



Healthy Habits

Faculty and Staff Wellness Program

Calvin College

August, 2008

Skin Health

Summer is a great time to have fun outdoors. It's also a time when you need to take precautions to protect your skin. Skin cancer is the most common form of cancer in the United States. Exposure to the sun's ultraviolet rays appears to be the most important environmental factor involved with developing skin cancer. During the summer months, UV rays tend to be greater. UV rays can reach you on cloudy, hazy days as well as bright, sunny days. To protect yourself from the sun's harmful rays, protect yourself from the sun.²

Black Bean Salsa!

- | 16oz. can black beans drained
- | 15oz white-yellow corn, drained
- | 15oz. can diced tomatoes with green chilies
- | small onion
- | Tablespoon cilantro - chopped
- | teas. sugar
- | 1/2 teas. salt
- | teas. chili powder
- | teas. cumin
- | 1/4 cup lime juice

Mix all ingredients together in a large bowl and enjoy!

Sunscreen Answers

Sunscreen reflects, absorbs or scatters ultraviolet (UV) light: invisible rays from the sun that can cause sunburn and other skin damage. UV light is divided into three wavelength bands: ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC). Only UVA and UVB reach the earth.

Who needs to use sunscreen? If you spend time outside during the daylight hours, you should use sunscreen. Even if you have

darker skin pigment, tan easily, or can tolerate the sun for long periods, you still need to use sunscreen. Regardless of skin type, the sun's energy penetrates deeply into the skin and damages DNA of skin cells. This damage can ultimately lead to skin cancer.

SPF?

All sunscreen products include an SPF, which stands for sun protection factor. The SPF number is a measurement of the amount of

UVB protection: the higher the number, the greater the protection. SPF is not an indicator for how much time you can spend in the sun. For example, if you use SPF 30 instead of 15, it does not mean it will last longer. In fact, and SPF 15 filters out about 93% of the UVB rays while SPF 30 filters out about 97% of UVB rays. The beneficial effects of sunscreen decreases after time. Therefore, it is important to reapply sunscreen every 2 hours while outside.²

Healthy Skin: What role does diet play?

A healthy diet can promote healthy skin. In particular, antioxidant rich foods seem to have a protective effect for the skin.

Good-for-skin foods include:

- Fruits, especially cherries, berries, melons, apples and pears.
- Vegetables, especially spinach and other green

leafy vegetables, eggplant, asparagus, celery and onions.

- Legumes, especially broad and lima beans.
- Fish
- Nuts
- Olive oil

Not only are some foods good for your skin, other foods seem to be associated

with skin damage. For example, a higher intake of meat and full-fat milk can increase the risk of skin wrinkling.

Interesting, but not surprising, many of the foods that promote skin health also promote health overall. So, trade red meat for fish. Eat low-fat or fat free dairy products, and include nuts, seeds, and beans in your meals.¹

1. <http://www.mayoclinic.com/health/healthy-skin/AN01863>
2. http://cdc.gov/cancer/skin/basic_info/howto.htm

COMING THIS FALL

- “Bike to Work” Challenge
- “Five-a-Day” Healthy Eating Challenge

FALL BROCHURE

- Look for the Healthy Habits fall brochure to arrive in your mailboxes later this month.

THE RETURN OF BASKETBALL AND VOLLEYBALL!

- Soon the new Track and Tennis Building will contain two temporary athletic courts. Healthy Habits has times reserved for noon-time volleyball and basketball!

WEIGHT WATCHERS LOSING WEIGHT!

- Since the beginning of Calvin’s Weight Watchers @ Work program in February, participants have lost almost 600 pounds!



Meet Barb Palsrok

Barb Palsrok is a Healthy Habits ambassador who has truly made health a habit in her life. Barb has been a faithful runner ever since her Track career in High School. She wakes up three mornings a week before work, puts on her running shoes and is out the door before the sun even comes up! How does she do it? Simple...it has become a habit. Barb has made exercise a part of her day and a part of her life. It is a routine. As other runners and regular exercisers already know, exercise almost becomes a necessity. For Barb, running gives her energy, relieves stress and enhances her feeling of health and well-being. When you get used to feeling like that, it becomes difficult to go back to a more sedentary lifestyle. Although Barb has developed this habit in high school, it is not too late if you haven’t started yet! Give it a try. Find something you enjoy; running, walking, biking, a Healthy Habits class—commit to it for 4-6 weeks and see the difference it can make in your health and wellbeing!

Skin Care Myths

1. **Tanning booths are safe as long as they don’t contain UVB rays.** Tanning booths often say they are filtering out the so-called “sunburn” UVB rays. But when you go to a tanning booth, you are still soaking in UVA rays, which penetrate deeper into the skin and cause damage that can lead to premature aging of the skin and skin cancer.
2. **Scrubbing your face with soap will keep your skin healthy and acne free.** When you scrub your face, you’re taking off some of the protective oils and barriers, which tends to lead to rashes and even burns. Instead, use a gentle cleanser followed by a moisturizer or sunscreen.
3. **Expensive skin care products work best.** Not true! Many mass market products are better than expensive ones. Expensive products can be good, but you can get something similar for less.

Does getting a base tan prevent sunburn?

Many people go to tanning salons to get a “base tan” before leaving for a beach vacation. The reasoning behind this is the theory that a few sessions of indoor tanning will protect your skin from sunburn in a sunny climate. But there is no proof that this is true.

Any change in skin color is a sign of damage from ultraviolet radiation. Repeated exposure to ultraviolet radiation, whether from the sun or a sunlamp, increases your risk of premature skin aging and skin cancer.