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Staying Hydrated & Safe in the Summer Heat

Sunburn increases your risk of skin cancer. Sunburn doesn't just happen on holiday, you can burn in the HK, particularly the temperature can get as high as 36 degrees under the sun. There's no safe or healthy way to get a tan. A tan doesn't protect your skin from the sun's harmful effects. Aim to strike a balance between protecting yourself from the sun and getting vitamin from the sunlight.

Vitamin D from sunlight

Vitamin D is essential for healthy bones, and we get most of ours from sunlight exposure. We need vitamin D to help the body absorb calcium and phosphorus from our diet. These minerals are important for healthy bones and teeth. A lack of vitamin D, known as vitamin D deficiency can cause bones to become soft and weak, which can lead to bone deformities



Vitamin D from food

We also get some vitamin D from some foods, including oily fish such as salmon, mackerel and sardines, as well as meat and eggs.

Vitamin A for Skin Repair

Orange, carrot, or slice of cantaloupe are loaded with vitamin A which can prevent dry and flaky skin. You can also find it in leafy greens, eggs, and low-fat dairy foods. When you use a skin product with vitamin A, your wrinkles and brown spots may look better. Those products, called retinoids, are common prescription treatments for acne and other skin conditions.



Vitamin C: Power Over the Sun

The sun can be tough on your skin. Vitamin C can help protect you. It also helps undo sun damage to collagen and elastin, which firm up your skin. Get vitamin C from red bell peppers, citrus fruits, papayas, kiwis, broccoli, greens, and brussels sprouts

Antioxidant Powerhouse in a Cup

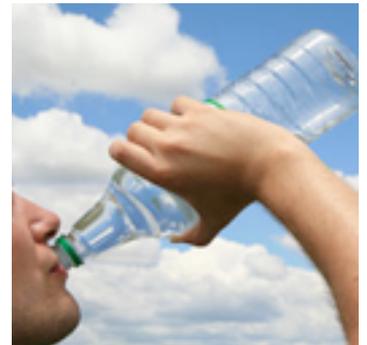
Green tea may help to reduce inflammation, helps to reduce free radical damage, and can even help prevent the sun from burning your skin.

Get Some Healthy Fats

Omega-3s and omega-6s are fats that help make your skin's natural oil barrier, keeping away dryness and blemishes. Essential fatty acids like these help leave your skin smoother and younger-looking. You can get them from olive and canola oils, flaxseeds, walnuts, and cold-water fish like salmon, sardines, and mackerel

The Most Essential Nutrient: water

Water is the most important, and often most forgotten, nutrient. You can last for some time without food, but only days without water. Your lean body mass contains about 70 percent to 75 percent water, with fat containing much less: about 10% to 40% water. Because of increased muscle mass, men's and athletes' bodies contain more water than bodies with proportionately lower muscle and higher fat, such as non-athletic women, people who are overweight and people who are older.



Water

- The solvent for important biochemical reactions, supplying nutrients and removing waste.
- Essential for maintaining blood circulation throughout your body.
- The maintainer of body temperature. As you exercise, your metabolism and your internal body temperature increase.

Water carries heat away from your internal organs before serious damage occurs, which can lead to heat stroke, and even death. The heat travels through your bloodstream to your skin, causing you to sweat. As the sweat evaporates, this allows you to cool off and maintain a safe body temperature, optimal functioning and health.

Hydration tips

As summer temperatures hit, here are a number of important tips.

- Drink enough water to prevent thirst
- Monitor fluid loss by checking the color of your urine. It should be pale yellow and not dark yellow, too smelly or cloudy.
- For short-duration (less than 60 minutes), low-to-moderate-intensity activity, water is a good choice to drink before, during and after exercise
- Any time you exercise in extreme heat or for more than one hour, supplement water with a sports drink such as Pocari which contains electrolytes. This prevents "hyponatremia" (low blood sodium), which dilutes your blood and could also lead cramps and other serious impairment.
- Begin exercise well-hydrated. Drink plenty of fluids the day before and within the hour before, during and after your exercise session.
- Avoid alcohol the day before or the day of a long exercise bout, and avoid exercising with a hangover.

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- Eat at least 5 cups of fruits and vegetables per day for optimum health, as they all contain various levels of water and the all-important nutrient potassium.
- Following strenuous exercise, you need more protein to build muscle, carbohydrates to refuel muscle, electrolytes to replenish what's lost in sweat, and fluids to help rehydrate the body. Low-fat chocolate milk is a perfect, natural replacement that fills those requirements.
- You can also replace fluid and sodium losses with watery foods that contain salt and potassium, such as soup and vegetable juices.
- For long hikes, when you'll need food, dried fruit and nut mixtures contain high amounts of potassium, sodium, protein, carbs and calories — though continue to drink plenty of water.
- To determine your individualized need for fluid replacement: During heavy exercise, weigh yourself immediately before and after exercise. If you see an immediate loss of weight, you've lost valuable water. Drink 3 cups of fluid for every pound lost; use this figure to determine the amount of water (or sports drink) you'll need to drink before and during your next exercise session to prevent weight/water loss in the future.

Sun Protection

A short period of time in the sun means just a few minutes – about 10 to 15 minutes is enough for most lighter-skinned people and is less than the time it takes you to start going red or burn. Exposing yourself for longer is unlikely to provide any additional benefits.

What are the SPF and star rating?

The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection.

SPFs are rated on a scale of 2 to 50+ based on the level of protection they offer, with 50+ offering the strongest form of UVB protection.

The star rating measures the amount of ultraviolet A radiation (UVA) protection. The higher the star rating, the better.



If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:

- 30 minutes before going out
- just before going out

Last, but not least, enjoy the sunshine while staying safe when exercising outdoor during the long hot summer!