

# Enjoying Summer Safely

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HEALTHY HEARTS!  
HEALTHY YOU!

<https://www.webmdhealth.com/zollwellness>

## Playing in the Sun Safely

After a long winter, soaking up some sun might be high on your to-do list. Just remember that among those golden rays lies a hidden danger known as ultraviolet (UV) light.

You can't see it, but the sun produces two types of UV radiation that can harm your skin: UVA radiation is what makes skin age, while UVB radiation is what makes skin burn. Both can cause mutations in your skin's cells, which could lead to cancer.

UV rays are strongest midday when the sun is at its peak, from 10 a.m. to 4 p.m. But even on a cloudy day, they can find their way to your skin. It only takes about 15 minutes of UV exposure before damage can begin.

### 3 Tips for Sun Safety

So how can you enjoy being outdoors while still staying protected? Try these techniques:

1. **Seek shade.** When you're outside when UV rays are the strongest, stay out of the sun's direct path by sitting under something like an umbrella, a covered patio, or a tree.
2. **Put on protective clothing.** Many clothes are now made specially to keep you safer in the sun— look for the UPF (ultraviolet protection factor) rating. Even regular long-sleeve shirts and pants can help. A wide-brimmed hat and sunglasses are also a great way to keep the sun off your face and away from easy-to-burn spots like the back of your neck, your scalp, and your ears.
3. **Slather on the sunscreen.** Sunscreens work by reflecting, absorbing, or scattering light, giving you some protection from UV rays.

### Finding the Right Sunscreen

If you've ever stood in a sunscreen aisle among the dizzying array of brightly colored bottles, you know that choosing one can be confusing. When making your next purchase, consider these recommended must-haves from the [American Academy of Dermatology](#):

- Broad spectrum. This means you'll be covered from both UVA and UVB rays.
- SPF 30 or higher. The sun protection factor, known as SPF, lets you know how well a sunscreen protects you from burning.
- Water resistant. Swimming and sweating make a water-resistant sunscreen a smart idea. A label of "water resistant" means you're protected for 40 minutes, while "very water resistant" is good for 80 minutes.
- Apply 30 minutes before going outside and reapply every 2 hours or after sweating excessively or swimming.



When it comes to putting on sunscreen, be generous! You probably need more than you think. Most adults need about one ounce—the amount that would fit in a shot glass—to adequately cover their bodies.

Remember, sunscreen is important for more than just avoiding burns. UV radiation is a proven cause of common skin cancers, including basal cell carcinoma and squamous cell carcinoma, and the more dangerous melanoma. Skin cancer is highly curable when caught early, so check your skin regularly for any spots that don't look right and see a dermatologist at least once a year for a full-body exam. You can learn more about skin self-exams using the "ABCDE" rule at [cancer.org](https://www.cancer.org)

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## Beat the Heat by Staying Hydrated this Summer

About 60% of your body weight is made of water. Your body uses water for mostly every body function. Digestion, temperature regulation, and breathing are just a few reasons why it is important to stay hydrated. With summer in full force, let's get into some hydration dos and don'ts!



- **Don't drink caffeine.** That morning coffee or a soft drink at lunch may be a hard habit to break, but in doing so you can save your body a lot of water expenditure. Caffeine may have diuretic and laxative effects, which can lead to an increase in water loss. Sodium-loaded beverages, such as many types of soda, may also lead to dehydration.
- **Do drink water.** The recommended daily fluid intake for women is 92 ounces, and for men, 124 ounces. These recommendations take into account fluid consumed from both beverages and food, which can provide an additional 20 ounces or more daily. For women who are pregnant or breastfeeding, or for those with certain medical conditions, the fluid intake recommendations are different. Hydration requirements also vary depending on activity level and amount of sweating.

- **Don't rely on sports drinks.** Most sports drinks are loaded with sugar and extra calories that you just don't need. Unless you are exercising for longer periods of time (an hour or longer), you likely won't need to worry about replacing lost electrolytes. Many sports drinks have as much sugar as a can of soda.
- **Do check for signs of dehydration.** With the summer in full force, you need to be mindful not only of water intake, but water loss as well! Some symptoms of dehydration include dizziness, headaches, muscle cramps, rapid breathing and heart rate. Consult your healthcare provider if you are experiencing any of these symptoms.
- **Don't drink too much fruit juice.** While fruit juice is often thought of as a healthy alternative to soda, it can be very high in sugar and can rapidly elevate glucose levels. Although 100% fruit juice is a good source of vitamins, it should not be overconsumed. If you choose to consume fruit juice, sip sparingly or consider diluting your juice with water. Your best choice of drink for hydration is water!

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## Strawberry Light Lemonade

Servings: 4

Serving size: ¼ recipe

Per serving: 100 calories; 25 g carbs; 1.5 g fiber

Ingredients:

- 2 cups chopped strawberries
- 5 Tbsp. superfine or regular sugar
- 8 Tbsp. Splenda® or Stevia
- 12 Tbsp. freshly squeezed lemon juice
- 2/3 cup club soda, seltzer or mineral water
- ice cubes, as desired

Directions:

1. Puree strawberries and 1 Tbsp. sugar in blender or small food processor.
2. Spoon 3 Tbsp. of strawberry puree into each glass, then add 2 Tbsp. Splenda® and 1 Tbsp sugar to each glass.



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