

# healthy NEWZ 4U

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## In this Issue:

- In this issue of Healthy Newz 4U you'll find tips and hints about staying healthy and feeling great...everyday.
- Four Really BIG Reasons to Drink More Water
  - Wiping Out Acne: 6 Tips to Beat Breakouts
  - Sun Damaged Skin is Gross: 7 Ways to Avoid it
  - The Rules of the Road: Bike Safety
- To get reliable and timely information, check out the newspaper to get the news about these and other issues that matter to you.

## Four Really BIG Reasons to Drink More Water

You hear it a lot — drinking six to eight glasses of water a day can help you stay healthy. But do you know why drinking enough water is such a big deal?

1

### Your body needs it.

Your body is two-thirds water. Water is essential for everything your body needs to work properly. Brain function, digestion and metabolism all require water. When you don't have enough water, you might feel sluggish and less alert.

2

### Water helps prevent illness and disease.

Staying hydrated helps your body flush out toxins. In fact, dehydration is linked to illness and diseases like asthma, ulcers, allergies and arthritis — not fun. Drink water to help your body stay healthy.

3

### Water has no calories.

Fruit juices, soda and other popular drinks are LOADED with sugar and empty calories. Energy drinks might give you an instant boost, but if they contain lots of sugar, you're in for a sugar-crash a couple of hours later.

4

### Water has no caffeine.

If your goal is to drink six to eight glasses of water a day, remember drinks that contain caffeine don't count. Why? Because caffeine is considered a diuretic, which means it actually flushes water from your system 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





# Wiping Out Acne: 6 Tips to Beat Breakouts

At some point in your life, you've probably heard a lot of myths about acne. Has a friend told you that acne is caused by eating bad foods? Or because your skin is dirty?

The truth is that 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 is when a lot of you might start developing acne more often. While there is no way to completely eliminate breakouts, the good news is that there is something you can do.

## **Wash Your Skin Daily**

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

## **Wash After Exercise**

Remember to wash your face and other acne-prone areas after exercising. Sweat can clog your pores and make your acne worse.

## **Use the Right Products**

If you use skin products, such as lotions or makeup, look for ones that are noncomedogenic or nonacnegenic. These are big words that mean they don't clog your pores.

## **Keep Hair Products on Your Hair**

If you use hair spray or styling gel, be sure to keep them away from your face as much as possible. Many hair products contain oils that can make acne worse.

## **Wear Loose Clothing**

If you get acne on your chest or back, avoid wearing tight clothes, which can rub and irritate your skin.

## **Hands Off**

Don't pick at your acne. Squeezing pimples will make them worse and can cause permanent scarring. Follow the tips listed above and give your skin time to clear up. Patience is key.

[http://kidshealth.org/teen/your\\_body/beautiful/prevent\\_acne.html#](http://kidshealth.org/teen/your_body/beautiful/prevent_acne.html#)

# Sun Damaged Skin is Gross: 7 Ways to Avoid It

It's finally getting warmer and as summer approaches, you'll be outside a lot more; playing sports, at the pool, walking, or other activities you might learn about from your local newspaper. Just remember to protect your skin and avoid the sun's damaging rays. 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 all over your body.
- 2 Apply Before You Go Outside**  
Sunscreen should be applied to clean, dry skin about 30 minutes before you head outside. You need to give it time to properly dry and absorb into your 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 though you're wearing sunscreen, it's a good idea to give yourself a break from direct rays of the sun.
- 4 Cover up**  
Wearing loose fitting cotton clothing, a hat and sunglasses will also give you UV protection.

- 5 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 more you're protecting your skin.
- 6 Apply and Repeat**  
Sweating, exercise, swimming, and other activities can rub off the sunscreen, even if it's waterproof. A good rule of thumb is to reapply sunscreen every 90 minutes whether you think you need it or not.
- 7 Don't be Fooled**  
Even if it's cloudy outside, you still need to wear sunscreen. Eighty percent of ultra-violet radiation is still present on cloudy days.

# 15

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## Turn Down the Tunes

Doctors are seeing more cases of noise-induced hearing loss for middle and high school students than ever before.

### The culprit? Your mp3 player.

Don't be a statistic. Keep your music volume at the half way mark, never crank the volume up as far as it will go. Music is a beautiful thing — enjoy it, but lower the volume a few notches. Your ears will thank you.



# THE RULES OF THE ROAD: BIKE SAFETY

Riding your bike is a great way to get around, spend time with family and friends, and of course exercise! With summer just around the corner, check out your local newspaper for information about trails, parks and other fun biking destinations. And before you hit the road, remember these important rules to bike safety. They could save your life!

## 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

## ALWAYS

- Wear a helmet that 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
- Walk your bike across the road using the crosswalk and following traffic signals if you're at a busy intersection
- Ride single file when you're with friends
- Be sure to have reflectors on your bike and a battery-operated headlight if it's dark out

## NEVER

- Ride your bike 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 you and using the correct hand signals
- Wear headphones while biking, preventing you from hearing what is happening around you

[http://kidshealth.org/teen/exercise/safety/bike\\_safety.html#](http://kidshealth.org/teen/exercise/safety/bike_safety.html#)

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](http://www.HealthyNewz4U.com).

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