### PROTECTION FROM THE SUN

## Even though a tan may imply health and fitness, prolonged exposure to the sun increases the risk of skin cancer. UVA (aging) rays and UVB (burning) rays cause damage to the skin. The UVA rays can cause premature aging of the skin that leads to wrinkling, and the UVB rays accelerate the burning of the skin. Both rays can lead to skin cancer if precautions are not taken. If you are active outdoors, you should take steps to curb the sun’s damaging effects to the skin.

## THE HEALTH RISKS OF LIVING ALONE

Doctors now believe that maintaining social contacts and personal relationships is important to your health. They speculate that mind-body responses to human contact may be a factor.

Studies show that isolation can be harmful to your health. For example, people who live alone are more likely to suffer a heart attack.

Ironically, though, more and more American adults are living alone. In 1970, about 17 percent of adults lived by themselves; in 1990, 25 percent lived alone.

## HIKING AND BIKING ADVENTURES

Are you looking for some rest and relaxation? Do you have a love for the outdoors? Consider hiking and biking adventures for your next vacation. Each year vacationers enjoy mountain treks in the wilderness, bike trips on nearly forgotten roads, and leisurely walks in beautiful woodlands. Relaxing walks, physically challenging hikes, and scenic bike tours offer an exciting blend of adventure and relaxation; and they are all good for your health, your fitness, and your spirit.