

Plan for Health: July 2021

?



This month's highlights include National Parks and Recreation Month, UV Safety Month, and July's Sharecare challenge.

National Parks and Recreation Month

July is Park and Recreation Month!

Every person has a park story. Every park has a history made up of thousands of stories that help to define it. This July, let's tell our park and recreation story. Parks are at the center of so many experiences and memories — moments that park and recreation professionals help make happen. Our local parks are often our first experiences in nature, our introduction to a favorite hobby or physical activity. This year's theme for Park

and Recreation Month is “**Our Park and Recreation Story,**” The goal of this year’s theme is to highlight the stories of how your local communities are more strong, vibrant, and resilient because of your local parks and recreation departments.

For more information on Parks and Recreation Month and supporting materials to help optimize your National Park and Recreation Month, please visit: <https://www.nrpa.org/events/july/>

?

UV Safety Month

The month of July is often associated with many summer plans and memories. The days are longer, the sun is brighter, kids are all outside playing, and we see summer sports commencing. July is also utilized to raise awareness of Ultraviolet (UV) Safety. With the nice weather and summer activities it is important that people work and play outside without raising their skin cancer risk by protecting their skin from sun exposure. Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.

Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time). Top method on how to protect your skin from the sun include but are not limited to:

1. Shade- whether provided by an umbrella, tree or shelter, shade can greatly decrease your risk of UV exposure.
2. Clothing- When possible, wear lightweight items that cover more surface area of your body.
3. Hats- for the best protection around your face, ears and neck.

4. Sunglasses- protect your eyes from UV rays and reduce risk of cataracts.
5. Sunscreen-blocks out UVA and UVB rays when using a sunscreen with SPF of 15 or higher.

For more information on Sun Safety, please visit the CDC's

page: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

Sharecare featured Challenges

Stride into Summer Challenge

Join the **Stride into Summer** challenge and get outside and get walking for National Recreation and Parks Month. Complete the challenge by getting your steps in the green for 21 days this month! Earn 7000 steps a day to meet the daily goal. Join this challenge starting on June 24th by going to mycare.sharecare.com, and clicking **Achieve** → **Challenges** → **Upcoming** and join the challenge.

Maximize your Stride into Summer Challenge and help to lower your RealAge by utilizing Sharecare's trackers to influence your core health factors like steps, weight, fitness, and more!

Please see the attached flyers to learn more about how you can take an active role in your physical activity this summer as well as checking out a new healthy Summer Grilling recipe!

Plan Ahead: Join us next month for August's health topic: **National Immunization Awareness Month**