

Age Younger By Protecting Your Skin!



Go With a Natural Glow! UV light from tanning beds and the sun causes skin cancer, wrinkling, and premature aging. Don't ruin the natural beauty of your skin! Feel and look years younger by protecting your skin from these harmful rays.



Are you or your agency ready to take the DoD Fitness Challenge and support DoD's physical activity goal of 2,000,000 hours? More information on the DoD Fitness Challenge will be announced in August at www.cpmc.osd.mil/wellness.



Face the Sun in a Fashionable Way!



Wear Protective Gear. Wear dark-colored clothing, wide-brimmed hats, or sunglasses when spending time out in the sun. Spending long hours in the sun without eye protection can damage your eyes by contributing to cataracts and other growths, including cancer. Be smart and select contact lenses that offer UV protection. Look for labeling when purchasing sunglasses that specify 99-100% UV protection.

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I Scream, You Scream! WE ALL SCREAM FOR...



Apply and Reapply! Generously apply sunscreen to all exposed skin using an Sun Protection Factor (SPF) of at least 15. Keep in mind that “water-resistant” does NOT mean “water-proof”. Reapply every 2 hours, even on cloudy days. For people with thin or thinning hair, apply sunscreen to the scalp as well.



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WHAT'S YOUR SHADE?

Seek Shade. Look for shade when possible, remembering that the sun's UV rays are strongest between 10 a.m. and 4 p.m. Keep in mind, it's still possible to get sunburned on a cloudy day. Because sunburn takes 6 to 48 hours to develop, you may not realize your skin is burned until it's too late.

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Don't Let Cancer Get Under Your Skin.

FACT: In 2009, there were over 1,000,000 new cases of skin cancer in the United States.

Don't Toast! It doesn't matter who you are or where you live, sunburn significantly increases your risk of developing skin cancer. Studies have shown that those with lighter skin tones have a higher incidence of skin cancer and those with a darker skin tone have a significantly lower survival rate once diagnosed. Regardless of skin type, take proper precautions.



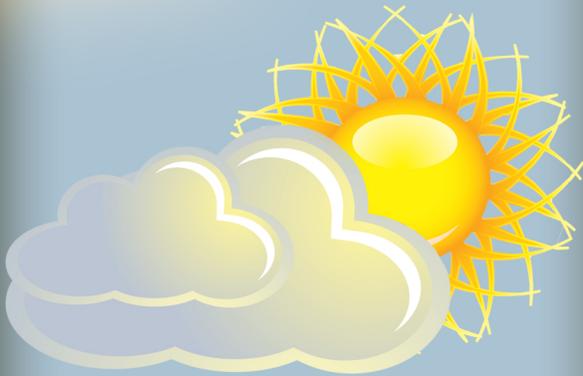
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SHIELD YOUR SKIN

TODAY



98°

TOMORROW



65°

Through Thick or Thin!

Be Extra Cautious! Concrete, water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn by 85-90%. Use the UV Index forecast by the National Weather Service and EPA to determine which level of SPF protection you need for the day.



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