Director’s Corner: Sun Safety

Now that summer is officially here, more and more people are flocking outside. People are spending time at the pool, hiking, biking, or even just lying in the sun. However, it is easy to forget the importance of applying sunscreen before any outdoor activity and failure to apply it may result in undesirable consequences.

Sunburns have been directly linked to skin cancer, particularly melanoma (the deadliest form). Each year, more than 3.5 million people are diagnosed with skin cancer. The sun also has negative cosmetic impacts on skin. Prolonged sun exposure accelerates the aging process, causing age spots to form on the skin. These spots are small amounts of pigmentation that are typically found on the arms, face, and hands.

Whether or not you plan on being in the sun, sunscreen should be applied every day. The sun’s harmful UVA rays can pass through windows, which means simply driving a car could damage your skin. Also, don’t be fooled by cloudy days. It has been found that roughly 80% of the sun’s rays are capable of passing through the clouds. Sunscreen should be applied anywhere between 15 and 30 minutes before heading outside. Reapplication is recommended for all sun-exposed areas every two hours.

Sunscreen is based on SPF which stands for sun protection factor. SPF is a scale of how much sunscreen will protect you from the sun’s rays. For example, if you use a sunscreen with an SPF of 30, you will be able to be out in the sun 30 times longer than you could without sunscreen before burning.

The Food and Drug Administration recently came out with new regulations regarding SPF. The new regulations state that any sunscreen that has a SPF of 15 or lower must have a warning label that states it does not protect the skin from sunburn, premature aging, or skin cancer. Also, sunscreens can no longer have their SPF rating higher than 50. These regulations will become effective in 2012.

So, what can you do to protect your skin from those harmful rays? Obviously, staying completely out of the sun is not practical, so here are a few suggestions. The American Academy of Dermatology (AAD) recommends at least an SPF of 30 be used year round. Other options to protect your skin from sun include avoiding the sun during peak hours (10 a.m. to 4 p.m.) and wearing protective clothing. If tanned skin is desired, a fake tan from spray or lotion is a much safer option.

Despite all these precautions, if you do get sunburned, there are a few things one can do to help ease the pain. Basic first-degree sunburns can be treated with cool baths, anti-inflammatories (i.e. ibuprofen), and over-the-counter hydrocortisone creams. Remember, next time you go outside, don’t forget to apply- you could be thanking yourself later.

For more information, visit: http://www.skincancer.org/Sunscreen/

~Abby Ross
HES Health Promotion Student
Healthy Recipe: Quinoa Risotto with Arugula and Parmesan

**Ingredients**
- 1 tablespoon olive oil
- 1/2 yellow onion, chopped
- 1 garlic clove, minced
- 1 cup quinoa, well rinsed
- 2 1/4 cups vegetable stock/broth
- 2 cups chopped, stemmed arugula
- 1 small carrot, finely shredded
- 1/2 cup thinly sliced fresh shiitake mushrooms
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

**Directions**
In a large saucepan, heat the olive oil over medium heat. Add the onion and sauté until soft and translucent (~4 min.). Add the garlic & quinoa and cook for 1 minute, stirring occasionally. Don’t let the garlic brown.

Add the stock and bring to a boil. Reduce the heat to low & simmer until the quinoa is almost tender to the bite but slightly hard in the center, ~12 minutes. The mixture will be brothly. Stir in the arugula, carrot and mushrooms and simmer until the quinoa grains have turned from white to translucent, about 2 minutes longer.

**Serving Size: 6**
- Calories: 147
- Protein: 8 g
- Carbohydrate: 23 g
- Total Fat: 3 g
- Saturated Fat: 1 g
- Monounsaturated Fat: 1 g
- Cholesterol: 3 mg
- Sodium: 292 mg
- Fiber: 2 g

Top 10 Fittest Cities in America

1. Minneapolis
2. Washington, D.C.
3. Boston
4. Portland
5. Denver
6. San Francisco
7. Hartford, Connecticut
8. Seattle
9. Virginia Beach
10. Sacramento

From Sacramento’s commonly used bike lanes and fresh produce to Minneapolis’ low percentage of death from heart disease, it is no wonder these cities are ranked as the top 10 fittest cities in America. Cities like San Francisco, which has a smoking rate of 1/2 the U.S. average and the lowest obesity rate, represent a culture where health and wellness are a pivotal part of their values.

We are lucky to live in a very active and healthy community as well. In fact, Denver has the highest percentage of residents who are active for at least 30 minutes a day. With the beautiful Rockies so close, it’s no wonder people in Northern Colorado are so fit!

Member of the Month: Ancel Lewis

Ancel was born in Sidney, Nebraska but has lived in Colorado since 1960. Before retirement, Ancel was a private practice attorney with a focus in patent rights and intellectual property.

He has always led an active lifestyle which included playing basketball, running track, and participating in one year of college football at South Dakota School of Mines. Throughout the years, Ancel has also taken up volleyball and softball. He also enjoys spectator sports, particularly fishing. Ancel is a very dedicated Adult Fitness Member whose gregarious personality makes him well known within the AF community. If you have not met him yet, make sure to introduce yourself! :)

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The Kendall Anderson Nutrition Center
All Adult Fitness Members get $10 off a one hour nutritional counseling session with a registered dietitian. Please ask a staff member for the coupon. 970.491.8615

Contact Information
Have you moved recently or changed contact information? If so, please let an AF staff member know and we can update your information in our files.

Check us out online!
For more information or to access our newsletter online, please visit the following website: hes.cahs.colostate.edu/af

Fitness Tip of the Month
Try something new!

Adult Fitness now offers a variety of new equipment and group fitness classes that are free to all members. Are you bored with your workout routine? Have you hit a plateau? If so, try a new group fitness class or ask an Adult Fitness Staff member to show you how to use the new equipment to mix up your routine.