



UV Safety Month: How the Sun Affects Your Health



Did you know that the sun's ultraviolet (UV) rays can cause skin cancer and premature aging? **Wearing sunscreen year-round** is an important way to protect yourself. Research has shown that sunlight also seems to affect health in a lot of other ways, both positively and negatively. Here's what you need to know so you can make smart choices when you step outside.

✔ SLEEP

Exposure to light during the day—and darkness at night—can help you maintain a healthy circadian rhythm, so you feel alert during your waking hours and tired at bedtime. People with irregular schedules, like shift workers, can miss out on daytime sun exposure and often have trouble sleeping.

✔ ARTHRITIS

Exposure to ultraviolet B radiation may reduce women's risk of rheumatoid arthritis. Those who lived in the sunniest areas of the United States were 21% less likely to have developed the degenerative disease than those that got the least sun.

✔ HEADACHES

For people who get **migraines**, sun glare or flickering lights—like sunlight filtering through the trees as the wind blows—can trigger headaches. Sun-induced headaches can also be a sign of **heat exhaustion or dehydration**, especially if you've been outside for a while on a hot summer day. Staying hydrated, seeking out shade, and keeping cool can help you stay safe and pain-free.



✔ BLOOD PRESSURE

Rates of **hypertension** tend to be higher in the winter and in countries farther from the equator. Exposure to sunlight causes nitric oxide in the skin to be absorbed into the bloodstream, which can help widen blood vessels and lower the pressure inside them. Spending more time in nature may have psychological effects on **stress reduction**, which can also help control blood pressure.

✔ EYES

Sunglasses aren't just a fashion statement; they also protect against harmful UV rays that can damage your vision. To protect your peepers, wear sunglasses with **99 to 100% UV protection**, even when it's cloudy outside. Wearing shades without UV protection is even more dangerous than wearing nothing at all, since your pupils will dilate behind dark lenses, letting in more light.



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SUCCESS STORY

MEMBER

66 Year Old Male

GOALS

To give up sweets, particularly cinnamon rolls at work because he has eaten a cinnamon roll at work everyday for years.

SUCCESS

Member worked with his health coach to set a goal of giving up cinnamon rolls 3 times per week, but he actually stopped eating them all together.

OUTCOMES

He now brings fruit to work and doesn't go into the break room. He is focusing on walking for physical activity. Because he had success making this one small change - he realized that if he sets his mind to something - he can achieve it!

IN HIS OWN WORDS

"I picked up a cinnamon roll one day, and realized it wasn't worth my health. I am retiring soon and I want to be healthy to enjoy it!"

WANT TO SHARE YOUR HMC HEALTHWORKS SUCCESS STORY? EMAIL US [HERE](#).



SUMMER VEGETABLE OMELET

Ingredients - Serves 1

- Olive oil spray
- 1/4 cup zucchini, chopped
- 2 tbsp. onion, diced
- 1/4 cup cherry tomatoes, quartered
- 1/2 ear of corn, kernels removed
- 2 tbsp. cilantro, chopped
- 2 large eggs
- 1 tbsp. water
- Pinch black pepper
- 2 tbsp. monterey jack cheese
- 1/4 small avocado, sliced

Directions

1. Spray a small nonstick skillet with olive oil and heat on low.
2. Add zucchini and onion and cook, stirring, until onion is soft.
3. In a small bowl, mix tomatoes, corn kernels, and cilantro. Once zucchini mixture is cooked, remove from pan into bowl with corn mixture.
4. Wipe the skillet clean and spray with oil again.
5. In another small bowl, whisk together eggs, water, and pepper. Pour egg mixture into the skillet and let cook until eggs are almost set. You may cover the skillet to cook more quickly if your burner cooks hot.
6. Sprinkle corn mixture onto one half of the eggs. Top with cheese and fold eggs in half over the vegetables and cheese. Continue cooking until eggs are fully set.
7. Carefully slide omelet from the pan onto a plate and top with sliced avocado.



Click [here](#) for more healthy recipes.



HOW TO BE A GOOD SPORTS PARENT

There are many benefits to kids playing sports, both physically and mentally; but this can be hindered by a parents' emphasis on winning. 75% of coaches say most parents place too much emphasis on their child winning and 80% of coaches say it's best for a parent to offer encouragement from the sidelines.



SHOW SUPPORT

Being supportive doesn't mean you have to attend every practice or game. Especially if you have more than one child, it won't be possible to be at all your children's practices and games. Although it's important to make time to watch your child(ren) compete, it's even more important to be fully present while watching. That means putting your phone down!



BE INFORMED & BE REAL

If you don't know the rules or positions of the sport your child is playing, read up on the sport. You can talk to parents to help you understand the game further. It is also important to understand that your child may or may not be the best player on the team. No matter what your child's skill level is, always be positive and encouraging.



PROVIDE HELPFUL FEEDBACK

Boost your child's self-esteem by giving detailed and positive advice. Try statements like:

- You really hustled after the ball today.
- That was a great pass to Will in the third quarter.
- I noticed how you really tried to keep your legs straight just like your coach suggested.

When something goes wrong, whether it's bad luck, a bad call, or just a bad play, help your child deal with the disappointment, and help them understand what they can learn from losing. Sometimes it's best not to offer feedback right after a game, especially if your player was on the losing team. You know your player best, so you will know when the time is right for a conversation.



BE A ROLE MODEL

Being a good sports parent is not only about supporting your child. Promote sportsmanship from the sidelines when you are among other parents. Remember to be respectful of your child's coach, opponents, officials and the game itself. You can also be a role model by eating healthy foods and exercising regularly. Talk about how doing these things makes you feel stronger and more energetic. You can even exercise together, help them practice drills or have them teach you something about their sport.

Sources:

<https://www.verywellfamily.com/how-to-be-a-good-sports-parent-4065147>

<https://www.activekids.com/parenting-and-family/articles/infographic-being-a-good-sports-parent>