

THINK **act** be healthy



Sun Protection

Overexposure to sunlight is widely accepted as the underlying cause for harmful effects on the skin, eyes and immune system. Four out of five cases of skin cancer are preventable, as UV damage is mostly avoidable. **Protect yourself and your family this summer.**

Limit midday sun exposure - UV rays are the strongest between 10 am and 4 pm.

Watch the UV Index – Practice sun safety especially when UV Index is moderate or above.

Short shadow, seek shade – Keep in mind that trees, umbrellas or canopies do not offer complete sun protection.

Wear protective clothing - A wide brim hat, 99-100% UV-A and B protection sunglasses and tightly woven, loose fitting clothing will provide optimal sun care.

Use sunscreen – Apply a broad-spectrum sunscreen of at least SPF 15 or higher generously. Re-apply every two hours, or after working, swimming, playing or exercising outdoors.

Avoid tanning beds – Sunlamps damage the skin and unprotected eyes. They are best avoided entirely.

Source: http://www.who.int/uv/sun_protection/en/



For more information on skincare for you and your family talk to your PROfile Pharmacist today or visit our Think Act Be Healthy Library at www.mhcsibenefits.ca

Food for Thought...

Sobeys Dietitians Have a World of Healthy Ideas for You

Healthy Eating During Summer Vacation

Summer days are filled with travel, visits and relaxing with family and friends. Eating well during this time can be a challenge. Whether you take day trips or make longer journeys, you can stay on track with your eating.

- **On the Go:** Make better choices at the drive-thru by getting vegetables, fruits and milk in your order
- **On the Road:** Plan ahead. Keep healthy foods on hand to take with you rather than relying on restaurants or corner stores
- **On the Plane:** Take healthy snacks on board like whole wheat crackers, granola bars, muffins or nuts and seeds
- **At your Destination:** Find a grocery store and buy foods for quick meals and snacks

Your PROfile Pharmacist has many health education resources and is always available to discuss your health concerns!



Body & Mind

If you haven't already started, take your exercise routine to the outdoors. The natural surroundings and fresh air will provide you with a sense of wellness. No matter what your fitness choice, apply your sun protection and head on out!

Completed Your Online Personal Health Risk Assessment Yet?
Go to www.mhcsibenefits.ca

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