



# Healthy Habits

Tips and resources for living well



July Newsletter

## This Month: Summertime Safety

**Protect yourself and your family.** This summer, as you enjoy the sunny weather and fun, seasonal activities, be sure to take proper care of yourself and your family. In this issue, we'll discuss summer safety tips—we'll tell you how to protect your eyes from the sun, how to properly apply sunscreen, and how to avoid danger at the pool. You'll also get great outdoor fitness ideas, a yummy side dish recipe that's perfect for summertime, and more.

### Shielding your eyes from the sun

**What to wear to stay safe.** The searing rays of the sun call for solid protection for your eyes. The sun's ultraviolet (UV) rays can increase your risk of cataracts, macular degeneration and skin cancer on or near the eyelids. Whether you are out in the sun frequently or infrequently, you'll need to take precautions to keep your eyes safe from UV rays. These tips can help:

- Wear sunglasses that offer near total UV blockage. Sunglasses should block out 99-100 percent of UV-A rays, as well as UV-B rays (the most damaging to the eyes).
- Select wraparound styles. They'll sufficiently cover the sides of your eyes.
- Ask your doctor about UV-blocking contact lenses. Make sure they carry the American Optometric Association Seal of Acceptance for UV-Absorbing Contact Lenses.
- For extra protection, wear a wide-brimmed hat. It can help protect your eyes and face from the sun.

### Healthy Summer Side Dish Idea:

#### Grilled Pineapple

Your grill can be used to cook more than hamburgers and hot dogs. Be creative—try grilling up some veggies or fruits. You can start with this easy grilled pineapple recipe.

**Ingredients:**

- **1 ripe** pineapple - peeled, cored and cut into ½-inch slices
- **2 tbsp** dark honey
- **1 tsp** olive oil
- **1 tbsp** fresh lime juice
- **1 tsp** ground cinnamon

**Directions:** In a small bowl, combine all ingredients except the pineapple. Whisk to blend, then set aside. Preheat an outdoor grill for high heat. Lightly brush cooking spray over the grill rack and position it 4-6" from flame. Lightly brush the pineapple with the marinade. Grill or broil the pineapple, turning once and basting once or twice with the remaining marinade, until tender and golden (about 3-5 minutes per side).

### Stay on track with your summer health goals!

What healthy outdoor activities are you enjoying this summer?

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## Swim safely Basic rules for the beach or pool

Swimming in a pool, lake or ocean is a fun and healthy recreational activity that can be enjoyed by people of all ages. But before you jump in the water, it's a good idea to know the basics of safer swimming. Keep these tips in mind:

- Swim only in designated areas supervised by lifeguards.
- Don't swim alone—always bring a buddy.
- Don't leave young children unattended near the water.
- Have young children or inexperienced swimmers wear life jackets around water.
- Make sure everyone in your family knows how to swim well. Organizations in your community, such as the Red Cross, may offer age-appropriate swimming classes. Consider taking a CPR class, too.
- Read and follow the pool rules. Remember to only dive in approved areas, and never run around the pool.
- If a problem should arise, know when and how to call 9-1-1 or the local emergency number.

[Source: American Red Cross]

**Drink up! It's important to stay well-hydrated during these hot summer days.**

## QUIZ: How much do you know about summer safety?

1. **You should reapply your sunscreen every:**
  - a. Hour
  - b. 2 hours
  - c. 3 hours
  - d. 4 hours
2. **Don't leave young children unattended at:**
  - a. The pool
  - b. The lake
  - c. The beach
  - d. All of the above
3. **When choosing a sunscreen, choose one that is at least...**
  - a. 30 SPF
  - b. 60 SPF
4. **Where can you find healthy summer recipes or fun fitness activities?**
  - a. The local park
  - b. In your backyard
  - c. In an airplane
  - d. Your wellness newsletter

Answers: 1 b, 2 d, 3 a, 4 d

## Summer skin safety tips Applying sunscreen correctly

As the sunny days of summer continue, remember to keep smoothing on sunscreen to prevent sun damage that can lead to skin cancer. Follow these sunscreen "best practices" to stay safer in the sun.

- **Use a broad-spectrum sunscreen** that is water resistant with an SPF of at least 30 and protects against both UV-A and UV-B rays.
- **Apply sunscreen 20 minutes before you head out**—it takes that long to work. And it's not just for sunny days--apply sunscreen on overcast days, too.
- **Reapply your sunscreen every 2 hours.** If you've been swimming, sweating, or have toweled off, reapply immediately.
- **Don't skimp on the sunscreen!** Total body coverage is the equivalent of a full shot glass.

[Sources: American Academy of Dermatology; Journal of the American Academy of Dermatology, May, 2010]

## Stay active outdoors! Fun summertime sports and more

Summer is often a great time to get the whole family engaged in physical activity outdoors. Consider these fun ideas:

- **Get your family and neighbors involved** in a game of kickball, wiffle ball, baseball or softball in the backyard or your local park.
- **Take your family on an outing** to a local golf course to play golf or miniature golf.
- **Encourage kids to play outside**—suggest simple but fun activities like playing catch, Frisbee, or freeze tag.
- **After dinner, skip dessert** in favor of going for a walk or jog around the neighborhood.

Don't forget: stretch before physical activity, stay hydrated, protect yourself from the sun, and don't overdo it in hot weather!