

CAREZone



JULY/AUGUST 2023

Among adults and older adults, physical activity can lower the risk of:

- Early death
- Coronary heart disease
- Stroke
- High blood pressure
- Type 2 diabetes
- Breast and colon cancer
- Falls
- Depression

Among children and adolescents, physical activity can:

- Improve bone health
- Improve cardiorespiratory and muscular fitness
- Decrease levels of body fat
- Reduce symptoms of depression
- Improve cognitive skills
- Improve ability to concentrate and pay attention



Physical Activity for Your Health and Wellbeing

Adults should get at least two and a half hours (150 minutes) each week of moderate-intensity aerobic physical activity. You need to do this type of activity for at least 10 minutes at a time, as intervals shorter than this do not have the same health benefits. Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least two days a week.

Aerobic Activities: Aerobic activities require moderate physical effort and include, but are not limited to: biking slowly, canoeing, ballroom dancing, general gardening, using your manual wheelchair, arm cycling, walking briskly, and water aerobics. Examples of vigorous activities are basketball, jumping rope, running or bicycling on hills, soccer, swimming laps, and martial arts.

Not sure whether you are at a moderate or vigorous activity level? Try the talk test. If you can talk while you are active, then you are participating at a moderate level. If you can only say a few words without stopping to catch your breath, then you are engaging in vigorous activity.

Muscle-Strengthening Activities: Strengthening activities work all the major muscle groups - legs, hips, back, chest, stomach, shoulders, and arms. These activities include, but are not limited to: lifting weights, push-ups, sit-ups, and working with resistance bands. Don't have weights? Common household items such as bottled water and soup cans can also be used.

Bone-Strengthening Activities: Bone-strengthening activities produce a force on the bones that promotes bone growth and strength. This force is commonly produced by impact with the ground. The good news: bone-strengthening activities can also be aerobic and muscle-strengthening like running, jumping rope, basketball, tennis, and hopscotch.

For people who are inactive, even small increases in physical activity are associated with health benefits.

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“Resources” > Newsletters at: www.MC-Rx.com



Summer Sun Safety

August is Summer Sun Safety Month in the United States, and for good reason! The summer sun can be harsh, and it's essential to take steps to protect yourself. It's no secret that too much sun exposure can harm your health. In addition to causing skin problems like wrinkles, discoloration, and even skin cancer, excessive sun exposure can also lead to eye damage. The sun's ultraviolet rays can damage the cornea, lens, and retina, resulting in cataracts, macular degeneration, and other vision problems. But by making a few simple changes to our habits, we can dramatically reduce our risk of sun-related eye and skin problems. So next time you head outdoors, remember the tips below. Your skin and eyes will thank you for it.

There are no safe tans. While a bronzed complexion may look great, it's important to remember that there is no safe tan. Unless, of course, it comes from a bottle! There are plenty of self-tanning options available that let you achieve a bronzed glow without the harmful side effects of ultraviolet radiation that come from the sun and tanning beds. If you must have tan-looking skin, opt for a self-tanning lotion or spray.

Wear sunglasses to protect your eyes from the sun. Wearing sunglasses can help protect your eyes from the sun's harmful rays. Buy sunglasses that block out at least 99% of UV rays, and wear them whenever you're outdoors.

Drink lots of fluids to stay hydrated in the sun. One of the most important things to remember when spending time in the sun is to stay hydrated. Symptoms of dehydration include thirst, fatigue, and lightheadedness, so it's important to watch out for these signs.

The sun is powerful on reflective surfaces. Did you know that reflective surfaces can intensify the sun's rays, making them even more dangerous than direct sunlight? If you're spending time outdoors near water, snow, or sand, apply sunscreen generously and reapply it often.

Harmful UV rays penetrate clouds. Clouds do not protect you from the sun – they only filter out some harmful rays. So even on days when the sun is hidden behind a blanket of clouds, it's essential to take precautions against UV exposure.

Seek shade, especially when the sun's rays are strongest in the middle of the day. Shade can come from trees, umbrellas, or even buildings. However, it's important to remember that even in the shade, you're not entirely safe from the sun. UV rays can still bounce off surfaces like concrete and water, so it's always important to wear sunscreen when you're outdoors, even in the shade.

Wear protective clothing. Wearing protective clothing is one of the most effective ways to reduce your risk of sun damage. Long-sleeved shirts, long pants, and hats can all help to shield your skin from harmful UV rays.

Wear sunscreen. Apply sunscreen with an SPF of 30 or higher to all exposed skin, and reapply every two hours or more often if you're swimming or sweating.

Avoid tanning beds and sun lamps, which emit harmful ultraviolet (UV) rays. Tanning beds and sun lamps emit high levels of UV radiation, and just one session can increase your risk of developing melanoma, the deadliest form of skin cancer. Indoor tanning is particularly harmful to young people. People who use a tanning bed before they're 35 increase their risk of melanoma by 59 percent. And those who've been using tanning beds for more than 10 years increase their risk by an astounding 125 percent. If you're looking for a healthy glow, there are safer alternatives to tanning beds, such as self-tanning products and spray tans. So please, avoid indoor tanning and protect your skin from harmful UV rays.

Get an annual skin check. For most of us, a trip to the doctor is something we only do when we're feeling under the weather. But there's one type of doctor visit that's important even if you're feeling healthy: a skin check. Skin cancer is one of the most common types of cancer, and it can strike even if you don't have any risk factors. That's why getting an annual skin check from a qualified dermatologist is so important. Don't wait until you have a problem, schedule an appointment today for peace of mind tomorrow.

