

Protect your
Skin While
Working Out
under the
Sun!



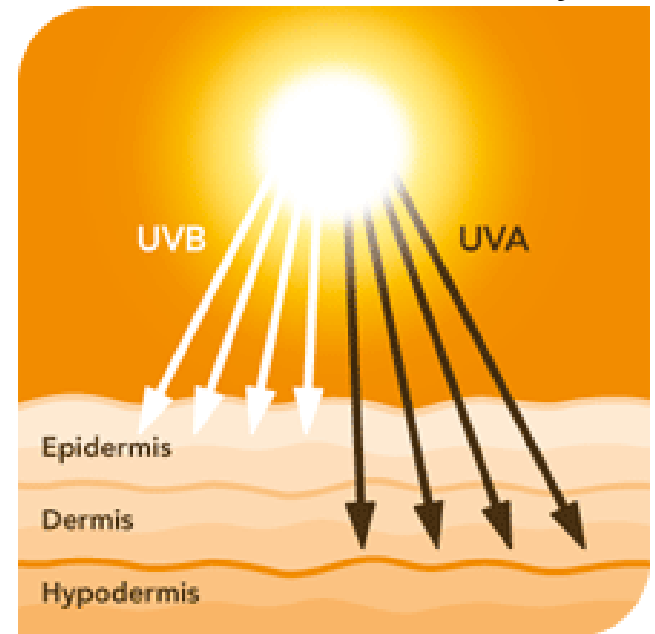
Types of Ultra Violet Rays

UVA penetrate deep into the skin. Source of skin cancer and early aging

UVB primarily access the surface of skin and are the cause of sunburn

UVC are blocked by the ozone layer

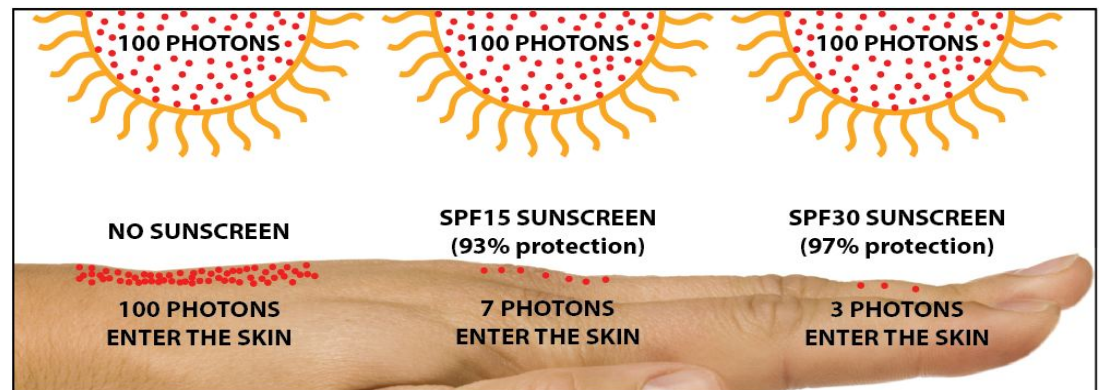
Energy from the sun reaches the earth as ultra violet rays.



The Scoop on Sunscreen

Look for the following:

- * The Skin Cancer Foundation Seal of Recommendation
- * Broad Spectrum
- * Water Resistant
- * SPF 15+ or 30+



Tips- How to Protect Yourself

- * Avoid or limit exposure between 10 am -4 pm
- * Reapply sunscreen at least every 2 hours
- * Use sunscreen even on overcast days
- * Wear a hat and long sleeves if possible
- * Wear polarized sunglasses that block UV rays
- * Utilize shade! Find a covered pavilion or a tree
- * Don't wait until outside to apply sunscreen



Sun Fighting Foods

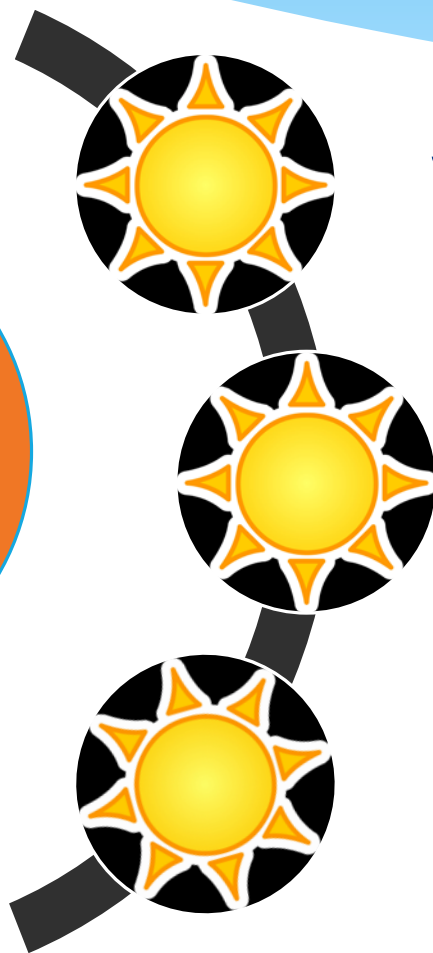
- * Drink plenty of water
- * Consume antioxidants:
 - * Green tea
 - * Berries
 - * Plums
 - * Pecans
 - * Dark Chocolate



Important Self Care



**Get
Checked!!**



Visit the dermatologist!

Be proactive

Monitor your body

Resources

- <http://www.who.int/uv/publications/proUVrad.pdf>
- <http://www.aocd.org/?page=prevent>
- <http://li129-107.members.linode.com/eye-health/prevention/sun-damage-prevention/>
- <https://www.cancer.org/latest-news/choose-the-right-sunscreen.html>
- http://www.skincancer.org/publications/sun-and-skin-news/summer-2015-32-3/sunscreen?gclid=EAIaIQobChMIImvKr69nP1AIV1oqzCh3XqAguEAAYAiAAEgIFcPD_BwE
- <https://www.badgerbalm.com/s-30-what-is-spf-sunscreen-sun-protection-factor.aspx>