While some exposure to sunlight can be enjoyable, overexposure can be dangerous. Overexposure to ultraviolet radiation from the sun can result in a painful sunburn. It can also lead to more serious problems including skin cancer, premature aging of the skin, and cataracts or other eye damage to name a few.

By following some simple steps you can still enjoy your time in the sun and protect yourself from overexposure.

1. **Do not burn**: Sunburns significantly increase one’s lifetime risk of developing skin cancer, especially in children.
2. **Avoid sun tanning and tanning beds**: UV light from tanning beds and the sun causes skin cancer and wrinkling.
3. **Generously apply sunscreen**: About 1 ounce to cover all exposed skin 20 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 15 and provide protection from both ultraviolet A and ultraviolet B rays. Reapply every 1-2 hours, even on cloudy days, and after swimming or sweating.
4. **Wear protective clothing**: Wear protective clothing, such as a long sleeve shirt, pants, a wide brimmed hat, and sunglasses when possible.
5. **Seek shade**: Seek shade when possible and remember that the sun’s UV rays are strongest between 10am and 4pm.
6. **Use extra caution near water, snow and sand**: Water, snow, and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.
7. **Check UV index**: The UV index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index Forecast in issued daily by the National Weather Service and EPA. Visit www.epa.gov/sunwise/uvindex.html.
8. **Get Vitamin D safety**: Get vitamin D safely through a diet that includes vitamin supplements and foods fortified with vitamin D. Don’t seek the sun.

Nothing can completely undo sun damage, although the skin can sometimes repair itself. So, it’s never too late to begin protecting yourself from the sun. Here are few extra ways to protect yourself:

- Select cosmetic products and contact lenses that offer UV protection.
- Wear sunglasses with total UV protection.
- Perform skin self-exams regularly to become familiar with the existing growths and notice any changes or new growths.
- 80% of a person’s lifetime sun exposure is acquired before age 18. As a parent, be a good role model and foster skin cancer prevention habits in your child.
- Avoid tanning beds!
New Group Fitness Offering!!!!!

**Personal Training:** Are you interested in 1-on-1 personal training, want a boost in your energy levels, or are you in a workout rut? Schedule sessions with our personal trainer. Contact Derek Wetzel, Fitness Specialist via e-mail dlwetzel@me.com or by phone at (570)809-5889. There is a fee.

Exercise/Fitness Consultations:

Do you have questions about your workout, want to do something different, or how to get started on an exercise routine? You will get two 30 min. to 1 hour sessions with the fitness specialist to help set up a program designed around your needs. This program is designed to help individuals get specific questions answered about workouts and exercise related information. This program is a first come first serve basis upon the availability of the fitness specialist. If you are interested please contact Annette Stutzman via e-mail annette.stutzman@bucknell.edu. **THIS IS NOT FOR A PERSONAL TRAINER!**

Group Fitness Schedule July 2—July 29

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<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
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**** NO GROUP FITNESS CLASSES JULY 4TH!