

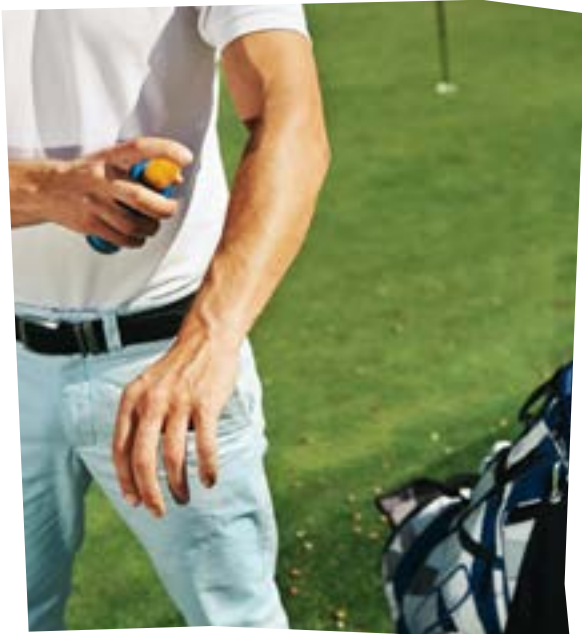


# Summer WELLNESS

Summer has officially begun! With temperatures in Arizona getting hotter, students on summer break, and vacation and staycation plans underway, keeping cool in the Valley heat is essential. As the days get longer and temperatures rise above 100 degrees, we have a few tips on staying protected from the sun's rays as well as fun summer activities.



## LiveWELL Sunscreen, Sunglasses, and Shade



Cloudy weather can be a nice change in Arizona's sun-filled summer, but the CDC shares the importance of protecting our skin from powerful UV rays, no matter the climate. A clear blue sky or overcast weather still calls for the same critical step, applying sunscreen. Ultraviolet rays can cause sun damage, skin cancer, and eye damage, and remembering the three **S's** will help you stay safe.

**Sunscreen:** The **CDC** recommends using a broad-spectrum sunscreen that can protect your skin against UVA and UVB rays with an SPF of 15 or higher. When applying sunscreen, it's important to apply it in hard-to-reach areas and uncommon sun-exposed areas like your back, behind the ears, and the eyelids.

**Sunglasses:** Sunglasses serve as a shield for your eyes against UV rays, reduce the risk of cataracts, and protect the tender skin around the eyes. For the best protection, wear wraparound sunglasses to block any UV rays that can sneak in, shining on the side of the face when wearing standard sunglasses.

**Shade:** If you're spending time outdoors this summer, be sure to locate a place that provides shade such as an umbrella, tree, canopy, or other sheltered spaces. If shade cannot be found, plan to wear clothing with Ultraviolet Protection Factor clothing. UPF clothing indicates how much UV radiation (both UVB and UVA) a fabric allows to reach your skin by blocking the sun's rays, thus reducing your exposure risk significantly.

The CDC states that **data** from 2018 shows that skin cancer is among the top 10 cancers and falls at number six. To lower the chances of skin cancer combine sunglasses, sunscreen, and shade to achieve the highest level of protection. Recall these three simple tips when spending time outside this summer and to learn more ways to protect your skin from the sun, visit the **CDC website**.



Watermelon season is here! Take advantage of ripe, juicy watermelon with this simple smoothie recipe. It combines the flavors of strawberry and watermelon to provide refreshing and hydrating effects. See below to follow how to make the summer smoothie recipe that can be put together in five minutes.

### WATERMELON SMOOTHIE WITH STRAWBERRIES

Recipe and photo derived from [beautybites.org](http://beautybites.org)

#### INGREDIENTS:

- 2 cups chopped watermelon, seeds removed
- 1 cup frozen strawberries
- 1/2 cup water
- Ice

#### DIRECTIONS:

Blend all ingredients until smooth, choose your favorite cup to drink out of, and enjoy!

