

### June – Sun Safety Month

As warm weather inspires us to spend more time outside, it's time to think **Sun Safety**. Here are ten tips to protect your skin, not only this summer but year-round:

- 1) Whenever possible, avoid direct exposure to the sun between 10am-3pm, when the sun is most intense.
- 2) Cover up with clothing as much as possible and wear a broad brimmed hat to protect your face.
- 3) Always use a high SPF (30+) broad spectrum sunscreen with UVA and UVB protection factor.
- 4) Use higher SPF at higher altitude.
- 5) Apply sunscreen liberally and remember to reapply!
- 6) Spread sunscreen, don't rub it in. The best protection is achieved from a uniform layer visible on the surface of the skin.
- 7) Choose a photostable sunscreen that works for your skin.
- 8) Think about sun protection/sun damage at a cumulative level. Protecting from a sunburn today is important, but long-term protection from skin cancers and photoaging is critical.
- 9) Use sunscreen daily.
- 10) Sunscreen does not need to be thick, white, and goopy to be effective. If you are struggling to find one that works for you, stop by your skin care boutique and find a formula that does work.

#### *Did you know???*

Insect repellants reduce sunscreen's SPF by up to one third. When using a combination use a sunscreen with a higher SPF.

### Fun Fitness Activities In and Around Rochester

#### Aerial Arts of Rochester

- Aerial classes, ground skill classes, and intro. workshops
- <https://www.aerialartsrochester.com/>

#### Fitness Bootcamp at Altitude Trampoline Park

- This low-impact activity is non-stop jumping fun.
- <http://www.altituderochester.com/Trampoline-Fitness>

#### MXT at Midtown Athletic Club

- Each class is different with a series of exercises using balls, TRX bands, cones, weights, rope ladders, and exercise balls.
- <https://www.midtown.com/rochester>

#### Yoga in the Park – Locations vary

- <http://rocyogainthepark.com/>

### Strawberry Rhubarb Crisp

Serves 6

- 3 cups diced rhubarb
- 1 lb. strawberries hulled and sliced
- ½ Sucanat, divided (or coconut sugar)
- ½ cup and 2 tbs. whole wheat pastry flour, divided
- ¼ cup pitted and chopped Medjool dates
- ½ cup whole-grain rolled oats
- ½ cup finely chopped walnuts
- 3 tbs. apple or orange juice

Preheat oven to 375°F. Line a 9x9 inch baking pan with parchment paper and set aside.

In a large bowl, mix rhubarb, strawberries, ¼ cup Sucanat, 2 tbs. flour and dates. In a separate bowl, mixed oats, remaining flour and Sucanat, walnuts, and juice.

Evenly spread the strawberry-rhubarb mixture into the prepared pan. Top with oats mixture and spread evenly.

Bake 35-40 minutes until golden brown and bubbly. Serve warm!

