



Rise & Sunshine

Soak Up Some Rays

Getting enough sunlight will:

- ☀ Create stronger bones
- ☀ Increase energy
- ☀ Improve mental health
- ☀ Lessen risk for poor health

Did You Know

Vitamin D is known as the "Sunshine Vitamin." It is created in the body and is absent from almost all natural foods, meaning our bodies need sunlight to produce vitamin D!

Have Some Fun in the Sun

Aim for 20 to 30 minutes of sunlight exposure each day:
☀ Take a walk ☀ Ride your bike ☀ Play a game ☀ Be creative

Remember Sun Safety

If you are going to be in the sun more than 30 minutes, follow these tips ...



Find some shade



Wear sunscreen



Wear a hat and stay hydrated



Wear sunglasses



Wear thin layers, long sleeves and pants



SOURCES:
• https://www.cdc.gov/cancer/skin/basic_info/outdoors.htm
• <https://health.usnews.com/wellness/articles/2018-07-18/how-much-time-in-the-sun-do-you-need-for-vitamin-d#:~:text=The%20sunshine%20vitamin%20may%20protect,and%20an%20overactive%20immune%20system.>
• <https://health.usnews.com/wellness/articles/everything-you-need-to-know-about-vitamin-d>

