



Welcome to the June edition of the H&S Newsletter. Only 6 more months until Christmas! Ha ha, in all seriousness, this is a great time of year. The weather is getting nicer and nicer (even in Alberta), which means we can all get out and enjoy the sunshine. Plus, summer holidays are right around the corner for most of us. This month we give you some sun safety tips for your skin, we talk about Walking Club 3.0 complete with an article about walking vs. running, and we introduce the latest happenings for the Events Club. Have a great month everyone!

SUN SAFETY AT WORK

Cover Up

Wide-brimmed hats, sunglasses and loose-fitting cotton clothing that covers your body but allows your skin to breathe is the best protection.

Sunscreen or Sunblock

At least 30 minutes prior to going outside, you should apply a generous amount of sunscreen to all areas of your skin that may be exposed to the sun. Get a sunscreen with broad spectrum UVA and UVB protection, with an SPF of 30 to 50. Higher than 50 SPF has not been proven to be more effective.

Hydration

Keep a generous supply of water on hand and take frequent breaks to hydrate. The harder you're working and the higher the temperature, the more water you need. Don't wait until you're thirsty, because by then you're already dehydrated and at risk for fainting and sunstroke.

SUN SAFETY TIPS FOR YOUR SKIN

Many people love the warm sun. The sun's rays make us feel good, and in the short term, make us look good. But our love affair isn't a two way street: Exposure to sun

causes many of the wrinkles and age spots on our faces and is the number one cause of skin cancer.

In fact, sun exposure causes many of the skin changes that we think of as a normal part of aging. Over time, the sun's ultraviolet (UV) light damages the fibers in the skin called elastin. When these fibers break down, the skin begins to sag, stretch, and lose its ability to go back into place. The skin also bruises and tears more easily -- taking longer to heal. So while sun damage to the skin may not be apparent when you're young, it will definitely show later in life.

How Does the Sun Change Skin?

Exposure to the sun causes:

- Pre-cancerous (actinic keratosis) and cancerous (basal cell carcinoma, squamous cell carcinoma, and melanoma) skin lesions
- Benign tumors
- Fine and coarse wrinkles
- Freckles
- Discolored areas of the skin, called mottled pigmentation
- A yellow discoloration of the skin
- The dilation of small blood vessels under the skin

How Can I Protect Skin From the Sun?

Nothing can completely undo sun damage, although the



skin can sometimes repair itself. So, it's never too late to begin protecting yourself from the sun. Follow these tips to help prevent sun-related skin problems:

Apply sunscreen with a sun protection factor (SPF) of 30 or greater at least 30 minutes before sun exposure and then at least every 2 hours thereafter, more if you are sweating or swimming

- Select cosmetic products and contact lenses that offer UV protection
- Wear sunglasses with total UV protection
- Wear wide-brimmed hats, long sleeved shirts, and pants
- Avoid direct sun exposure as much as possible during peak UV radiation hours between 10 a.m. and 2 p.m.
- Perform skin self-exams regularly to become familiar with existing growths and to notice any changes or new growths
- Eighty percent of a person's lifetime sun exposure is acquired before age 18. As a parent, be a good role model and foster skin cancer prevention habits in your child
- Avoid tanning beds

WALKING CLUB 3.0

The latest edition of our popular Walking Club is well underway with over 25 people already going out on their daily walks. Well done everyone! This year we have added a Running Club component twice per week. All of this is done on the simple premise of adding 30 minutes of simple exercise to your day will reap huge benefits. Have a look at this You Tube video and you are sure to be convinced. For more info see one of the committee members or sign up at Verla's desk.

http://www.youtube.com/watch?feature=player_embedded&v=aUainS6HIGo

For those of you on the fence about coming out to the running sessions, here is some information regarding walking vs. running. Whatever you choose (or do both), the Walking/Running Club is something that anyone and everyone can do!



The Pros and Cons of Walking vs. Running

Looking to get more active this coming summer season? The summer months are a great time to get outside and enjoy the fresh air, all while building your fitness level.

One decision some exercise enthusiasts are torn between is whether to walk or run. If you are someone who isn't an avid runner and would prefer to walk, you might lean



in that direction, but wonder if you're really missing out on most of the benefits.

A quick poll among my Facebook friends revealed that walking is by far more popular. 81% chose to save their knees while 19% chose to run like the wind. Which do you choose? Let us know in the comments section below.

Let's look at the pros and cons of each so you can make an informed decision on which is right for you.

Walking

The nice thing about walking is that almost everyone can do it. Regardless of your fitness background, you can get out for a brisk walk at any point during the day when you get some free time.

Additionally, walking is a much lower-impact activity, so it's great for those who may suffer from joint pain. You'll run a lower risk of injuries with walking compared to running and your risk of overworking your body from doing too much is also lower as well.

Walking makes for a great activity, done either at a brisk pace or more leisurely while you socialize.

Running

On the other hand, running is a great option for those who want a little more of an intense workout. Running will get your heart rate up higher, so you will see greater cardiovascular benefits. That isn't to say walking won't improve heart health though. Even 20 minutes of walking per day can significantly reduce your chance of cardiovascular disease.

Running can also lead to a release of feel-good endorphin's in the body, also sometimes referred to as the 'runners high', so if you are really looking to combat stress, running does tend to be the superior option.

That said, you must enjoy it. If you hate running and are

forcing yourself to do it, it will only be a source of stress in itself.

The Verdict

The choice of whether to walk or run is really up to you. Both forms of activities will:

- Boost cardiovascular health
- Increase circulation and lung function
- Increase bone strength
- Promote weight loss
- Improve sleep
- Elevate mood
- Boost energy
- Decrease blood pressure
- Decrease cholesterol levels
- Decrease the risk of cancer, diabetes and heart disease

One misconception some people have is that you will burn more calories running over walking, so if weight loss

is the goal, these individuals think they have to run. Don't be misled however.

Assuming you cover the same distance, you will burn a very similar number of calories with either walking or running. The only difference is you burn the calories faster running than you do walking (since you cover the distance quicker).

The biggest determinant of what you do should really come down to what you enjoy. The most important thing is actually getting out and doing the activity, so choose the one that you'll stick with time and time again.

And remember, no one says you can't do both. A mix of walking and running can be a great way to stay active and experience benefits from both sides of the coin.





HEALTH & SAFETY NEWSLETTER

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EVENTS CLUB – SPORTS DAY

We are very excited to announce the next event for the H&S Events Club. Remember back to your elementary school days when Sports Day was the best day of the year? On Sunday July 6 we will be hosting Sports Day “Vedder Style” complete with prize ribbons. Come out and participate in such events as Tug O War, Potato Sack Race, Bocce Ball, Egg and Spoon Race, plus a Baseball Game, Face Painting and much more. And of course, the day wouldn’t be complete without Jake’s famous BBQ!



HERE ARE THE DETAILS:

WHEN: Sunday, July 6 between 1 pm and 5 pm

WHERE: Delair Park, corner of North Parallel and Old Yale Road, Abbotsford

COST: Free for all Events Club Members, \$10 per person for non-members

WHAT TO BRING: Sunscreen and smiles, everything else will be provided

Not a member of the Events Club yet? For a simple \$8 per month payroll deduction, you and your family of 4 can become members of our club. We started last fall and have over 30 staff members already enrolled. This will be our third event, after successful Corn Maze and Snow Tubing events held in the last 8 months. The club is open to all staff of the Vedder Group so if you are interested in joining or want more information, see one of the committee members or shoot us an email to healthandsafety@vtlg.com. See you all at Sports Day!

