



Toilet Talk



Bet You Didn't Know...

- ◇ Men are 20% more likely than women to sneeze in a dusty room.
- ◇ A cup of coffee-flavored yogurt can contain as much caffeine as a 12-ounce can of cola.
- ◇ Dandruff is not caused by dry scalps, in fact, it's more common in oily scalps.
- ◇ Whispering when you're hoarse is actually worse for your vocal cords than speaking normally.
- ◇ "Rx," the symbol appearing on prescriptions, means "take" from the Latin word for recipe.

Summer myth exposed!

"Sunburn will fade into a tan." Sunburn is a burn and not a prerequisite stage for a tan. Sunburn will result in skin damage, redness, and eventual peeling. Any amount of sun exposure poses an increased risk for the development of skin cancers and premature aging, but sunburn poses an even stronger risk.

Sunscreen is a necessity of summer. The best way to protect yourself against sunburns, skin damage and potentially skin cancer is to apply sunscreen with an SPF of at least 15 regularly, even if it is cloudy.

-MedicineNet

WALK YOUR WAY TO BETTER HEALTH!

The U.S. Surgeon General recommends at least 30 minutes of moderate physical activity (walking, bicycling, yard work) on most or all days of the week. Walking is one of the easiest ways to increase your physical activity and improve your overall health. Regular walking can strengthen your heart, lungs, bones, muscles and help your body resist and fight illness. Perhaps the most noticeable benefits of walking are an increase in energy and positive impact on mood. Regular aerobic exercise helps prevent anxiety and depression.

- Plan to either walk a certain number of minutes or get a pedometer for counting your daily number of steps.
- Start with reachable, short-term goals. Increase your walks by 5 minutes each day. It's easiest to stick to something new when you have early, frequent success.
- Start each walk with a warm-up, speed up your pace in the middle, and finish with a slower cool-down at the end.

Try to make a daily walk an essential part of your day. You don't always have to walk an entire 30 minutes at a time: getting more activity throughout the day can be just as good. Small activities such as taking stairs instead of the elevator or parking far away and walking to your destination can add more steps to your day. Try walking over to talk to a coworker or neighbor, instead of e-mailing or phoning.

-Wellness Weekly