July is Ultraviolet Safety Awareness Month!

As the summer months are approaching, so is protecting your skin. July marks UV safety awareness month. According to the American Academy of Dermatology, ultraviolet is the root cause of most skin cancers.

What are some simple ways to protect your skin?
- Seek shade when appropriate
- Wear sun-protective clothing
- Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher

Why is it important to protect your skin from (UV)?
Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. Over exposure to UV rays can cause skin damage and more severely skin cancer.

5 facts about (UV) rays:
- 1 in 5 American’s get skin cancer.
- Skin cancer is the most common type of cancer in the US.
- UV light causes most skin cancers globally.
- Just 5 sunburns doubles your risk of developing melanoma, the deadliest form of skin cancer.
- The risk of developing melanoma increases by 75% if you start using tanning beds before the age of 35.

Meet Isaiah:
Isaiah is our new Full-time Health Fitness Professional. Isaiah has a background in exercise science and holds his exercise physiology certification from ACSM. When you see Isaiah at Blomeyer be sure to say hello to him & wish him a warm welcome.
Complete 5 in a row boxes to receive a Blomeyer water bottle. Blackout your game card to be entered in a drawing for the Blomeyer grand prize!

This program is free and open to all fitness center members.
Get your BINGO card by registering through the QR code below! Contact blomeyer@emory.edu with questions.
The Importance of Water

Water makes up about two-thirds of the human body. In fact, it’s part of every cell and critical for good health. Losing even as little as two percent of your body weight in fluids (about three pounds for a person who weighs 150 pounds) can zap your energy.

Why Water Matters

Since water is such a large part of the body, it’s no surprise that it has some important jobs. It is needed to:

- Quench thirst
- Regulate body temperature
- Cushion and lubricate joints to help them work properly and reduce the risk of injury
  - Protect vital parts of the body (such as the spinal cord)
- Transport nutrients and oxygen
- Aid digestion and energy metabolism
- Remove wastes (through urine, bowel movements, and sweat)
- Keep tissues moist (such as eyes, nose and mouth)

Most healthy people can get the water they need each day by drinking water with meals and when they feel thirsty.

How Much Water do I Need Each Day?

You might be surprised to hear that there is no exact daily requirement for water. It varies from person to person. Chances are, you’ve been told to drink eight 8-ounce glasses of water per day. While this may help some people stay on track with their water goals, it’s not a firm recommendation. Aim to drink at meals and when you are thirsty. About 80 percent of our fluid needs are met through water and other beverages, and the rest comes from food. Many foods that are recommended as part of a healthy diet, such as fruits and vegetables, are also high in water content and can help you stay hydrated.

Paying attention to the color of your urine is one way to see how well hydrated you are. Urine that is pale yellow (like the color of straw) is a sign of adequate hydration. If your urine is the color of apple juice, this is a sign that you need to drink more fluids. Keep in mind that some things, such as taking a vitamin supplement, may turn urine darker.

Preventing Dehydration

There are some situations where drinking water with meals and when you’re thirsty isn’t enough, and more is needed to prevent dehydration. Being outdoors in hot weather, working in a hot environment, or being physically active cause the body to lose extra water through
sweat. Fever, vomiting, and diarrhea cause fluid losses that must be replaced. While anyone can become dehydrated, the risk is higher in young children, older adults, and people with chronic illnesses or who take certain types of medications.

There are some symptoms of dehydration to be aware of, especially in high-risk groups such as young children, elderly adults, those who are ill, or anyone who is in a very hot environment. Symptoms include thirst, decreased urination, urine that is darker in color, dry skin, fatigue, or dizziness. Children or babies may have fewer wet diapers, a high fever, dry mouth or tongue, crying without tears, or be sleepier than usual.

Meeting Your Fluid Needs

All liquids, whether in beverages or watery foods, count toward your fluid needs each day. However, some are better choices than others. Sugary drinks such as sodas, lemonade, fruit punch, sports drinks, and flavored milk have extra calories with little nutrition. Caffeinated beverages can count toward your fluid needs, although caffeine can cause your body to lose some water, too. Water is a great, calorie-free beverage choice. Even during exercise, water is usually the best choice to rehydrate for periods of exercise that last for less than 60 minutes.

Try these simple tips to meet your water needs:

- Drink a full glass of water in the morning, just after waking up
- Enjoy a glass of water with each meal
- Keep a water bottle with you so you can sip throughout the day
- Be prepared with extra water during hot weather, when you are active, or when you are sick
- Eat water-rich fruits, vegetables and broth-based soups
- Float lemon, lime, cucumber, or watermelon slices in your water to add more flavor
- Add a small splash of 100% fruit juice to a glass of water
- Order water instead of a sugary beverages when dining out (this can also save money!)

No matter how you meet your water needs, keeping track of how much you drink throughout the day can be helpful. Start by setting a small goal for yourself and tracking your progress.

Sources: Institute of Medicine; National Institutes of Health
Healthy New You is coming to your site soon!

Get inspired to live healthier in the new year with this one-day event focusing on setting your personal well-being goals. Various events and activities will be offered throughout the day, including group exercise demos, preventative blood pressure and body mass index (BMI) screenings, well-being exhibitors, and other activities centered around your well-being—more information to come. We look forward to seeing all of you there!

Sleep Better! Feel Better!

Get ready to focus on your sleep and improve your mental and physical health through Sleep Better! Feel Better! Campaign, which runs July 1 – August 31. Complete 3 out of 4 activities to maximize your well-being and earn an Emory medical plan incentive of $75.

Complete any three activities from the list below between July 1 and August 31 to earn the medical plan incentive:

- Get Enough Sleep Challenge (July 1 - 31): Get at least 7 hours of sleep each night.
- Get More ZZZ’s Challenge (August 1 - 31): Practice healthy sleep habits before bed.
- Complete “Bedtime Moves with Dana Taft”
- Complete “Drift off to Sleep” mini program

All benefits-eligible employees, spouses on an Emory medical plan, and pre-65 retirees on an Emory medical plan are eligible to participate.

Upcoming Healthy New You Locations

**Campus Servies (Night Shift)**
Date: 7/11/23
Event Time: 10:00 PM – 12:00 AM

**Campus Servies (Day Shift)**
Date: 7/12/23
Event Time: 1:00 PM – 4:00 PM

**Emory Primate Center**
Date: 7/27/23
Event Time: 10:00 AM – 2:00 PM

To schedule your FREE assessment or info on massage contact us at blomeyer@emory.edu
Register for Healthy Emory Connect Here!

SCAN ME

Healthy Emory