

LET'S FEEL BETTER

NTIC Newsletter



Sun Safety

Three or Above, Show Your Skin Some Love

The UVI (Ultraviolet Index) measures the intensity of UV radiation from the sun and is a quick way to understand how strong the sun's rays are at a given time. It ranges from 0 to 11 (0—no risk and 11—very high risk). As the numbers get higher, so does the potential for damage to the eyes and skin in a shorter time. When the UVI is at 3 or greater, seek shade, wear protection, and apply sunscreen. You can find the UVI on weather channels and even add it to your smart watch home screen for faster awareness!

SKEWER AND KABOB RECIPES

From sweet to savory, grill to no cooking necessarily, meat to meatless, grab some skewers when you're at the store and try out one of these 50 recipes.

10 MIN. INTENSE ABS

Don't let the name scare you. If you're not at that level, pause the video and take breaks when needed.

NECTARINE OR PEACH SMOOTHIE

A quick and refreshing drink to have on a warm day.

Sunscreen

Applying sunscreen is one of the best ways to protect your skin against sun damage, premature aging, and skin cancer.

- SPF 15 for daily use or SPF 30 for extended stays outside.
- Check the expiration date – when sunscreen expires, the oils separate, making it less effective.
- Get on with broad-spectrum protection - protects against both UVA (causes premature aging) and UVB (causes sunburns).
- Apply 30 minutes before sun exposure and reapply every 90 minutes.

Protective Clothing

UV protection clothing blocks harmful UV rays from reaching your skin. Look for clothing with a high Ultraviolet Protection Factor (UPF), and aim for a UPF rating of 50+. This blocks 98% of the sun's rays.

- Clothing acts as a physical barrier. The tighter the weave, the less UV radiation can pass through it. Hold it up to the light; if light can get through it, so can harmful UV rays.
- Wear dark or bright colors - these colors absorb rays rather than allowing them to penetrate.
- Loose is better - tight clothes will stretch and increase the amount of light that can pass through.

Sunglasses

The skin around your eyes is some of your most delicate. UV light from the sun can damage your skin as well as your eyes. Wearing good sunglasses can also prevent you from getting cataracts as you age.

- Check for UV400 rating or CE mark – meets minimum UV protection criteria.
- Go BIG – the bigger the shades, the better the protection.
- Hats are not enough – sunglasses reduce glare from water and other surfaces.

Resources: [WHO](#), [SkinCancer.org](#): [Sunscreen](#) and [Protective Clothing](#).

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- ✓ **Certified Financial Coaching** - get help for budgeting, credit, debt, money management and more.
- ✓ **Balancing Life at Work and Home** - make the most of family life while learning to succeed at work.
- ✓ **Resilience** - recognize your personal strengths and improve resilience to face life challenges.
- ✓ **Effective Communication** - improve your interpersonal communication skills to be more effective.
- ✓ **Home Purchasing** - get help with the home buying process, credit and financing basics.
- ✓ **Student Debt** - learn about Federal Student Loan types, repayment plans, consolidation and more.
- ✓ **Relaxation Coaching for Beginners** - get support and referrals for relaxation, meditation, or yoga training programs.
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