



Embrace the Outdoors Safely: Commemorating UV Safety Month and National Park and Recreation Month



WRITTEN BY THE EXPERTS AT ENI

Inspirational Quote

*"Just being surrounded by
bountiful nature, rejuvenates
and inspires us."*

~ E.O. Wilson

Book Recommendation

Burnout: The Secret to Unlocking the Stress Cycle

by Emily Nagoski PhD

With the help of eye-opening science, prescriptive advice, and helpful worksheets and exercises, all women will find something transformative in these pages—and will be empowered to create positive change. Emily and Amelia aren't here to preach the broad platitudes of expensive self-care or insist that we strive for the impossible goal of "having it all." Instead, they tell us that we are enough, just as we are—and that wellness, true wellness, is within our reach.

As the sun shines brighter, the days grow longer, and the outdoors beckon, July offers an excellent opportunity to enjoy the bounties of nature while prioritizing wellness. Coinciding in July are two important observances - UV Safety Month and National Park and Recreation Month. As we celebrate these observances, we must also remind ourselves of the necessary precautions to take while enjoying the great outdoors.



UV Safety Month

UV Safety Month is observed each July, highlighting the need for sun safety and the dangers of excessive exposure to UV radiation. While soaking in the sun can help our bodies produce Vitamin D, too much exposure can lead to serious health issues such as skin cancer, cataracts, premature aging of the skin, and immune system suppression.

Tips for UV Safety:

- **Apply Sunscreen:** Use a broad-spectrum sunscreen that protects against both UVA and UVB rays, with a sun protection factor (SPF) of at least 30. Apply it generously and frequently, especially after swimming or sweating.
- **Wear Protective Clothing:** Long-sleeved shirts, long pants, and wide-brimmed hats provide excellent protection against the sun's harmful rays.
- **Use Sunglasses:** Protect your eyes by wearing sunglasses that block at least 99% of UVB and UVA rays.
- **Seek Shade:** Limit your exposure to the sun, especially between 10 a.m. and 4 p.m., when UV radiation is the strongest.

National Park and Recreation Month

July also celebrates National Park and Recreation Month, encouraging people to explore the beauty of America's national parks. These parks provide us with incredible opportunities to enjoy outdoor activities, breathe in fresh air, and appreciate the natural world.

Tips for Celebrating National Park and Recreation Month:

- **Plan a Visit:** Explore a local or national park. From hiking and bird watching to canoeing and camping, there are numerous activities to enjoy.
- **Respect Nature:** Follow the "Leave No Trace" principles. Dispose of waste properly, leave what you find, respect wildlife, and minimize campfire impacts.
- **Stay Hydrated and Nourished:** Pack plenty of water and healthy snacks. Staying hydrated and nourished is essential, especially during strenuous activities.
- **Be Prepared:** Carry a first-aid kit, a map, and understand the local rules and regulations. Always tell someone about your travel plans before you set off.

Combining these two observances, July presents an ideal occasion to take advantage of the great outdoors while maintaining optimal health and safety. Let's appreciate the sun, savor our national parks, and ensure we do so in a way that safeguards our well-being.

Happy UV Safety Month and National Park and Recreation Month!