Fitness Matters

Health Promotion for Faculty and Staff
1179 Leon Levine Hall of Health Sciences
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7 Reasons Wearing Sunscreen is Important this Summer:

1. **It decreases your risk of developing deadly cancer.**
   Using sunscreen daily, even when it is cloudy or raining, dramatically decreases your risk of developing skin cancer.

2. **It keeps you looking young.**
   Did you know the number-one cause of premature aging of the face is ultraviolet exposure? Sunscreen slows down development of wrinkles.

3. **Sunscreen keeps your skin tone even.**
   Sunscreen prevents facial brown spots and skin discolorations.

4. **The ozone layer is depleting.**
   The ozone acts as a sun shield for the earth by absorbing harmful UVB rays before they reach the ground. As the ozone layer depletes, your body needs added protection from these harmful rays.

5. **Wearing sunscreen sets an example for your kids.**
   Help protect them, and yourself, by making sun safety a priority.

6. **Sunscreen is important for all skin types.**
   Even if you don’t burn easily, wearing sunscreen is still important. Sunburn itself is an immediate reaction, but sun damage occurs over a lifetime.

7. **Sunscreen is more convenient than ever.**
   Applying sunscreen nowadays is insanely convenient! Just be sure to reapply every TWO hours and after swimming.

All info credited to: www.unitypoint.org/

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**Important Dates:**

**Week of July 4 Hours**
Mon-Wed: 8:00 am – 5:00 pm
**Thursday July 4: CLOSED**
Friday: 8:00 am – 3:00 pm
(No group exercise classes or personal training.)

**Summer Hours**
Mon-Thurs: 8:00 am – 6:00 pm
Friday: 8:00 am – 3:00 pm

**Upcoming Events:**

**Blood Screening**
Wednesday, July 17
Interprofessional Clinic, LLH

Please call our office to schedule an appointment.

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Join Health Promotion’s Google Group and our Facebook Page to stay up to date on everything HPFS!