Summertime Tips

Skin Cancer Prevention:
Although skin cancer prevention is a year-round effort, according to the CDC, late spring and early summer months are the time when the UV rays pose the greatest danger. For the best protection against damaging UV rays, consider using a combination of options:
- Wear Sunglasses with 100% UVA & UVB protection
- Wear a hat with a wide brim
- Wear loose clothing to minimize exposed skin
- Seek shade or make shade with an umbrella
- Use sunscreen with UVA & UVB protection & a SPF (Sun Protective Factor) of at least 15

For more information on Skin Cancer or Lyme Disease Prevention, contact Be Well!

About sunscreen...
Contrary to the media campaign to sell SPF 100 sunscreens, the American Academy of Dermatology continues to recommend SPF 15 or above. SPF stands for Sun Protection Factor, and the AAD reminds us that “Whatever sunscreen SPF is chosen, wearing sunscreen should not provide a false sense of security about protection from UVB exposure as no sunscreen can provide 100 percent UVB protection.”

Read more about: Sunscreens

Lyme Disease Prevention // Tips from the CDC include performing daily tick checks after being outdoors—even in your own yard! Remove ticks using fine-tipped tweezers. If a tick is attached for less than 24 hours, your risk of Lyme disease is reduced. Did you know that if a tick has become engorged, you can submit it for testing at no charge through the EHHD. For more info, ask Be Well or call the EHHD at 860-429-3325

Give Me 5!
Join the Be Well Challenge to eat at least 5 servings of fruits and vegetables each day and get 30 minutes of physical activity at least 5 days a week.

Men’s Health Month
The month of June is Men’s Health Month. Did you know that men have a higher rate of death than women for heart disease, cancer, stroke and accidents?
Men can review the basic prevention statements below to see how they rate on self-care:
- I have had a physical in the past year
- I have seen a dentist in the past year for a cleaning and examination
- I know the ABCDs of melanoma detection and check my moles regularly

Be Well Asks:
Do you eat 5 or more servings of fruits and vegetables a day? Click the button to take the Be Well poll!

Health Tip!
Stressed?
Although stress is unavoidable and even helpful (it helps you perform at your peak); constant or extreme stress can inhibit your immune system and lead to illness. Take time to learn what causes stress in your life and how to address it for better health!
Signs/Symptoms (from the CDC)

Heat Exhaustion:
- Heavy sweating
- Weakness
- Fast, weak pulse
- Nausea/vomiting

Heat Stroke:
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

Strawberry Chicken

Ingredients: 4 servings

1 lb skinless, boneless chicken breast
1 T lemon juice
1 tsp cinnamon
1 cup fresh strawberries, sliced
1/2 cup low-fat plain yogurt
1/4 cup cooking wine
1 T rosemary, chopped
1/4 tsp nutmeg
Salt & pepper to taste

Directions:
1. Place chicken in a shallow bowl, pierce each piece with a fork several times; pour wine over the top; sprinkle with rosemary and refrigerate 2 or more hours.
2. In a large skillet over medium-high heat, spray with non-stick spray and place chicken pieces into pan, shaking off excess marinade (saving marinade). Brown over medium-high heat; 5 minutes each side. Remove and set aside.
3. Combine strawberries and yogurt, lemon juice and seasonings with marinade. Stir to mix and pour into skillet. Bring to a boil, scraping bottom for any browning bits. Place chicken back in pan, cover and simmer over medium-low heat until chicken is thoroughly cooked (about 20 minutes)

Serve hot over brown rice with steamed asparagus.

Adapted from allrecipes.com

<table>
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<tr>
<th>Nutritional Information</th>
<th>Amount Per Serving:</th>
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<tr>
<td>Calories: 194</td>
<td>Total Fat: 5 g</td>
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<tr>
<td>Cholesterol: 67 mg</td>
<td>Sodium: 62 mg</td>
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<tr>
<td>Total Carbs: 6 g</td>
<td>Dietary Fiber: 1 g</td>
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<tr>
<td>Protein: 27 g</td>
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This recipe uses seasonal produce; find more tips and recipes at this link: POW! (Produce of the Week Campaign)

Active Living Tip:

Body weight exercises can be great for beginners and experts alike. They are convenient and can be easily adapted to make them easier or harder depending on your abilities. Add push-ups, body weight squats, lunges, pull-ups or planks to your next workout.