



Healthy Habits

Tips and resources for living well



This Month: Protect Your Skin

Stay healthy and hydrated. As chilly weather approaches, it's important to learn how to keep your skin safe in cooler conditions. In this issue, we'll discuss ways to keep your skin healthy—we'll tell you how to protect your skin from the sun, plus help you understand how exercise benefits your skin. We'll also suggest foods to eat for optimal skin health, and suggest ways to keep yourself hydrated. Remember, you can always contact your Wellness Coach, who can work with you by telephone or email, for more help with keeping your skin healthy.

Have a happy, healthy Halloween

Make this simple treat

Ghost Pops are fun and easy to make—plus, they're packed with healthy ingredients. Your kids will love them!

Ingredients:

- 1 cup dried, shredded coconut
- 6 raisins
- 12 mini chocolate chips
- 3 bananas
- 1.5 cups orange juice
- 6 popsicle sticks

Directions:

- Cut the banana in half widthwise and insert a popsicle stick into the flat end. Freeze for a few hours.
- Dip bananas in orange juice, followed by shredded coconut.
- Place two chocolate chips for eyes and a plump raisin for the mouth.

Essential skin protection tips

Your skin is the largest organ of your body, so protecting it is vital for your health. These basic tips can help you prevent your skin from becoming damaged:

- **Use sunscreen when you're outdoors.** Make sure it is sun protective factor (SPF) 15 or higher and that it provides both UVA and UVB protection.
- **Don't smoke.** Not only can smoking age your skin and make it more prone to wrinkles, it can also deplete your skin of oxygen and nutrients.
- **Avoid indoor tanning.** Tanning beds can increase your risk of skin cancer.
- **Call the "mole patrol."** Regularly check your skin for new growths or changes to existing moles or freckles, and report any changes to your doctor. And don't forget to schedule regular skin check-ups with your doctor.
- **Remember to moisturize!** Moisturizers can prevent and treat dry skin, plus protect sensitive skin, improve skin tone and texture, and more. Ask your doctor for advice on what type of moisturizer may be best for you.

Take steps to help keep your skin free of damage!

Healthy Habits



Break a sweat!

How exercise helps your skin

It is widely known that regular exercise does a body good. It can help keep your heart healthy, your weight in check, and can even boost your mood. But did you know that exercise can also keep your skin healthy and vibrant? Here are a few ways exercise can benefit your skin:

- Exercise increases blood flow to the surface of your skin, which may help improve your complexion.
- Sweating during exercise helps flush out impurities in your skin.
- Exercise has been shown to help manage stress; having lower stress may make you less prone to acne breakouts.

So get out there and break a sweat – it's beneficial in so many ways! And remember, if you're exercising outdoors, always wear your sunscreen.

Meet your water quota

Eat juicy fruits

When the weather turns chilly, it's time to start turning on the heat at home. But indoor heat can dry out your skin and dehydrate you, so you need to make sure you are staying properly hydrated.

It is important to drink the recommended 8-9 cups of water daily to keep your body healthy. To help reach this quota, eat foods that are hydrating. Juice up your meals by selecting foods high in water content such as celery, cucumbers, broccoli, grapefruit or spinach. These choices are comprised of 90% water.

Nourish your skin

Eat a well-balanced diet

Many people approach skin health with lotions and potions, but it is equally important to take care of your skin from the inside out. The following nutrition tips can help keep your skin looking its best:

- Make half your plate fruits and vegetables. Your focus should be on eating all the colors of the rainbow because each color represents the different nutrients inside.
- Make half your grains whole grains. Good options include brown rice, oatmeal, and quinoa.
- Opt for low-fat or fat-free dairy products.
- Choose healthy fats such as avocados, nuts and fish.
- Eat lean proteins such as fish, chicken and beans.
- Drink plenty of water. Water can provide moisture to the skin and help remove waste from the body.

QUIZ: How much do you know about keeping your skin healthy?

1. Use sunscreen with an SPF of at least...
 - a. 5
 - b. 15
 - c. 25
 - d. 85
2. Exercise has been shown to:
 - a. Help manage stress
 - b. Increase blood flow to skin
 - c. Flush out impurities through sweating
 - d. All of the above
3. What is an example of a healthy fat?
 - a. Avocado
 - b. Mozzarella sticks
 - c. Butter
 - d. Fried chicken