



Spring is Coming

Have Fun and Protect Your Skin

Let's Live a Little

Many people grow up believing it is normal for older people to become weak, to slow down, and to stop doing most of the things they once did. That is not necessarily true, although many people have taken this idea much too far. People are not weak just because they are old; people are often weak because they are inactive. A good number of older adults have believed a myth and lost much of their functional ability in the process.

The good news is it is not so difficult for most people to maintain or recover their functional ability and live an active, independent lifestyle. People can significantly improve their quality of life with a few minutes of physical activity each day. Older adults can feel good and do the things they want to do with less pain and more energy. And it can be fun!

Physical Activity is Important for all ages!

It strengthens the cardiovascular system (heart, lungs and blood vessels). It promotes muscle strength, increases endurance and stamina, increases flexibility, helps reduce fatigue and helps produce good-quality sleep. It also helps balance and coordination, reduces anxiety and depression, helps regain physical function, helps prevent constipation, improves ability to participate in family and social activities, helps prevent bone loss, resulting in fewer fractures, increase life expectancy; and helps reduce weight or helps maintain a healthy weight (reduces stress on joints).

The best way to enjoy and stick with your exercise program is to suit yourself. Choose what you like to do, find a place where you feel comfortable, and select an exercise time that fits your schedule. Exercising with music may also add to your enjoyment.

Physical and Mental Health

Time outdoors has countless benefits for physical and mental health. Many people enjoy sports or engage in activities to improve their health. Time spent outdoors is known to help relieve stress, anxiety, and boost feelings of happiness and well-being. With these benefits of outdoors being well known to many, some may not know how to enjoy the outdoors while practicing sun safety.

Utilizing everyday preventative measures such as staying indoors or in shade between 10 a.m. and 4 p.m. when UV rays are strongest, wearing UPF protective clothing, wide-brimmed hats, UV sunglasses, sunscreen, and seeking shade can all help you stay sun safe.

Sun safety is important to reduce your risk of skin cancer. One in five Americans will develop skin cancer in their lifetime and nearly 20 Americans die every day from melanoma.

Everyone is at risk for skin cancer, no matter their age, skin color, or gender. That's why it is important to learn sun safety to reduce risk of skin cancer.

In April, I will be giving a program on "Protecting Your Skin From the Sun."

These programs will be held in the Sunflower District in all 3 counties.

Everyone should take daily precautions when working or playing outdoors to decrease their risk of premature aging and skin cancer.

**WHAT ARE
SUNSCREENS?**



Program coming in April in our district.

Dates: CN on April 11th at Senior Center at 12:30,
SH the 15th at noon at the Extension Office & in
WA the 16th at 11:30 at the Senior Center.

Times are correct in their time zone.