

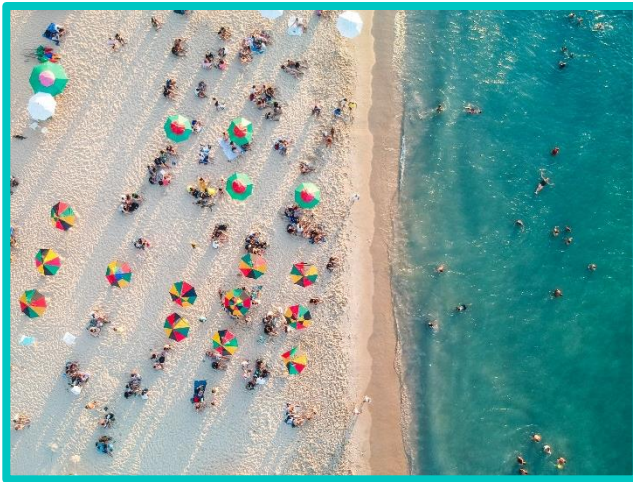
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HEALTH OBSERVANCE

UV Safety Awareness Month

Kim Farrell – Wellworks For You

As July unfurls its sunny days and invites us to beaches, picnics, and hikes, it's the perfect time to spotlight UV Safety Awareness Month. This observance is not just a reminder of the sun's power but a call to action to protect ourselves against the harmful effects of ultraviolet (UV) rays. Understanding and respecting the sun's strength is crucial to enjoying the summer safely and healthily.

UV radiation from the sun is the main cause of skin cancer, the most common type of cancer in the United States and worldwide. However, it doesn't stop there. Excessive UV exposure can also lead to cataracts, weaken the immune system, and cause premature aging of the skin. The good news? Most of these conditions are preventable with proper sun protection.

Embrace the Shade: Seek shade, especially between 10 a.m. and 4 p.m., when the sun's rays are strongest. An umbrella, tree, or a canopy can be your best friend during peak hours.

Wear Protective Clothing: Long-sleeved shirts, pants, and wide-brimmed hats offer a great line of defense. You can also opt for clothing with a high Ultraviolet Protection Factor (UPF) for added safety.

Apply Broad-Spectrum Sunscreen: Use a broad-spectrum sunscreen with an SPF of 30 or higher. Apply generously and reapply every two hours, or after swimming or sweating, to maintain optimal protection.

Don't Forget Your Eyes: UV rays can harm your eyes too. Wear sunglasses with 100% UVA and UVB protection to shield your eyes and the delicate skin around them.

Stay Informed: Keep an eye on the UV index, which provides important information about daily sun intensity and necessary precautions.

As you enjoy the radiant summer days, remember that UV safety is a daily commitment. This July, let's pledge to be sun-smart, spreading awareness and protecting our skin, eyes, and overall health. Celebrate UV Safety Awareness Month by making sun protection a habit, ensuring that every summer day is both fun-filled and safe. Shine on, but shine responsibly!

Source: <https://www.aad.org/member/advocacy/promote/uv-awareness>



Environmental Health: What Does it Mean?

You've heard of environmental health, but do you know what it really means? Understanding and reducing our chemical exposure is vital for a healthy life.

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Finding the Best Sunscreen for Your Skin Type

Summer is upon us! Did you pack your sunscreen?

Sunscreen is not just about avoiding sunburn; it's about long-term skin health.

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LIVE SIMPLY

MENTAL WELLBEING PROGRAM

HEALTH TIP CORNER

Wellness Pillar: Environmental

What Exactly is Environmental Health?

Lisa Kyler – Wellworks For You

You've heard of environmental health, but do you know what it really means? If not, you're far from alone!

Environmental health plays a crucial yet often overlooked role in our daily lives. It's about the interplay between our surroundings and our wellbeing, focusing particularly on how pollutants and chemicals affect us. As we navigate through streams of cars, swaths of plastic, and mazes of processed goods, understanding and reducing our chemical exposure becomes vital for a healthier life.

The air we breathe, the water we drink, and the homes we live in are often laced with unseen chemicals and pollutants. From industrial emissions and vehicular exhaust to household cleaners and pesticides, these substances can have profound effects on our health, contributing to respiratory issues, allergies, and even long-term diseases. But fear not! Taking steps to minimize these risks and enhance our environmental health is within reach.

Go Natural in Household Products: Swap out harsh chemical cleaners for natural alternatives. Vinegar, baking soda, and lemon are not just old wives' tales; they're effective, eco-friendly cleaning agents.

