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Well NEWS

A Monthly Insight into Health and Wellness



Sunscreen Facts

The higher the SPF, the better the protection.

FALSE. Although it seems like this should be obviously true with an SPF of 30 being double that of an SPF of 15 it is not. SPF 15 screens 93% of the sun's rays and an SPF of 30 screens 97%. The bigger issue is making sure that you apply enough of whatever level SPF you choose.

Apply 1 to 2 ounces (the size of a ping-pong ball) 30 minutes before going outdoors and every two hours after that.

Make sure your sunscreen protects against both UVB and UVA rays.

It's OK to use last year's bottle of SPF.

TRUE. Most sunscreens have a shelf life of about two years.

Sunscreen only needs to be applied to exposed skin.

FALSE. The average t-shirt offers an SPF of about 7. Darker fabrics and tighter weaves provide more protection, but it is much safer to apply sunscreen to your entire body before you get dressed. Or better yet, wear clothing made of UV protective fabrics. These have been specially treated with colorless UV-absorbing dyes, and most offer an ultraviolet protection factor (UPF) of 50, which blocks both UVA and UVB.

Using makeup with SPF is just like wearing regular facial sunscreen.

FALSE. Certainly, applying makeup that contains SPF is better than skipping it altogether, but it's not as effective as wearing a facial lotion with sunscreen underneath. Generally, most makeup cracks on skin, allowing UV rays through.

Sunscreen can cause cancer.

FALSE. The only way sunscreen could be hazardous to your health is if it is absorbed into the body, which does not happen.

Still concerned? Use a sunscreen containing physical blocking ingredients such as zinc oxide and titanium oxide, which stay on the surface of the skin as a protective barrier. Don't be tempted to use babies or children's sunscreens, which don't necessarily contain physical blocks.

"Water-resistant" sunscreen doesn't need to be reapplied after swimming.

FALSE. Sunscreens are allowed to call themselves "water-resistant" but not "waterproof," and their labels have to say how long the water resistance lasts. You should still reapply sunscreen every two hours, and every time you get in and out of the water or work up a sweat.

Wearing sunscreen can lead to vitamin D deficiency.

FALSE. No doubt about it, you need vitamin D (which your body can make when exposed to the sun). But that doesn't give you a no-SPF pass. You still get enough sun to make plenty of vitamin D through the sunscreen.

But, it can be harder to make vitamin D during the winter or when you are older. But you can still get vitamin D from fortified foods or supplements. The Institute of Medicine recommends that most adults get 600 IUs of vitamin D a day. Some people may need more, so check with your health care provider.

Sunscreen with antioxidants provides better UVA/UVB protection.

TRUE. While they aren't active sunscreen ingredients, antioxidants are great SPF supplements. Sunscreen alone does not block all of the damaging rays from the sun - even an SPF of 50 blocks out only 98% of UV rays. Antioxidants are a good way to catch the UV radiation that 'sneaks' past the sunscreen. They are proven to reduce the formation of free radicals (small chemical particles that wreak havoc on skin and can cause skin cancer) in the presence of UV light.



Recipe

OF THE MONTH Crunchy Parmesan Garlic Chicken



Ingredients:

- 2 large chicken breasts
- 2 tsp chopped garlic (fresh or jarred)
- 1/4 cup extra virgin olive oil
- 1/2 cup bread crumbs
- 1/2 cup fresh grated parmesan cheese
- Black pepper to taste

Directions:

Preheat oven to 400 degrees.

Dredge each chicken breast in extra virgin olive oil.

Make thin slices into the top of each chicken breast and stuff with garlic.

Mix bread crumbs and parmesan together in a shallow dish.

Dip each chicken breast into the bread crumb/parmesan mixture, then place them into a baking dish (be sure to grease it if it is not a nonstick).

Top with a sprinkle of black pepper.

Bake for 30 minutes, then check for doneness, cook in additional 5 minute increments until there is no pink.

Healthy Snacks to Have on Hand at Work

Mindless eating often gets the best of us. This can happen often throughout the work day when we feel a bit of hunger coming on and we reach for a snack. Two things often happen in this scenario, we reach for whatever is nearby (healthy or not) and we often eat more than we should as we munch away and continue to work.

But, the good news is, that it is easy to be healthy when you think ahead. Stock your desk with the healthiest snacks to help prevent a last-minute run to the vending machine or drive-through window. And make sure to measure out the appropriate portion size before digging in.

Try some of these great snacks the next time hunger hits at work:

- A cup of tea
- Whole-grain snack bars
- Water (keep a reusable water bottle at your desk)
- Grapes
- Nuts (raw and unsalted)
- Dried fruits and veggies
- Popcorn (choose an all-natural version that is low in salt and fat)



Newsletter Quiz

1. True or False: An SPF of 30 is double the protection of an SPF of 15.
2. What could be your healthy go-to snack at work?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by

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