

SUNNY HIPPOCRATES PRESENTS:
SUN WISDOM!

HI YA! I'M **SUNNY HIPPOCRATES!!!**
THESE ARE MY FAVORITE TIPS
TO HARNESS THE POWER OF
THE SUN FOR HEALTH!

ARE YOU CATCHING ENOUGH SUN RAYS?
SUN EXPOSURE BENEFITS GO BEYOND HEALTHY VITAMIN D LEVELS!
BEING OUT IN THE SUN IS LINKED TO:

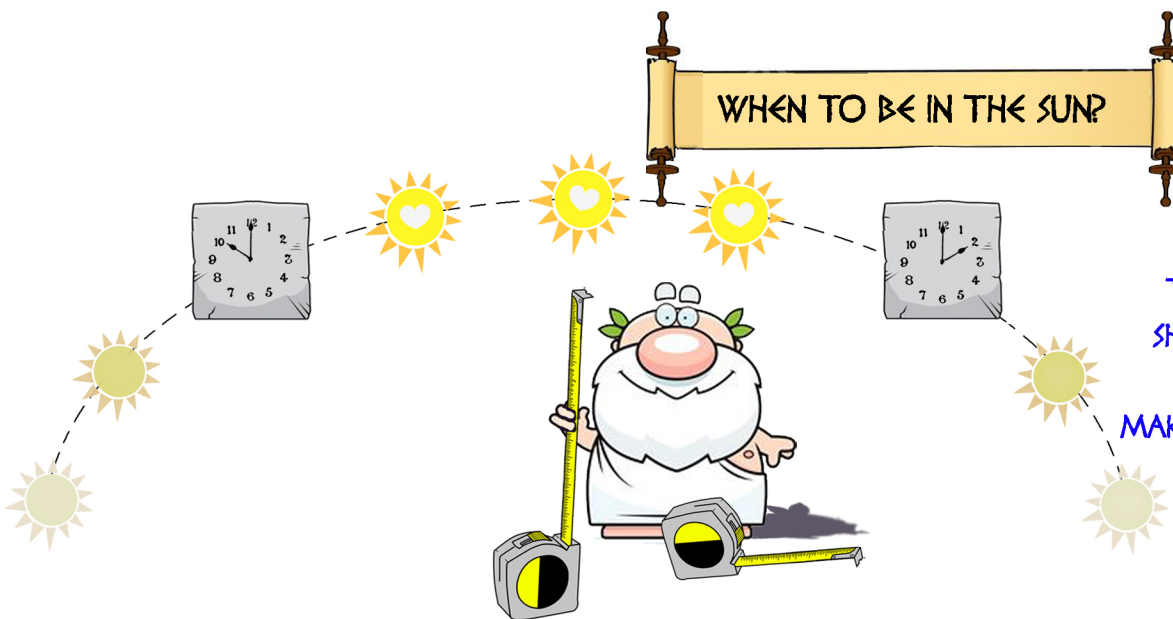
LOWER CANCER RATES, LOWER BLOOD PRESSURE,
LOWER MS RISK, BETTER MOOD AND BIGGER SAND CASTLES!



WHEN TO BE IN THE SUN?

THE BEST UV RAYS FOR HEALTHY EXPOSURE
SHINE BETWEEN THE HOURS OF 10am and 2PM

MAKE SURE YOU ARE TALLER THAN YOUR SHADOW!



SKIN TYPE MATTERS!

WHEN TO COVER UP?

LET YOUR SKIN CATCH THE SUNSHINE
WITHOUT SUNBLOCK OR SUNSCREEN
UNTIL YOUR COMPLEXION
TURNS A *SMIDGE* PINK!

HATS AND SUNGLASSES ARE GREAT TO
PROTECT THE SENSITIVE SKIN
ON YOUR FACE



60-120 MIN.
PAUL'S
SUNSHINE EXPOSURE



10-15 MIN.
LUNCH



10-20 MIN.
SUNNY'S
SUNSHINE EXPOSURE

FRIENDS WITH DARKER COMPLEXION WILL NEED MORE
SUN EXPOSURE THAN BUDDIES WITH LIGHTER COMPLEXION

♥ KNOW YOUR VITAMIN D LEVEL ♥

TEST YOUR STARTING VITAMIN D LEVEL!
EXPERTS RECOMMEND 40-60 NG/ML
FOR WELL BEING

DOWNLOAD THE *DMINDER APP*
TO TRACK YOUR SUN EXPOSURE AND
VITAMIN D PRODUCTION TO HELP
PREVENT SUN BURNS!



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