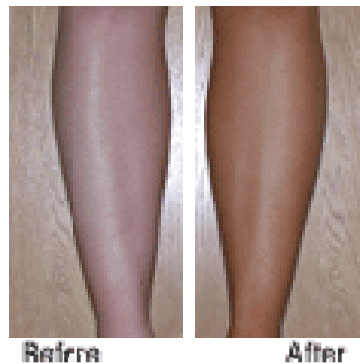


Healthy Monday

Safe Tanning Monday

Did you know that some researchers have found that using a tanning bed can have addictive qualities much like that of using drugs or alcohol. So how can you get that great looking summer glow in the middle of winter without using a tanning bed? There are many products that can give you that real, healthy, tan look, some are: bronzing serums and lotions, airbrush or mystic (spray) tans, and wearing SPF of at least 15 when outside.



Tanning beds along with excessive exposure to sun and UV radiation can be detrimental to your health. UVB radiation causes sunburns, while UVA radiation is a deeper penetrating radiation linked to melanoma

Why tanning is so bad for you and your skin?

Using indoor tanning beds or any artificial light to darken the skin can...

- Increase risk of premature aging (age spots and wrinkles).
- Increase risk of immune system suppression.
- Increase risk of eye damage including cataracts.
- And of course increase the risk of developing skin cancer, whether skin cell carcinoma or melanoma.

Are you "tanning" the safe way? Take the challenge this winter and be tan free.

Up Ahead:

- World Aids, and why it is important to be tested for STDs.
- STRESS... and how to avoid it