



Tips For a Healthy 4-H Summer!

It's hard to believe that summer is finally here! Now it is time to relax, have fun, go on vacation and visit family and friends. It's also time to remember a few things to keep us safe and healthy!

- Have a good breakfast.
- Pick your snacks from 2 or more food groups.
- Wear an approved helmet when riding a bike, motorcycle or horse.
- Work on your posture; it will make you look and feel good.
- Make half of your plate vegetables and fruits.
- Get moving – Exercise. Run in place. Pretend jump rope.
- Learn and practice first aid.
- Get outside and get active! Go camping; visit your local parks and other natural resources.
- Be careful in the sun.

During the summer, the sun's rays are strongest between 10 a.m. and 2 p.m. Wear a wide-brimmed hat and protective clothing at the beach, and always use a sunscreen with a sun protection factor (SPF) of 15 or higher.

For maximum effectiveness, sunscreen should be applied 30 to 60 minutes before your first exposure to the sun. This allows the sunscreen time to penetrate your skin. Always reapply sunscreen frequently during your visit to the beach. Perspiration reduces the effectiveness of sunscreen, and even waterproof products eventually are washed away by perspiration and swimming.

When buying sunscreen, look for one that advertises **broad spectrum** protection. The sun's rays have different components; including ultraviolet "**A**" and "**B**" light frequencies. Ultraviolet-B (UVB) rays are considered "**burning rays**" and are responsible for skin sunburns. But Ultraviolet-A (UVA) rays penetrate deeply into the skin, causing

permanent damage that leads to a wrinkled, leathery skin appearance. Worst of all, this *"silent"* skin damage can result in deadly melanoma and other skin cancers.

Most importantly have fun and be safe. We want to see you back safe and sound in September, for the start of the 2014-2015 4-H Year!