#### NOTES:

- Add ice cubes if you aren't using frozen strawberries
- Add water/ fluid of your choice to adjust consistency
- For a more slushy-like texture, freeze watermelon before blending



## WELL Community Summer Break Activities



With school out for summer vacation, it is important to find engaging activities to ensure the kids in your life have an enjoyable break. Check out [raisingarizonakids.com](http://raisingarizonakids.com) to see a listing of opportunities in the valley ranging from summer camps at the Children's Museum of Phoenix, Gateway Community College, and the Arizona Museum of Natural History.



## PlayWELL

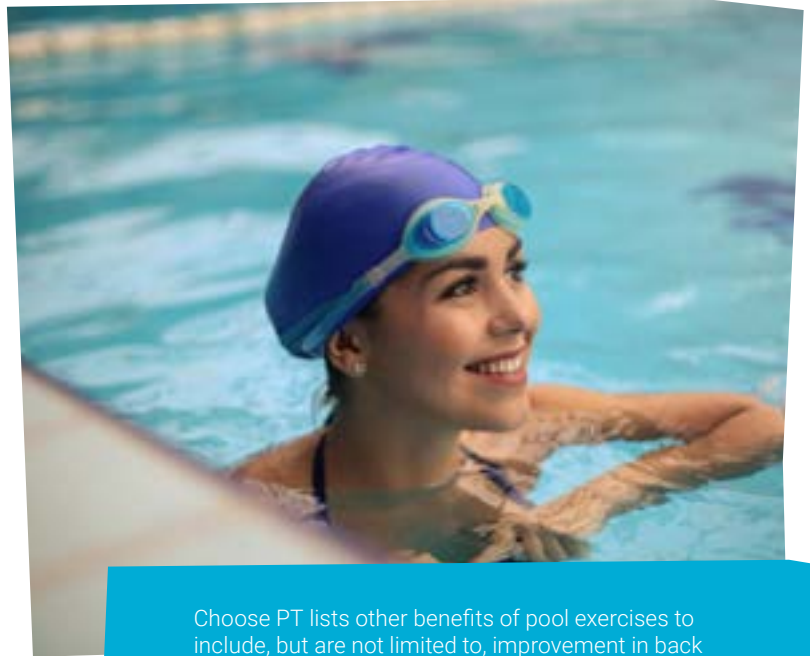
Keep cool with pool exercises

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While many enjoy spending time unwinding, relaxing, and swimming in a refreshing pool during the summer, it also provides another opportunity, movement. Change up your routine by partaking in the three pool exercises below, mentioned in [ChoosePT](#), that can help improve agility, balance, strength, endurance, and flexibility:

- 1. Water walking or jogging:** For this exercise, begin in chest or waist-high water. Start with a walking pace for 10-20 steps, then progress by increasing the pace to jogging. Once you are ready for more intensity, switch to jogging in place in thirty-second intervals for five minutes.
- 2. Sidestepping:** Begin this exercise by facing your body towards the pool wall and maintaining this position throughout. Stand up straight and take 10 sideways steps in one direction, followed by 10 sideways steps in the opposite direction. Repeat twice.
- 3. Deepwater bicycle:** For this exercise, you will need to be in deeper water and have access to one or two water noodles. The water noodles will go around the back of your body and your arms will rest on top for support. To complete the exercise, move your legs as if you are riding a bicycle for three to five minutes.

Exercises from [choosept.com](https://www.choosept.com)



Choose PT lists other benefits of pool exercises to include, but are not limited to, improvement in back pain, weakness, balance problems, and joint and muscle pain.



## WorkWELL

Health and Wellness Webinars

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Last month was our June WorkWell Forum, which focused on financial wellness. If you missed it or would like to view any of our previous WorkWELL Webinars, you can access them at [wellnessatoz.org](https://www.wellnessatoz.org) and stay tuned for upcoming details regarding our upcoming WorkWell forum coming this fall!

Feel free to revisit these webinars and share them with your team, networks, and community. If you share them on social media, don't forget to tag us @GoWellnessAtoZ!



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