

# THE STALL STREET JOURNAL



The sun emits radiation known as **UV-A** and **UV-B** rays. Both types can damage your eyes and skin:

- UV-B rays have short wavelengths that reach the outer layer of your skin
- UV-A rays have longer wavelengths that can penetrate the middle layer of your skin

**Avoid the burn-** Sunburns significantly increase one's lifetime risk of developing skin cancer. It is especially important that children be kept from sunburns as well.

**Go for the shade-** Stay out of the sun, if possible, between the peak burning hours, which, according to the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO), are between 10 a.m. and 4 p.m. You can head for the shade, or make your own shade with protective clothing - including a broad brimmed hat, for example.

**Use extra caution when near reflective surfaces, like water, snow, and sand-** Water, snow, sand, even the windows of a building can reflect the damaging rays of the sun. That can increase your chance of sunburn, even if you're in what you consider a shady spot.

Source: FOH wellness

## If you think you are not getting enough water, these tips may help:

- Carry a water bottle for easy access when you are at work or running errands.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water instead of sugar-sweetened beverages. This can also help with weight management. Substituting water for one 20-ounce sugar sweetened soda will save you about 240 calories.
- Choose water when eating out. Generally, you will save money and reduce calories.
- Add a wedge of lime or lemon to your water. This can help improve the taste and help you drink more water than you usually do.

Source: cdc.gov



## Changing and Cleaning your AC Filters

Disposable AC filters will need to be changed every month or two during the cooling season, or more often if you run your AC a lot. For best performance, washable AC filters should be cleaned every two weeks by letting them soak for an hour in a tub or basin filled with a solution of one part water and one part vinegar. Washable AC filters should be changed out every three to six months, depending on how much you use your AC unit.

Source: sparkenergy.com

## GETTING ENOUGH VITAMIN C?



"Vitamin C plays an essential role in maintaining good health," says Balz Frei, PhD, a leading vitamin C researcher and director of the Linus Pauling Institute at Oregon State University in Corvallis. "It's required for life." **Why?** Your cells need vitamin C to do their jobs properly, plus it has antioxidant properties to protect them from damage. Unfortunately, our bodies don't produce it, so grab a glass of orange juice and read more about the benefits of vitamin C.

Source: fitnessmagazine