

# EMPLOYEE HEALTH NEWS

Employee Health and Fitness Committee

VOL. 1, ISSUE 6

## Summer 2018 Newsletter



### Summer Survival

Summer is a great time to enjoy the outdoors. However, you need to stay safe with the sun, heat, and other outdoor conditions.

#### Tips to Survive Summer

- **Sunscreen**-defends against sunburn and skin cancer. Look for sunscreens that are water resistant, SPF 15 or higher, and provides broad-spectrum protection. Apply 15-30 minutes before you go out and reapply every two hours. Everyone should wear sunscreen! You can pick up free sunscreen at the Vinson Health Center.
- **Protect from UV**-Limit direct sun exposure in the middle of the day. Cover up as much as possible. Wear a hat. Use your sunscreen. Wear sunglasses that block UV rays. Avoid sunlamps and tanning booths. Check your skin regularly and see your doctor for any changes.
- **Hydration**-Always carry a water bottle, even if you have a desk job. When you are feeling hazy, grab water. Sip on a mug of herbal tea each morning. Eat a rich diet in whole foods. When in doubt, make sure your urine is pale yellow or clear.
- **Mosquitoes**- Make sure to use insect repellent with DEET when you go outside. Avoiding certain times of day outside, such as dusk and dawn. Remove any standing water around house and surrounding areas.

### Have a Wonderful Summer!



#### Summer Group Fitness Classes

Looking for ways to stay in shape this summer? We have a variety of group fitness classes offered at the Wellness Center.

Check out <https://mwsu.edu/student-life/wellness-center/assets/files/fitness-schedule.pdf>

If you have any questions, please contact Angie Reay at [angie.reay@mwsu.edu](mailto:angie.reay@mwsu.edu) or 940-397-4466.

#### Health Success Stories



Do you have a health success story? We want to feature you in our newsletter. It is so important we take care of ourselves.

If you have health success story and would like to share it, please contact Angie Reay at 940-397-4466 or [angie.reay@mwsu.edu](mailto:angie.reay@mwsu.edu). We would love to feature you in our upcoming newsletters.



#### Employee Health Committee

If you ever have any suggestions, please contact a member of our Employee Health Committee.

Karen Collins, Soon-Mi Choi, Jessyca Wagner, Jody Elgin, Erica Judie, Tiffany Kosse, and Angie Reay.