

2018 July

Sun Safety

Sunscreen 101

Getting through the summer will involve sunscreen - lots and lots of it. But as you smear it onto your skin, you may have some qualms. Learn how to best protect your skin with the tips below:

- **Check the SPF for UVB protection.** The Sun Protection Factor (SPF) number indicates how well a sunscreen protects against ultraviolet B (UVB) rays. If you'd normally get a sunburn in 10 minutes, an SPF 15 extends that by 15 times. So you could last 150 minutes before burning. How high of an SPF do you need? SPF 15 or higher is recommended.
- **Look for UVA protection.** The SPF doesn't tell the whole story - it only refers to protection against UVB rays. Ultraviolet A (UVA) rays pose their own risks. So make sure the label on your sunscreen states that it has UVA, broad spectrum, or multi-spectrum protection.
- **Look for water resistance.** Keep in mind that these products are not water-proof. They will still wear off. But, they will last longer than typical sunscreens.
- **Reapply regularly.** A few dabs in the morning will not last the whole day. Follow the directions on the bottle for reapplying - especially after you've been sweating or in the water.
- **Wear sunscreen on cloudy days.** UV rays are strong enough to burn your skin on cloudy days.

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SUN



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MON

2
Start this month focusing on your health goals. Write your three new health goals below.

TUE

3

WED



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THU

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FRI

6
Break up your exercise into 10 minute increments to ensure you fit it in your schedule.

Learn more [here](#).

SAT



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8
Try healthy alternatives to give your favorite dishes a new twist.

[Start with this healthy recipe.](#)



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Wear sunglasses with UV protection to guard your eyes from harmful sun rays.



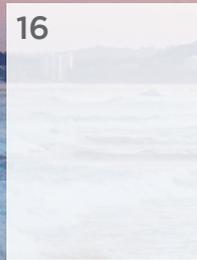
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Drink water to stay hydrated during the hot summer months.

Learn more [here](#).



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Write down something you are grateful for every day this month.

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Wear a wide brimmed hat to protect more of your skin from the sun.



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Wearing the right pair of shoes is crucial to starting a walking regimen.

Learn more [here](#).

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Did you meet your health goals this month? Check them to the right.



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Three ways I can focus on my health this month:

- 1.
- 2.
- 3.