

# THINK act be healthy



## Sun Protection

The sun is shining brightly. It's a perfect day to head to the beach and get a healthy tan, right? Wrong! There is no such thing as a healthy tan. The discoloration we call a tan is actually a sign of skin damage.

The sun's ultraviolet rays that turn skin dark also cause damage including premature aging and skin cancer. But you don't have to hide in a closet to stay healthy; you just have to be careful to protect your skin from the damaging radiation.

The first step is selecting the right sunscreen. Sunscreens are rated by their ability to block radiation—called their sun protection factor, or SPF. An SPF 15 means the sunscreen gives you 15 times as much protection as your natural skin coloring. If your skin normally turns red after 20 minutes in the sun, an SPF 15 sunscreen will prevent sunburn for 15 times as long—300 minutes (5 hours).

The second step is to use the sunscreen properly. These tips can help:

- If you use a chemical sunscreen, wait at least 20 minutes before going out in the sun, because these products must be absorbed into the skin.
- Use a generous amount, and use it on all exposed areas of your skin—your ears, around your eyes, your neck, the tops of your feet, and your bald spot if you have one.
- Rub it in thoroughly.
- Read the labels carefully; some sunscreens provide protection for longer than others.
- Reapply the sunscreen periodically and after swimming or perspiring, even if it is labeled water proof.
- Use your sunscreen all year long, even in cloudy or foggy weather.



Your profile Pharmacist will be happy to answer your questions about sun protection and help you select a sunscreen.

## Food for Thought

Sobeys Dietitians Have a World of Healthy Ideas for You

**Safe Grilling** - On beautiful summer days, many people enjoy barbequing. It is important to keep food safe in warm temperatures.

- Thaw meats in fridge, under cold running water, or microwave (if cooking right away).
- Marinate meats in the fridge, not on the counter.
- Scrub the grill with hot, soapy water before each use.
- Use different utensils and plates for raw and cooked foods.
- Use a meat thermometer to make sure meats and fish are safely cooked.

### Don't Spoil the Picnic!

- Keep your picnic foods safe when the temperature soars.
- Pack food in a cooler. Put ice or ice packs above and below food. Make sure the cooler is tightly closed.
- Put the cooler in the back seat of your car instead of your hot trunk.
- Keep raw foods separate from cooked or ready-to-eat foods.
- Use a thermos to keep hot foods hot.
- Eat foods within 2 hours of being cooked or being out of the cooler. Eat within 1 hour if the temperature is over 30°C. Throw the food out if it is longer than this.

### Creative Picnic Ideas

- Try different grains for your sandwiches (rolls, bagels, tortillas, etc.).
- Jazz up your sandwich fillings.
- Mix cooked pasta with salad dressing and vegetables for a quick salad.
- Bring a bag of mixed greens from Sobeys produce department. Add salad dressing and top with nuts or seeds.
- Serve baby carrots with dip.
- Bring crackers and top with cheese or peanut butter.
- Roll-up deli meats and use a toothpick to hold in place.
- Bring a barbecued chicken from Sobeys deli.
- Try cans of tuna or salmon which are already mixed with light mayonnaise.
- Dip cut-up fruit in yogurt or pudding for a healthy dessert.
- Hard cooked egg, chopped cucumber and onion.
- Chicken and sliced grapes.
- Hummus and vegetables.
- Salmon or tuna and red pepper slices.

“Tension is who you think you should be. Relaxation is who you are.”

- Chinese Proverb

## Body & Mind

Stress Management Tip: Pick one thing you have been putting off such as scheduling an appointment, running an errand, or returning a phone call, and do it immediately. Taking care of one nagging responsibility can be revitalizing and can improve your overall attitude.

Source: [www.health-fitness-tips.com](http://www.health-fitness-tips.com)

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