

# ActiveYou

The ActiveHealth® Management newsletter that helps you live healthy and well

June 2017



## Here comes the sun

Hello, summer! It's nice to enjoy longer days, outdoor fun, and of course lots of sunshine. But even though sunlight is healthy—and can help relieve physical pain—it can also be harmful to the skin. Some of these skin problems occur right away. Others may develop years later.

Sunburn is the most common skin problem during the summer. It is caused by too much exposure to the sun's ultraviolet (UV) rays. Most sunburns are first-degree. That means they affect only the outer layer of the skin. The red skin might hurt when you touch it. In most cases, this kind of sunburn can be treated at home.

A second-degree sunburn is more serious. It occurs when the nerve endings in the deep layers of the skin have been damaged. The skin may swell up and blister. It is more painful than a first-degree burn and takes longer to heal.

### 3 ways to help prevent a sunburn

- Use sunscreen
- Wear clothing that covers your skin
- Do not stay in the sun too long

## Have a tall glass of water

We all need to drink water. How much you need depends on your size, activity level, and the weather where you live.



Whatever you do this summer, be sure to drink enough water. Here's how:

1. Start your day with drinking a large glass of water
2. Drink a glass of water before each meal
3. Add flavor to your water, such as lemon, lime or strawberries
4. Drink plenty of fluids during the day—don't wait until you're thirsty to drink



## Upcoming Events

### Wellness Webinar Series

#### Sun Safety: Tips to Stay Safe in the Sun

June 20, 2017

9:00 AM, 11:30 AM and 3:30 PM CST

<http://go.activehealth.com/wellness-webinars2.html>

## Fruit slush

Serve this fruit slush as a drink or a dessert, and keep leftovers in the fridge for later. Pour it over fresh ice when you are ready to eat.



### Ingredients

- 2 2/3 cups cantaloupe or watermelon (coarsely chopped, seeded, peeled)
- 1 2/3 cups of kiwi (coarsely chopped, optional)
- 2 tablespoons sugar
- 2 tablespoons lime juice
- 2 cups water
- Ice

### Directions:

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to get rid of pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

#### Source:

USDA What's Cooking USDA Mixing Bowl. Fruit slush. Retrieved May 19, 2017 from: <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-slush>

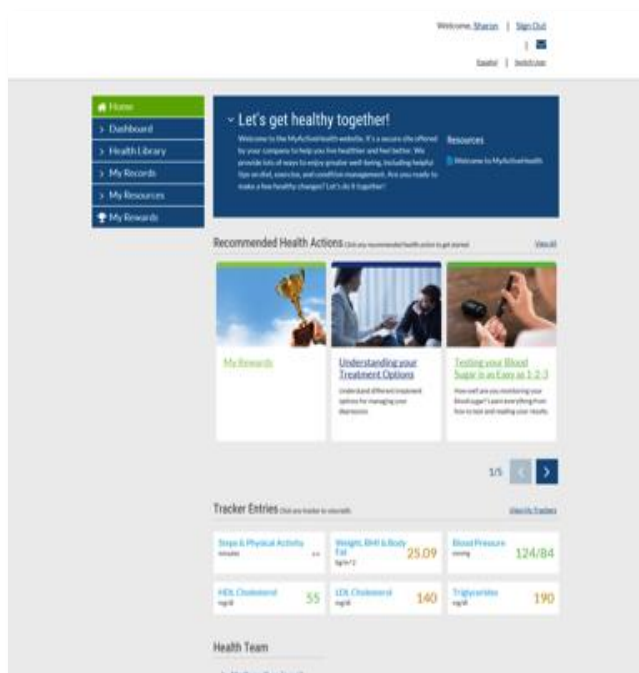


## Webinar Sweepstakes Winner



### ALICIA JACKSON

Alicia is the Branch Director for the Mississippi Department of Human Services. She participates in several worksite wellness events onsite such as stretch breaks, daily gym visits and walking at lunch time. Her hobbies include volunteering, reading, shopping and spending family time. Alicia says, "I really enjoyed the Get Up, Get Active Webinar. The information presented was very informative and gave participants simple ways to actually get up and get active without the age-old excuse (I don't have time). Get Up, Get Active was definitely on point with ActiveHealth Management's goal - enable people to live healthier lives."



## Check Out MyActiveHealth

Exciting things are happening on the MyActiveHealth™ website. We've refreshed the look of our site to make it sleeker and better for mobile. The features are easy to use, and the layout is extra friendly. Log in from your smartphone, tablet or desktop to see our new look.

Sign up or visit [myactivehealth.com/Mississippi](http://myactivehealth.com/Mississippi) today!



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