

healthy NEWZ 4U

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In this Issue For Parents:

In this issue of Healthy Newz 4U you'll find tips and hints about staying healthy and feeling great...everyday.

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- To get reliable and timely information, check out the newspaper to get the news about these and other issues that matter to you.

(Safe) Fun in the Sun

As summer approaches, students will be spending more time outdoors. As you're checking out your local newspaper for activities near you, be sure to also prepare students for more time outdoors and protect them from the harmful effects of sun exposure. Here are some quick rules about using sunscreen for (safe) fun in the sun.

1. Be Generous

Don't be stingy with the sunscreen; apply generous amounts to the skin.

2. Apply Before You Go Outside

Sunscreen should be applied to clean, dry skin about 30 minutes before heading outside. Sunscreen needs time to properly dry and absorb into the skin.

3. Break in the Shade

When the sun's rays are the strongest, between 11 a.m. and 3 p.m., take periodic breaks in the shade, even when wearing sunscreen.

4. Go with a High SPF

Use sunscreen with a sun protection factor (SPF) of 15 or higher to protect against harmful UVA and UVB rays. The higher the number, the better.

5. Apply and Repeat

Reapply sunscreen every 90 minutes to maintain optimum protection from the sun.

6. Cover up

Wearing loose fitting cotton clothing, a hat and sunglasses provides UV protection.

7. Don't be Fooled

Even if it's cloudy outside, sunscreen is necessary. Eighty percent of ultra-violet radiation is still present on cloudy days.

Four Really BIG Reasons to Drink More Water

Don't let students give up drinking water for calorie-loaded energy drinks, gourmet coffees, and fruit smoothies. Encourage your student to develop a habit of drinking six to eight glasses of water a day now and help him/her stay hydrated and healthy for a lifetime. Here's why it's important.

1

Your body needs it.

Water is essential for everything your body needs to work properly. Brain function, digestion and metabolism all require water. Feeling sluggish and less alert could be a sign of dehydration.

2

Water helps prevent illness and disease.

Water helps flush out toxins. Dehydration is linked to illness and diseases like asthma, ulcers, allergies and arthritis.

3

Water has no calories.

Fruit juices, soda and other popular drinks are loaded with sugar and empty calories. Energy drinks might give your student an instant boost, but if they contain lots of sugar, it could cause a sugar-crash a couple of hours later.

4

Water has no caffeine.

Caffeine is a diuretic, which means it actually flushes water from the body and contributes to dehydration.



TIP: Tired of plain water? Try adding a slice of lemon or lime and crushed ice.



Avoid these Calorie-Busting Beverages

Chocolate Milk Shake.....	500 to 900 calories
Bottled juice.....	300 to 400 calories for 20 ounces
Energy and Coffee drinks.....	up to 400 calories
Regular soda	120 calories for 12 ounces



Six Tips to Help Students Beat Breakouts

Acne is caused by overactive oil glands in the skin and an accumulation of oil, dead skin cells, and bacteria, which leads to inflammation in pores. During middle school, students might start developing acne. While there is no way to completely eliminate breakouts, here are a few tips that will help.

1. Wash Daily

Face washing helps remove excess surface oils and dead skin cells that can clog pores, but washing too much can actually cause damage by over-drying the skin or irritating existing acne.

2. Wash After Exercise

Remind your student to wash his/her face and other acne-prone areas after exercising. Sweat can clog pores and make acne worse.

3. Read the Ingredients

Look for lotion and makeup that are noncomedogenic or nonacnegenic, and don't clog the pores.

4. Keep Hair Products Off Skin

Many hair products contain oils that can make acne worse along the hairline; use sparingly.

5. Wear Loose Clothing

Acne on the chest or back can be irritated by tight clothing and further irritate the skin.

6. Hands Off

Remind students that squeezing pimples will make them worse and can cause permanent scarring.

Consult with a doctor if your student experiences severe or prolonged breakouts.

http://kidshealth.org/teen/your_body/beautiful/prevent_acne.html#

Bike Riding: Rules of the Road

Bike riding is a wonderful way for students to stay active — and the newspaper is a great resource for information about local trails, parks and other fun riding destinations.

It's also important to stay safe. Research shows that a bicycle helmet can prevent 85 percent of riders' head injuries. Make sure your student wears a properly fitting helmet every time he/she rides a bike, and obeys these life-saving rules of the road.

ALWAYS

- Wear a helmet (make sure it fits properly)
- Wear shoes that grip the pedals
- Ride on the right side of the street in the same direction as the traffic
- Use bike lanes or designated bike routes whenever you can (in some places, it's illegal to ride on the sidewalk)
- Stop and check for traffic in both directions when leaving your driveway, people in cars can't always see cyclists
- Watch traffic closely for turning cars or cars pulling out of driveways
- Use proper hand-turning signals
- Stop at all stop signs and obey red lights just as cars do
- Ride single file with others
- At night, utilize reflectors on a bike and battery-operated headlights

http://kidshealth.org/teen/exercise/safety/bike_safety.html#

NEVER

- Ride without a helmet
- Ride barefoot
- Wear loose clothes that can get caught in the pedals, chain or wheels
- Ride too closely to parked cars, doors can open suddenly
- Ride against traffic
- Change direction or change lanes without first looking behind and using the correct hand signals
- Wear headphones while biking

Turning Hand Signals

Use your left arm for all hand signals.

Left Turn

Hold your arm straight out to the left



Right Turn

Bend your elbow, holding your arm up in an "L" shape



Stop

Bend your elbow, pointing your arm downward in an upside down "L" shape



This program is brought to you by Wellmark Blue Cross and Blue Shield and the Iowa Newspaper Foundation. We are proud to offer *Healthy Newz 4U* as a resource to help increase knowledge about health and wellness.

Find additional information online at www.HealthyNewz4U.com.



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