



# ChallengeME MONTHLY MINUTE

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Monthly topic:

## Sun and Heat Exposure

### Heat Safety For Pets:

With being home more often, you're probably more likely to want to be out and about with your pets, walking trails, going for a ride, hiking, or just spending time in the back yard. Keep these things in mind to protect your pets in the heat.

Dogs and cats don't sweat when they're hot; they pant.

Many dogs don't know when to stop playing. Limit exercise during warmer temperatures. Go for walks early in the morning or in the evening.

Make sure your pet has plenty of shade and water.

Don't leave your pet in a hot car, even if the window is cracked.

If asphalt is too hot for your bare feet, it's too hot for their bare paws.

Pets can get sunburn too, especially on areas of exposed skin (noses, ears, pink spots). Use pet friendly sunscreen on susceptible pets, especially those with thin/light fur.

Watch for excessive panting, discolored gums, and mobility problems, as these are signs of heatstroke.

The following pets are most susceptible to heatstroke:

Short snout breeds, pets that have had heatstroke before, elderly pets, pets with heart conditions, cats with shortened faces, dogs that snore, overweight pets, pets that are caged or unable to seek cooler environments.

## Protect Yourself

Check the UV regardless of the season -

It doesn't have to be hot for UV to damage your skin. Protect your skin in five ways when UV is 3 and above:



**Slip** on clothes that cover your arms and legs



**Slop** on SPF 30 or higher, broad spectrum, water resistant sunscreen and reapply every two hours



**Slap** on a broad brimmed hat or one that covers the head, face, neck, and ears



**Seek** shade, particularly over the middle part of the day when UV is highest



**Slide** on close fitting sunglasses

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## 52 Week Money Challenge

Saving just a few dollars a week can help you get ahead for an upcoming vacation or holiday purchase.

### JULY 2020

S	M	T	W	T	F	S	\$
28	29	30	01	02	03	04	\$27
05	06	07	08	09	10	11	\$28
12	13	14	15	16	17	18	\$29
19	20	21	22	23	24	25	\$30
26	27	28	29	30	31	01	\$31

Monthly Total: \$118

Grand Total: \$496

## Vitamin D:

Your body needs vitamin D to absorb calcium and promote bone growth. Too little vitamin D results in soft bones in children and fragile, misshapen bones in adults. Vitamin D deficiency may also be linked to fatigue, depression, anxiety, back pain, muscle pain, hair loss, and a weaker immune system.

Thirty minutes of sun exposure to the face, legs, or back - without sunscreen - at least twice a week should give you plenty of vitamin D, however, this much direct sun exposure could also potentially expose you to dangerous levels of cancer-causing UV radiation.

Enjoy the sun in off-peak hours in small amounts or explore other options for getting your vitamin D intake. Talk to your doctor about taking a supplement or eat more vitamin D rich foods such as fortified cereals, orange juice, egg yolks, mushrooms, ricotta cheese, fatty fish, COD liver oil, and caviar.

**Coming Up** August: 5-A-Day (Fruits & Veggies)

Comments, questions, ideas, or submissions?  
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