

Sun Safety

There are many ways to be physically active outdoors—swimming, gardening, walking, dancing, or playing tennis. No matter which activity you choose, be sure to play it safe in the sun! **Go4Life** has the following tips to keep your skin healthy:

- **Limit your time in the sun.** Try to stay out of the sun between 10 a.m. and 4 p.m. when the sun's rays are the strongest. Don't be fooled by cloudy skies. The sun's rays pass through clouds. You also can get sunburned if you're in the water, so be careful when in a pool, lake, or the ocean.
- **Use sunscreen.** Put sunscreen on 15-30 minutes before you go outside. Use a sunscreen with an SPF (sun protective factor) number of 15 or higher. It's best to choose sunscreens with "broad spectrum" on the label. "Water resistant" sunscreen stays on your skin even if you get wet or sweat a lot, but it isn't waterproof.
- **Reapply sunscreen.** You'll need to reapply your sunscreen about every 2 hours, and you'll need to put it on more often if you're swimming, sweating, or rubbing your skin with a towel. Pay special attention to your face, nose, ears, and shoulders.
- **Wear protective clothing.** A hat with a wide brim can shade your neck, ears, eyes, and head. Look for sunglasses that block 99 to 100 percent of the sun's rays. If you have to be in the sun, wear a lightweight, long-sleeved shirt and long pants.
- **Drink plenty of liquids, especially if it's hot outside.** Water and fruit juices are good options. Avoid caffeine and alcohol.



Quick Tip

Use a lip balm with sunscreen. For more tips, see the *Skin Care and Aging AgePage*.
www.nia.nih.gov/health

VISIT

www.nia.nih.gov/Go4Life

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Share your exercise story.

