



LIFEGUARD WELLNESS

*Valerie Smith, MS Wellness Director,
ACMJIF*



AGENDA

- UV Protection
- Hydration
- Movement

UV PROTECTION

- **Ultraviolet Radiation:** Invisible rays that are part of the energy that comes from the sun, can burn the skin, and cause [skin cancer](#).
- **Sun exposure at any age can cause skin cancer.** Be especially careful in the sun if you burn easily, spend a lot of time outdoors, or have any of the following physical features:
 - Numerous, irregular, or large moles
 - Freckles
 - Fair Skin
 - Blond, Red, or Light Brown Hair



HOW OFTEN SHOULD YOU CHECK YOUR SKIN

- Check your skin regularly so you know what is normal for you and you notice any growths or changes
- Start from the top (your scalp) and continue downwards paying special attention to “hidden” areas: between fingers, toes, your intimate area, soles of the feet, back of your legs and hands.

ABCDE OF MELANOMA

KNOW YOUR **ABCDE's**

A

ASYMMETRY



One half does not match the other half

B

BORDER



Uneven borders

C

COLOR



Variety of colors like brown, tan, or black

D

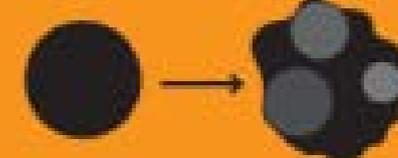
DIAMETER



Grows larger than the size of a pencil eraser (1/4 inch)

E

EVOLUTION



Change in size, shape, color, elevation, another trait, or new symptom



- Wear sunglasses with 100% UV protection
- Wear wide brimmed hats, long sleeved shirts and pants
- Choose cosmetics and contact lenses that offer UV protection

SUN

PROTECTION

- Wear sunscreen everyday, in all weather and in every season. It should have a sun protection factor (SPF) of 30 and say "broad-spectrum" on the label, which means it protects against the sun's UVA and UVB rays. Put it on at least 15 minutes before going outside. Use 1 ounce, which would fill a shot glass.
- Reapply [sunscreen](#) at least every 80 minutes, or more often if you're [sweating](#) or [swimming](#).



HYDRATION

Stay Hydrated This Summer



HYDRATION GUIDELINES

- **One basic equation:** divide your bodyweight in pounds by 2, and drink that much fluid in ounces each day, drink extra if exercising
- Monitor your hydration status: Monitor the color of urine, lighter color = proper hydration, more yellow, start drinking water
- When we sweat, we loose water and electrolytes, therefore may need to drink more water
- Start drinking water early in the day (when you wake up)

SIGNS OF DEHYDRATION

- Thirst isn't the best indicator of when you should drink water
- Other signs include: headache, dry skin, dry/sticky mouth, constipation and feeling tired or less energetic than usual.
- Load up on fruits & vegetables:
- The foods you eat during the day will contribute to your hydration status, but during the summer, seasonal fruits like watermelon, strawberries, pineapple, zucchini, etc. have a high water content, making them extra hydrating.





Move Often!

ALWAYS STRETCH!

➤ Torso Release Stretch



➤ Hip Loosener



➤ Quad Stretch



➤ Superman Stretch





THANK YOU!

.....
Any Questions? Enjoy Your Summer!