

Summer Skin Safety

(CARLSBAD, CA) – Trips to the beach, walks in the park, volleyball games, picnics, and barbecues. Summer has arrived! That means it's time for outdoor fun. It also means that it's time to brush-up on your tactics for summer skin safety.

One in every five Americans will suffer from skin cancer in their lifetime. Fortunately, it's one of the most preventable forms of cancer, if you just spend a few extra minutes taking care of your body's exterior. Not sure what steps to take? Check-out these answers to your burning questions.

How do I know if I'm buying an effective brand of sunscreen?

All sunscreens are not created equal. That's because many varieties will only protect your skin against UVB rays. Look for a broad-spectrum sunscreen, which will protect you against both UVA and UVB radiation.

Am I just wasting my money on a higher SPF?

While an SPF15 blocks out 93 percent of the sun's rays, an SPF30 blocks 97 percent. It may seem like a small difference, but aren't those few extra percentage points worth one more dollar?

How do I protect my skin when exercising outdoors?

Your skin actually burns more easily when it's sweaty. In fact, it takes about 41 percent less exposure to UV rays to burn sweaty skin. Jazzercise Founder and CEO Judi Sheppard Missett recommends applying a sweat-proof sunblock about 30 minutes before heading outdoors for your workout. Reapply the sunscreen at least once every 60 minutes.

Do I need to protect my skin if I'm going to stay indoors?

While you may plan to spend most of your day indoors, chances are that you're at least going to drive from one location to another during the day. And UVA rays, which can penetrate glass, cause the most skin damage. Your arms and hands are at risk when you're driving, even when your windows are rolled up. So, the answer is "yes." Always protect your skin, even if you think it's unnecessary!

What more can I do to protect my skin besides slathering on the sunscreen?

A wide-brimmed hat and sunglasses will help to protect the sensitive skin around your eyes. Also, some athletic wear fabrics now offer up to 50UPF protection against the rays. UPF means "ultraviolet protection factor," and the UPF stamp of approval means that the fabric blocks both UVA and UVB rays.

What about cloudy days?

Even though UVB rays tend to peak in the sunshine, UVA rays are constant. The Skin Cancer Foundation reports that up to 80 percent of the sun's harmful rays can seep through the clouds. Make sunscreen a habit, and lather up, come rain or shine.

Jazzercise, created by Judi Sheppard Missett, is the world's leading dance-fitness program with more than 7,500 instructors teaching 32,000 classes weekly in the U.S. and around the globe. Since 1969, millions of people of all ages and fitness levels have reaped the benefits of this comprehensive program, designed to enhance cardiovascular endurance, strength, and flexibility. For more information on Jazzercise go to jazzercise.com or call (800)FIT-IS-IT or (760)476-1750.

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