

Monthly Health Challenge™

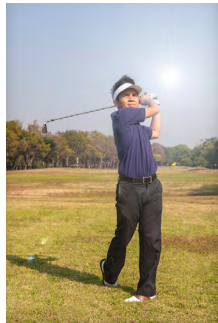


Be Sun Smart

CHALLENGE
Follow these tips to protect yourself from the sun

Requirements to complete this HEALTH CHALLENGE™

1. Read "Be Sun Smart."
2. Take action to protect yourself from the sun on at least 22 days this month.
3. Keep up this habit for a lifetime of good health.



When pro golfer Rickie Fowler heads to Ponte Vedra Beach in Florida this month, fans of the sport will be watching to see if he can repeat history. He blazed through the last four holes at the TPC Sawgrass golf course on the PGA Tour last year in just 11 strokes. (If you're not a golfer, imagine how many times it takes you to get the ball in on just one hole on a mini-golf putt-putt course.)

Fowler will make his way to the Sunshine State with his golf clubs, a personal caddie, and plenty of sunblock to defend his title in May. And so will the line-up of other pro golfers hoping to win some of the \$10.5 million prize money up for grabs.

To play at this level, many pro golfers spend up to eight hours a day in the sun. They practice their swing. They work on their putting. And they refine their game, one stroke at a time. But they also have a much higher risk for skin cancer than the average person.

But the truth is, it doesn't take eight hours a day in the sun to cause skin damage. An estimated 3.5 million cases of skin cancer are diagnosed in the United States every year. A few happen to be pro golfers, but most aren't. If you want to protect yourself from the sun's harmful ultraviolet rays, take the month-long health challenge and learn to *Be Sun Smart*.

How much do you know about protecting yourself from the sun? Take this quiz to find out.

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1. If you typically only spend a few minutes at a time outdoors, you won't get skin cancer.
2. When you're outdoors, you should apply sunscreen about every two hours, or after swimming, sweating, or toweling off.
3. The most effective sunscreen is one with an SPF (Sun Protection Factor) rating of 30 or higher.
4. Getting a base tan in a tanning bed is a good way to prevent a sunburn when you're outdoors.
5. You should wear sunglasses to protect your eyes from the sun's ultraviolet rays.

How did you do? If you answered any of these statements incorrectly, you could benefit from learning more about how to protect yourself from the sun. The next time you plan to be outdoors, be proactive to protect your skin, and your eyes from the sun's harmful ultraviolet rays.

Answers: 1. False. 2. True. 3. True. 4. False. 5. True.

The Danger of Too Much Sun

Spend the day at the beach. Lay out in the sun next to the pool. Work in the garden. Go golfing, or head outdoors for your favorite sport, hike, or day-trip. Being outside is a great way to stay active. But too much time in the sun can be harmful to your skin, your vision, and your health. Without proper protection, the sun's ultraviolet rays can cause:

- Sunburn.
- Rashes, itchiness, and dryness.
- Wrinkles and loss of collagen and skin elasticity.
- Sun spots, freckles, and skin discoloration.
- Vision damage.
- Skin cancer.



Dermatologists "hate" her.
What's her secret to youthful skin? Find out on page 2!

10 Ways to Protect Yourself from the Sun

Fortunately, it doesn't take much to protect yourself from the sun. The next time you head outdoors, follow these tips to stay safe in the sun.

- ✓ **Keep babies under six months old out of the sun.**
- ✓ **When possible, avoid outdoor activities during midday.** The sun's ultraviolet rays are the strongest between 10 am and 4 pm.
- ✓ **Wear a hat.** A wide-brimmed hat works better than a cap, because it protects your ears and neck. A straw hat with holes or visor-only cap isn't enough to protect you from the sun's ultraviolet rays.
- ✓ **When appropriate, wear a long-sleeved shirt and long pants.** A loose-fitting, tightly woven fabric offers the best protection. If that's not practical, wear at least a T-shirt or beach cover-up. Stick with dark colored cover-ups. Boost your protection by wearing sunscreen under your clothing.
- ✓ **Stay dry.** A wet light-colored T-shirt offers little more UV protection than wearing no shirt at all.
- ✓ **Wear sunglasses.** Look for shades that provide 100-percent UV protection. Wrap-around lenses work the best, because they keep the sun's rays from sneaking in from the side or from behind your glasses.
- ✓ **Use sunscreen with an SPF-30 rating or higher.** Apply it 30 minutes prior to sun exposure. Reapply every two hours, and after swimming, sweating, or toweling off.
- ✓ **Seek shade whenever possible** – before you need relief from the sun.
- ✓ **Don't be fooled by cloudy skies.** UV rays pass through clouds and reflect off the sand, water, concrete, and snow. Even if it's cloudy or you're in the shade, the rays can still reach you. Whenever you're outside, remember to wear sunscreen and lip screen.
- ✓ **Avoid tanning beds and sunlamps.** They produce ultraviolet radiation.



How to Treat a Sunburn

If you start to feel the sizzle of the sun, you're probably going to end up with a sunburn. Ouch. If you do, here's how to treat it:

- 1. Get out of the sun as soon as possible.** You'll reduce the severity of a sunburn the sooner you take cover in the shade, indoors, or at least by covering up.
- 2. Take a cool shower or bath.** Then gently apply a moisturizing skin lotion. This will help soothe your skin as it begins to heal.
- 3. Drink up.** Your skin and your body need water to stay hydrated.
- 4. Take over-the-counter pain medication like ibuprofen.** This helps reduce swelling and reduce pain.
- 5. Examine your skin.** If a sunburn covers more than 20 percent of your body, you may need medical care. In severe cases, sunburn can even cause fevers and chills.

Be sun smart, and you won't have to worry as much about getting a sunburn.

What can I do to reduce my risk of skin cancer?
tinyurl.com/3yrdjh4

SUN SMART SAFETY



3.5 million cases of skin cancer diagnosed every year

1 in 50 people will get skin cancer in their lifetime

\$1.7 billion – annual cost of skin cancer treatment in the U.S.

15 minutes or more in the sun without protection can lead to skin damage

5 minutes or less – amount of time it takes to apply sunscreen

WEAR



Protective clothing and sunglasses.

AVOID

The sun between 10 a.m. and 4 p.m. when ultraviolet rays are strongest. Avoid tanning beds, too.

STAY

In the shade or indoors when possible.

USE

Sunscreen with an SPF-30 rating or higher. Apply every 2 hours, after swimming, sweating, or toweling off.



ASK

Your doctor about your risk – especially if you have a family history of skin cancer or change in a mole.

Sources: American Academy of Dermatology.; American Cancer Society.; American Optometric Association.; Centers for Disease Control and Prevention.; National Institutes of Health.; Skin Cancer Foundation.





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Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you take action to protect yourself from the sun.
3. Use the calendar to record the actions and choices you make to protect yourself from the sun.
4. At the end of the month, total the number of days you followed these tips to protect yourself from the sun. You must do this on at least 22 days this month to complete this challenge.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
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_____ Number of days this month I took action to protect myself from the sun

_____ Number of days this month I got 30+ minutes of physical activity

Other wellness projects completed this month:

Name _____ Date _____



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