Embrace Organic Foods: Whenever possible, choose organic to reduce exposure to pesticides and chemicals. Wash fruits and vegetables thoroughly, or better yet, grow your own!

Improve Indoor Air Quality: Regularly ventilate your home to reduce indoor pollutants. Houseplants can be natural allies in absorbing harmful substances and freshening the air.

Choose Safer Personal Care: Opt for personal care products with fewer chemicals. Look for paraben-free, phthalate-free, and fragrance-free labels to reduce your daily chemical load.

Educate and Advocate: Stay informed about environmental issues and support policies and practices that aim to reduce pollution and chemical exposure.

By integrating these practices into our daily routines, we can significantly reduce our chemical footprint, leading to better health and a more sustainable lifestyle. Environmental health isn't just about saving the planet; it's about preserving our vitality and wellbeing. Let's take these small but powerful steps together, nurturing ourselves and our environment with every breath and step we take.



Source: <https://newsinhealth.nih.gov/2016/12/making-healthier-home>

Enjoying Summer Safely

Finding the Best Sunscreen for Your Skin Type



Kellie O'Keefe – Wellworks For You

Summer is upon us, and hopefully, you are looking forward to time in the sunshine, soaking up some vitamin D and all the other benefits of spending time outdoors. However, before you pack your beach bag, it is essential to remember to bring sunscreen.

The sun's rays, while invigorating, can pose serious risks to your skin. Prolonged exposure to ultraviolet (UV) radiation can lead to premature aging, sunburn, and even skin cancer. Sunscreen acts as a barrier, protecting your skin from these harmful effects. It's not just about avoiding sunburn; it's about long-term skin health.

Choosing the right sunscreen for your skin type is crucial for adequate protection with minimal adverse side effects. So, here's a guide to help you find the best option for your skin type:

Oily or Acne-Prone Skin:

- Opt for non-comedogenic, oil-free formulas.
- Gel-based sunscreens can help reduce shine and prevent breakouts.

Dry Skin:

- Cream-based formulas provide additional moisture.
- Seek hydrating sunscreens with ingredients like hyaluronic acid or glycerin.

Sensitive Skin:

- Mineral-based sunscreens with zinc oxide or titanium dioxide are less likely to irritate.
- Look for products labeled as fragrance-free and hypoallergenic.

General Tips for All Skin Types:

- Always select a sunscreen with at least SPF 30.
- Ensure it offers broad-spectrum protection against both UVA and UVB rays.
- Apply 15 to 30 minutes before going outdoors to allow sunscreen to properly bind to your skin.
- Reapply every two hours, especially after swimming or sweating.
- Don't forget your lips! Use a lip balm with SPF to protect your lips from sun damage.

Source: <https://www.byrdie.com/things-to-look-for-in-a-sunscreen-5235614#:~:text=11%20Tips%20for%20Choosing%20a%20Sunscreen%2C%20Directly%20From.8%20Choose%20a%20Comfortable%20Texture%20...%20More%20items>

FEATURED RECIPE

Chicken, Spinach & Feta Wrap

4 Servings | Total Time: 15 Minutes

Diabetes-Friendly, Nut-Free, Heart-Healthy, High-Protein



INGREDIENTS:

- 1/2 cup whole-milk plain strained (Greek-style) yogurt
- 1/4 cup crumbled feta cheese
- 2 tablespoons finely chopped oil-packed sun-dried tomatoes
- 1 tablespoon dried oregano
- 2 teaspoons grated lemon zest
- 1/2 teaspoon garlic powder
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon ground pepper
- 2 cups shredded rotisserie chicken
- 4 (10-inch) whole wheat tortillas
- 4 cups packed fresh baby spinach

DIRECTIONS:

1. Stir yogurt, feta, sun-dried tomatoes, oregano, lemon zest, garlic powder, crushed red pepper and pepper together in a large bowl; mash with a fork until mostly smooth, about 1 minute. (Alternatively, process in a blender until creamy, 30 to 45 seconds.)
2. Fold in chicken, coating with the yogurt mixture.
3. Arrange tortillas on a work surface. Place 1 cup spinach and about 1/2 cup chicken mixture in a line in the center of each tortilla.
4. Fold bottom edge and side edges over the filling; roll up burrito-style. Cut into halves before serving.

NUTRITION

Per Serving: 1 wrap

Calories: 282

Carbohydrates: 23g

Saturated Fat: 3g

Sugar: 0g

Protein: 32g

Dietary Fiber: 2g

Cholesterol: 84mg

Sodium: 534mg

Source: <https://www.eatingwell.com/chicken-spinach-feta-wraps-8422309>