

# Health Promotion in Motion

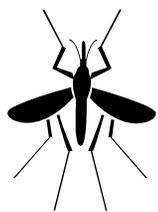
## Fun in the Summer Sun

With the arrival of summer, many people look forward to spending time outside. This issue of Health Promotion in Motion provides tips on sun safety, mosquito bites, physical activity, and summer beverages. For a handout on [Summer Food Safety](#), call 271-4830.

### Sun Protection

Skin cancer, the most common cancer in the United States, has been linked to sunburn. Researchers think moderate sun exposure may also be unsafe.

- The best way to prevent sunburn is to **stay out of the sun from 10 AM to 4 PM** when the sun's rays are strongest and can do the most harm. Stay in the shade.
- **If you need to be in the sun:**
  - Wear a **wide-brim hat** to shade your face, head, ears, and neck.
  - Wear **loosely-fitting, tightly-woven clothes that cover your arms and legs**.
  - **Put on sunscreen 20 minutes before going outside, even on cloudy days.**
    - Use sunscreen and lip balm labeled **SPF 15 or higher. Use a broad-spectrum sunscreen that protects against 100% UVA and UVB light.**
    - Apply one "**palmful.**" Most people don't use enough.
    - **Reapply every two hours** and after swimming and drying off with a towel or sweating.
- **Sunscreen is not safe for use on babies younger than 6 months.** To protect them from the sun, keep them in the shade (under an umbrella), dressed in tightly woven dark clothing and hats.
- **If you will have high exposure to the sun**, consider using a sunblock such as zinc oxide. It will stop the sunlight from reaching your skin.
- The sun's ultraviolet (UV) rays increase risk of cataracts and other eye problems. To protect your eyes, **wear sunglasses that protect against 100%** (or as close as you can get to 100%) **of both UVA and UVB** rays.



### Mosquito Bites

- Children and adults should wear protective clothing such as **long pants, long sleeves, and socks** when **mosquitoes are most active – during the evening, at nighttime and at dawn.**
- For children and adults, use a bug spray containing **30% or less DEET**. Follow the directions on the package. Children should not apply DEET to themselves. If you need to use sunscreen, do *not* use products that combine DEET and sunscreen because the sunscreen needs to be reapplied every two hours.
- Products that contain Picaridin or oil of lemon eucalyptus are also effective.

## Physical Activity

Summer is a great time to get outside and be active.

### Yard and House Work

- Weed the garden.
- Mow the lawn with a push mower.
- Wash your car.

### Fun at the Ocean, Lake, and at Home

- Walk around the block or on the beach or boardwalk
- Dance on your porch
- Take a swim in a pool, the ocean, or a lake
- Go for a bike ride.

### Games

- Tag on the beach or in the water
- Baseball, softball, or wiffleball
- Tennis, badminton, or volleyball
- Search online for “cooperative game” ideas
- Croquet, golf, or miniature golf.
- Frisbee



## Cool Beverages

**Calories from drinks can add up.** Many people do not realize how many calories they can get from just one beverage. Everything you need to know is on the **Nutrition Facts label**. The most important things to look for on the label are the:

- Number of calories per serving
- Number of servings in the bottle

**Try one of these beverages.** To make it festive, use a special glass; add a paper umbrella and a fruit kabob, or a slice of lemon, lime, cucumber or watermelon.

- Water or sparkling water with fruit flavoring
- Seltzer with a splash of fruit juice
- Iced tea – either plain or with artificial sweetener
- Shakes, smoothies, or iced café latte made with fat-free (skim) milk – keep your servings small and skip the whipped cream and ice cream – or the calories will add up
- If you opt for a sugar-sweetened beverage, go for a small size
- Diet soda
- To learn more about healthy beverages, download the brochure, [\*Rethink Your Drink\*](#), or call 271-4830 and request a copy.

## Out of This Whirled Shake

Serves 2 (½ cup fruit per person)

Preparation Time: 5 minutes

From “Fruit and Veggie Recipes” at [www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies](http://www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies)

½ banana, peeled and sliced

1 cup unsweetened frozen berries (strawberries, blueberries, or blackberries)

½ cup low fat (1%) milk or soft tofu

½ cup 100% orange juice

- Place all ingredients in a blender container. Cover tightly.
- Blend until smooth. If it’s too thick, add ½ cup cold water and blend again.
- Pour into 2 glasses and serve.

**Nutrients per serving made with low fat milk and blueberries:** 120 calories, 1g fat, 0g saturated fat, 0g trans fat, 5mg cholesterol, 40mg sodium, 26g carbohydrate, 3g dietary fiber, 3g protein.

**Diabetic Exchanges:** 2 fruit.

