

Worthington Health Office News:

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Exercise, Nature and the Sun

With the warmer weather arriving, it is fitting that May is National Physical Fitness and Sports month along with Melanoma/Skin Cancer Prevention. These national awareness campaign reminds us how important it is to exercise and protect our skin from the sun. Recommendations include 30 minutes of activity a day. Starting small and trying to exercise at the same time everyday increase your chances of making it a routine. Suggested activities include: walking, biking, yoga, swimming, gardening, hiking, the options are endless. An added bonus would be to do your exercising outside as much as possible. There is evidence that exercising in a green space can improve your mental health. It is been show that you might even get a better workout. You may work at a greater intensity than if you were at the gym but not realize it. Nature can be a great distractor. Being outdoors means exposure to sunlight and getting your Vitamin D which is also beneficial. Here is where the skin cancer prevention comes in. Make sure your skin is protected by using sunscreen SPF 15 or greater and light protective clothing. Apply your sunscreen 30 minutes before heading outdoors. Wear a hat or sunglasses to help protect your eyes. The sun is most intense between the hours of 10am-4pm and don't be fooled by clouds. You can still get a sunburn on a cloudy day. Hoping your outdoor adventures are safe and fun ones this summer.

References: <https://healthfinder.gov>, <https://www.skincancer.org/>, Gladwell, V.F. et al. The great outdoors: how a green exercise environment can benefit all. *Extreme Physiology & Medicine* 2013, 2:3, <https://extremephysiolmed.biomedcentral.com/articles/10.1186/>



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Nursing Staff

Julie Frank RN BSN MSE
McCord
Liberty
Worthington Hills
Phoenix

Amy Inzetta RN BSN MSE
Sutter Park
Granby
Bluffsview
Brookside

Betsy Keidel RN BSN
Worthingway
Slate Hill
Worthington Park
Worthington Estates

Deanna Lear RN MSN
KMS
Evening Street
Colonial Hills
Wilson Hill

Gretchen Hancock RN MSN
TWHS



Skin Cancer Prevention

- SPF 15 or higher applied 30 min before going outdoors.
- Examine skin monthly, taking note of new moles or growths that begin to grow or change significantly.
- Lesions that do change significantly, itch or don't heal should be examined by a doctor.
- See your doctor yearly for a professional skin exam.

