



Summer Skin Keeping It Healthy

Summer Skin – Keeping it Healthy

Source: American Academy of Dermatology

Once again, winter has faded into spring and spring has burst into summer. Along comes the invincible summer sun, your skin's enemy, particularly if you exercise outdoors. Most people know that using a sunscreen is essential protection, but knowing and doing are often two different things. There are a number of ways to promote a healthy glow without exposing your skin to harmful rays.

Creating a Barrier

Protect not only your eyes, but the skin around them by wearing sunglasses that block 90 percent to 100 percent of the sun's UV rays. Wear a hat. Though a cap may be more comfortable for jogging, try a wide-brimmed hat that will shade your neck and face while gardening or walking outside.

Sunscreen Facts

- Wear sunscreen every day if you will be outside for more than 20 minutes.
- Sunscreen should be applied 15 to 30 minutes before going outdoors, and reapplied every two hours or after swimming or sweating.
- Don't skimp: Use 1 ounce per application.
- Limit your exposure to sunlight from 10 a.m.–4 p.m. during Daylight Savings Time (9 a.m.–3 p.m. during Standard Time) when the sun's rays are the strongest and most harmful.
- When choosing a sunscreen, look for one with an SPF of 15 or higher that provides broad-spectrum coverage against all ultraviolet light wavelengths.
- Throw out old bottles of sunscreen, which can lose strength after three years.

What SPF Do You Need?

Follow these steps to calculate what SPF you should look for in a sunscreen:

1. Determine how many minutes your bare skin can be exposed to the sun before it burns.
2. Divide that number of minutes into the total number of minutes you want to remain in the sun.
3. The result is the SPF you should look for in a sunscreen. For example, if your unprotected skin burns in 10 minutes, and you plan on being in the sun for three hours, you would need a sunscreen with an SPF of at least 18 (180 minutes divided by 10 minutes).

