled so.

Clothing provides enough screening from sun rays:

False. T-shirts offer an SPF of about 7. Applying sunscreen underneath your clothes protects your skin from UV rays greater than just clothes alone. In addition to wearing sunscreen, you can also purchase clothes that have UV protective fibers for added protection.

Call Your Health Coach for More Information (888) 493-5522

Sources:

- <http://www.webmd.com/healthy-beauty/features/sunscreen-are-you-really-covered>
- <http://www.webmd.com/skin-problems-and-treatments/guide/sun-safety-tips>
- <http://www.who.int/uv/faq/uvhealthfac/en/index1.html>

Grilling the Healthy Way!



When marinating, load up on flavor, not calories

Just because something packs in a lot of flavor does not mean it is bad for you. Some great low-calorie marinades include soy sauce, tomato paste, balsamic vinegar, and lemon juice. Remember, a little goes a long way, so lightly drizzle your food with your marinade, seal it tight in a plastic bag, and stick it in the refrigerator for a few hours until you are ready to hit the grill!

Go for lean protein

Instead of cooking up a big sausage or piece of steak, stick to leaner proteins such as salmon, tilapia, skinless chicken, or a turkey burger. All of these options taste delicious on the grill and will save you lots of calories, saturated fat, and cholesterol.

When grilling chicken, make it skinless

You can thank the skin for half of a chicken's overall fat and saturated fat, which gives good reason to ditch the skin all together. We promise you won't miss the flavor, as long as you make sure to take the skin off before marinating and grilling your meat, as opposed to after.

Fruit on the grill? Yes please!

There's no reason for fruit to feel left out of the grilling party. Try placing some of your favorite summer fruits onto the grill, such as pineapple and peaches, for an extra juicy barbeque side, dessert, or even a healthy burger topping!

Meat doesn't always have to be the main attraction

There are plenty of tasty meatless options that will be sure to please a BBQ crowd. Instead of the classic beef burger, try substituting a juicy portobello mushroom, black bean burger, or other veggie burger. Place your meatless option in between a 100% whole wheat bun, some fresh veggies and low fat condiments like mustard and salsa, and eat up.

Bring on the veggies

Although there are several delicious ways to cook your vegetables, grilling them seems to be a favorite. Try drizzling a small amount of olive oil onto your veggies, slap them on the grill, and cook for about 8-10 minutes or until you see grill marks and light browning. Make sure to keep the peels on your vegetables in order to pack in the most nutrients and flavor. Some vegetables that work especially well on the grill include corn, portabella mushrooms, eggplant, asparagus, squash, and zucchini.

