

TOILET TALK

Stay Well Manchester College ©



Sun Tans

There are at least three tanning salons within a two-mile radius of most colleges for a reason - it's no secret to anyone that college girls love to be tan. While most people look good with some color, getting that color from the sun or a tanning bed is more dangerous than most people realize. Be smart this summer and learn the facts about tanning to protect yourself for the future & keep your skin looking fabulous for years!

1. Sunscreen is the world's best anti-aging product.

Forget about Crème De La Mer. Sunscreen is your best friend when it comes to fighting wrinkles. Sunscreen not only blocks out the sun's damaging rays - it also blocks their aging effects, and most natural way to keep your face looking fabulous for years to come.

2. Sun damage happens now, but appears later.

You may think that just because you haven't developed wrinkles or skin cancer yet, you're fine. That couldn't be more false. The more you tan and damage your skin at a young age, the worse you're going to look when you're older.

3. There is no such thing as a "safe" tan.

Yes, it's true. Despite what tanning salons may claim, their beds can't be safe, because tanning itself isn't safe. Tanning is actually your skin's reaction to damage already done, and a defensive attempt to protect itself from further harm. All those tanning beds that claim to be safe are lying

Be sure to hydrate yourself!

Over the summer months, we can see the temperatures soar. And when the weather warms up—so does our bodies! Naturally, our bodies sweat to help cool us down. When this happens we are naturally losing water. Be sure to drink plenty of water during the hot summer months! You should drink 8 cups of water a day...and each cup should be at least 8 oz.! Make sure you are staying hydrated!

Signs of dehydration include: dry mouth, minimal urination, tiredness/sleepiness, and headaches. Be sure to stay safe in the heat & drink plenty of water!

Things to Do This Summer:

1. Go hiking or riding your bike on a local trail
2. Catch a musical or recital at a local recital hall
3. Read a really good book— or two!
4. Sign up for a run at the end of the summer to help you stay in shape
5. Eat breakfast with an old friend

4. Dark skin is at risk too.

While it's true that darker skin does have more natural protection from the sun than light, sun damage is still an issue. Darker skinned ladies still need to wear sunblock: at least an SPF 15 whenever you go out in the sun. This will help fight wrinkles, prevent cancer, and keep your skin looking beautiful.

5. SPF 15 is the minimum protection you need.

Don't slather on an SPF 6 and think that you're covered on a sunny day at the beach. While SPF 6 may be better than nothing, it's the same thing as wearing nothing after a few hours in the sun. You're also still inviting skin damage, wrinkles, and possibly cancer by not wearing enough SPF protection.

The absolute minimum amount of SPF that you should be wearing is SPF 15. Anything lower and you're risking serious sun damage and all the other horrible effects that come along with it.

Random Fitness Facts!

1. You would need to drink a quart of milk every day for three to four months to drink as much blood as your heart pumps in one hour.
2. Your heart is about the size of your fist and weighs about as much as a softball.
3. In the course of a lifetime, the resting heart will have pumped enough blood to fill 13 supertankers.
4. The pink under your fingernails is the blood in your capillaries.
5. Your heart is the strongest muscle of your body and beats about 100,000 times in one day, in an average adult
7. A person breathes 7 quarts of air every minute.