

SMALL STEPS TO BETTER HEALTH

Wellness Weekly



THERE IS NO SAFE WAY TO TAN!

There is a common myth that indoor tanning is a safer way to get a tan. The truth is Tanning beds and sunlamps release ultraviolet (UV) rays that start the tanning process in the skin. Even when the tan fades, the damage is still there.

Some tanning beds can expose you to 5 times as much UV radiation as the sun, so using indoor tanning beds and lamps should be avoided .

Indoor Tanning Causes Cancer !

Exposure to UV rays (any amount) increases your chances of getting skin cancer.



Know the facts!

- The risk of skin cancer is higher for people who have light-colored skin, eyes and hair
- Your tan does NOT protect you from the sun! It does more harm than the sun. Use sunscreen to protect yourself instead
- Tanning beds are NOT a safe way to get your vitamin D. It is safer to get it from the sun, supplements and your diet. In the fall and winter, a supplement is a much safer and cheaper way to get your vitamin D.

For more information on the dangers of indoor tanning visit www.cancer.ca.

MActive 2010 Challenge Update!

The 2010 Get MActive challenge is in full swing! There are over 500 participants in this year's challenge! Are you one of them?



Many great prizes have already been given out such as free yoga sessions, Hamilton Bulldogs Tickets, and gift cards from Titles Book Store!

This week the theme is Eat Right, Live Well and participants of the challenge have a chance to attend a Lunch N' Learn session with Alexis Williams a registered dietician from Transition Health!

STAY MACTIVE!

IT'S COMING...

President's Awards for Outstanding Service

The President's Awards for Outstanding Service provide an annual recognition for employees or groups of employees who have made an outstanding contribution to the mission of McMaster University beyond that normally expected for their position. All members of the McMaster community are cordially invited to attend a reception to celebrate this year's President's Awards for Outstanding Service. President Peter George will present the awards in Convocation Hall, located in University Hall, on Thursday, May 13th from 3:00 pm to 4:30 pm.

For more information contact Jessica Westwood-Smith at 905-525-9170 Ext. 24660 or visit: www.workingatmcmaster.cpresidentsawards/

Financial and Life Planning Workshop

Tuesday May 11th, 2010– 8:15a.m.-4:00p.m. For more information or to register visit: <http://www.workingatmcmaster.ca/link.php?link=professional-development:financial-life-planning-schedule>

THE WELLNESS WEEKLY IS WRITTEN BY **KRYSTA CLARK**, HEALTHY WORKPLACE PROGRAM COORDINATOR

NOTE: THE CONTENTS OF THE WELLNESS WEEKLY ARE INTENDED FOR GENERAL INFORMATIONAL PURPOSES AND ARE NOT A SUBSTITUTE FOR PROPER MEDICAL ADVICE. PLEASE CONSULT YOUR FAMILY PHYSICIAN OR HEALTH CARE PROFESSIONAL BEFORE BEGINNING ANY EXERCISE REGIME—ESPECIALLY IF YOU ARE: PREGNANT, NURSING OR HAVE CHRONIC HEALTH CONCERNS. DISCONTINUE ANY EXERCISE THAT CAUSES YOU PAIN AND SEEK IMMEDIATE MEDICAL TREATMENT.