

**May**  
**2015**

# Wellness

## Quick Read

*From The Solutions Group Wellness Team*

### Fast Facts

- ◆ The sunlight that reaches us is made up of two types of harmful rays: long wave ultraviolet A (UVA) and short wave ultraviolet B (UVB).
- ◆ UVA rays can age us and UVB rays can burn us. Overexposure to either can damage the skin.
- ◆ The intensity of the sun's UV rays reaching the Earth's surface varies daily. The daily forecast for UV intensity is available at [www.epa.gov](http://www.epa.gov).

UV Index	Exposure Level
2 or less	Low
3 to 5	Moderate
6 to 8	High
8 to 10	Very High
11+	Extreme

### The Shadow Rule

An easy way to tell how much UV exposure you are getting is to look for your shadow:

If your shadow is taller than you are (in the early morning and late afternoon), your UV exposure is likely to be lower.

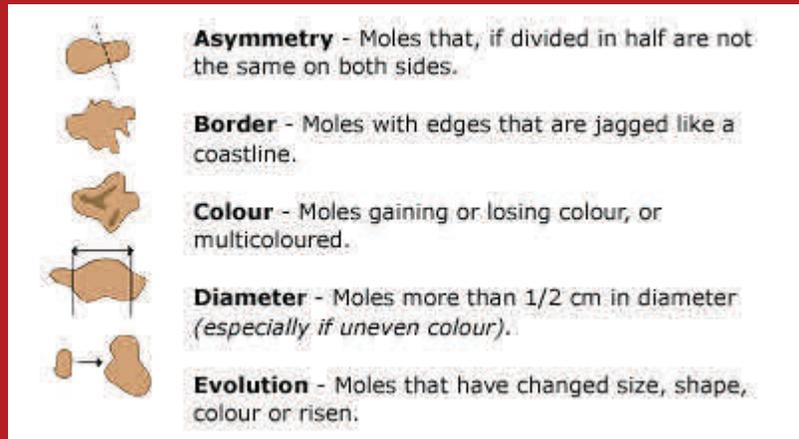
If your shadow is shorter than you are (around midday), you are being exposed to higher levels of UV radiation. Seek shade and protect your skin and eyes.

## Protect Your Skin Every Day

Nearly 5 million people are treated for skin cancer every year in America. Reducing your risk of this disease starts with being smart and limiting your exposure to ultraviolet (UV) radiation. Build your sun safety habits during May, Skin Cancer Awareness Month. How? Wear sunscreen daily, stay out

of the sun as much as possible, and wear protective clothing – including a hat – when you're outside.

How can you tell a mole or a freckle from something more serious? It's helpful to remember the ABCs of skin cancer so you're familiar with some of the warning signs.



## 5 Reasons to Use Sunscreen Daily

**SPF** stands for **Sun Protection Factor**. The SPF number tells you how well the product will protect you from UVB, the burning rays of the sun. (Most sunscreens also absorb ultraviolet "A" rays, or UVA.) The higher the SPF number, the greater the amount of protection. Everyone should use a sunscreen with an SPF of at least 15. If you have had a skin cancer or pre-cancer, you should use a sunscreen with an even higher SPF. Many of the new sunscreens have SPFs of

1. **The ozone layer is depleting and your body needs shielding from harmful rays.**
2. **Skin cancer rates are on the rise and sunscreen has been proven to decrease the development of skin cancer.**
3. **Sunscreen helps to prevent facial brown spots and skin discolorations.**
4. **It also helps to reduce the appearance of facial red veins and blotchiness.**
5. **It slows down the development of wrinkled, prematurely aging skin.**

# Super Simple Snack

## Instructions

Cover a cookie sheet with wax paper. Place the pretzels on the wax paper close together but not quite touching.

Place the chocolate chips in a small microwavable bowl and heat on high, stirring every 15 seconds, until the chocolate is melted and smooth, about 1 minute.

Fill a small, resealable plastic bag with melted chocolate and carefully snip off a small corner of the bag with scissors. Squeeze bag to drizzle chocolate over the pretzels using a back and forth motion.

Refrigerate 3 minutes or until the chocolate is firm, or allow the chocolate to firm up at room temperature, about 3 hours.

Yields 7 pretzels per serving.

## Ingredients

- 2 1/8 oz. pretzel(s)  
(about 28 pretzel nuggets)
- 2 Tbsp. 60% cacao chocolate



The  
Solutions  
Group

# Take a Stand!

Research shows that too much sitting is bad for your health and can contribute to obesity, cardiovascular disease, and diabetes. This is true even for people who get plenty of regular exercise but still spend a good share of their days in the car, at a desk, or in meetings. So don't just sit there, try these tips:

- Try to stand up for a few minutes every hour – even a quick stretch and walk to the water cooler counts.
- Switch to a standing desk
- During TV commercials, stand up and stretch, do some push-ups, sit-ups or jumping jacks

