

LIFESTYLE

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It's important to pick a sunscreen that offers UVA and UVB protection. Runners should look for a sunscreen that is sweat-resistant and won't sting if it gets into the eyes. — ELIZABETH HALE, MD, SUN SAFETY TIPS FOR SPORTS ENTHUSIASTS (p.34)

A healthy lifestyle involves regular physical activity, and many people prefer to stretch their legs (and their muscles) outside. However, since outdoor exercise predominantly takes place during daylight hours, it can lead to extensive ultraviolet (UV) exposure resulting in skin damage, which may show up as premature skin aging, eye diseases, and a weakened immune system, as well as skin cancer — no one's idea of good health. The sun's UV radiation is present every day, in every outdoor location around the world, in every season and every kind of weather. And erosion of the stratospheric ozone layer over the past 20 years has made its impact even stronger.

That's why sun protection is now considered another key element in a healthy outdoor lifestyle. Fortunately, simple sun safety strategies such as SPF 15+ sunscreen, shade, wide-brimmed hats, and sunglasses incorporated into our different outdoor activities can help us enjoy them to the fullest, without worry, whether we're playing golf, sailing the ocean blue, running a marathon, taking a walk, or simply relaxing under a tree.

