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FUN IN THE SUN



Remember to put on sunscreen before you go outside. Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

How sunscreen works: Most sunscreen products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

SPE: Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15.

Reapplication: Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

Expiration date: Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Cosmetics: Some makeup and lip balms contain some of the same sun-protective ingredients used in sunscreens. If they do not have at least SPF 15, be sure to use other forms of protection as well, such as sunscreen and a wide-brimmed hat.

([CDC Sun Safety](#))

10 Relaxing Outside Activities



1. Paddle boarding
2. Long walk or hike
3. Bike ride or rollerblading
4. Yoga or stretching
5. Gardening
6. Read a book
7. Meditate
8. Write or journal
9. Watch the sunset
10. Paint or draw

A FUN FULL BODY WORKOUT IN THE PARK

Dr. Moscarello's fun boot camp style work out that you can try outdoors at any available park.
All you need is a kettle bell! Enjoy the challenge, as tolerated!

1. Start with walking lunges (twenty steps/lunges) across the cement or grass area (if you have a basketball court in the park just lunge from one basket to the other)
2. In place do fifteen jump squats (start in a squat position with legs shoulder width apart and jump straight up then land back in a squat-that's one, now repeat)
3. Repeat exercises 1. and 2.
4. Using a kettle bell, stand with legs about shoulder width apart and do one armed kettle bell swings (holding the kettle bell first with right arm straight and hanging kettle bell between your legs, keep arm straight and use hips to swing kettle bell up to just about shoulder height keeping right arm straight and swing back down to between legs). Do 15 reps with the right arm, then switch arms and do 15 reps with left arm.
5. Find a high jungle gym bar in the playground to hang from and while hanging with legs dangling (not touching the ground), lift knees (bent) to chest as high as you can, then bring them back down. That's one rep. Aim for 15 reps.
6. Repeat exercises 4. and 5.
7. Time for 15 push ups
8. Find a low bar at the park playground and get in reverse push up position with stomach facing up to bar, body and legs straight, hanging from straight arms (your will look like you are in the push up position but upside down/facing the sky). Lift your body to the bar and

back down for one rep. To make this more difficult you may release one arm and do one arm lifts for a set of 15 reps.

9. Repeat exercises 7. and 8.
10. Again find a high bar at the jungle gym, and aim for 10 overhand pull ups (if you can't do a pull up have a buddy assist you by holding your legs and giving you a little help).
11. Hold plank position on elbows for one or two minutes
12. Repeat exercises 10. and 11.
13. To finish, repeat exercise 1. and 2. or add in 1 min wall assisted handstands X 2 sets
14. Good job! Celebrate your accomplishment!

Health & Wellness Center
Center Hours and Services



Need Medical Consultation?

Our Medical Doctor and Nurse Practitioner are here for you! We are open Monday-Friday 9am-4:30pm via phone and Zoom conference for current registered students. For more information and to schedule an appointment, call the **Nurse Advice Line (949) 451-5687!**

Stressed? Anxious? Need to talk to someone?

Mental Health Therapists are available for current registered students! Our team of highly qualified therapists are available via Zoom conference. For more information and to schedule an appointment, call the **Nurse Advice Line (949) 451-5687!**

Quick Tip for Healthier Living

American Heart Association recommends 150 minutes of moderate intensity physical activity per week as tolerated. This means about 30 minutes of exercise per day for 5 days a week! For more information on staying heart healthy, visit www.heart.org.