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EXERCISE FOR THE MONTH

Tricep Rope Pushdown

The triceps are those muscles on the back of the arms. To perform exercises for the triceps, do 1-3 sets of 8-12 repetitions, 1-2 times per week.

Instructions:

1. Stand approximately 2-3 feet away from overhead pulley with feet shoulder width apart and knees slightly bent. You may use a staggered stance for increased stability.
2. Start position: Grasp rope with neutral grip (palms facing each other, thumbs up). Lower bar to chest level so that elbows are bent at 90°.
3. Keeping shoulders stabilized and elbows close to sides, extend arm and lower rope to hip level.
- 4) Return to start position.

SUNSCREEN AWARENESS MONTH

Now that the warm weather's finally upon us, it's important to remember that while we may love the outdoors, going to the beach and how we look with a tan, there are serious consequences when we get too much sun exposure. Overexposure to the sun causes sunburn, premature aging of the skin, wrinkling, and skin cancer, including melanoma. Here are tips to help you enjoy the outdoors without hurting yourself.

Unprotected sun exposure is dangerous

Sunlight consists of ultraviolet (UV) rays which are most intense from 10 a.m. to 4 p.m. UV rays cause premature aging of the skin, sunburn and skin cancer.

When to apply sunscreen

Apply 30 minutes before being in the sun so that it can be absorbed by the skin and is less likely to wash off when you perspire. Reapply after swimming or strenuous exercise. Apply throughout the day if you work outdoors, and wear hats and protective clothing.

What to look for when you buy sunscreen

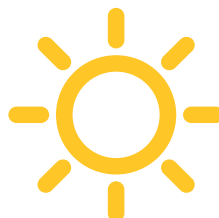
- Pick a broad-spectrum sunscreen that protects against UV-A and UV-B rays and has a sun protection factor (SPF) of at least 15.
- Look for a waterproof brand if you will be sweating or swimming. Buy a non-stinging product or one specifically formulated for your face.

- Buy a brand that does not contain para-amino benzoic acid (PABA) if you are sensitive to that ingredient.
- Not all sunscreens have the same ingredients.
- Use a water-based sunscreen if you have oily skin or are prone to acne.
- Although a costly brand might feel or smell better, it is not necessarily more effective than a cheaper product.
- Be aware of the expiration date because some sunscreen ingredients might degrade over time.

Home Remedies for Sunburns

Adding baking soda to a lukewarm bath is a natural sunburn remedy, or it can be added to a small amount of water and applied directly to the burnt area.

A cool milk compress is another way to treat sunburn. The coolness will ease the heat, while it creates a layer of protein to protect your skin, help it heal, and further soothe discomfort. Yogurt, is equally effective. Make sure it's truly plain yogurt, not vanilla, and that it has probiotics, and apply it liberally to the affected area.



THE REC CENTER - DAHLONEGA

The building attributes include Recreational Sports Offices, strength training, gym, climbing wall and boulder, cardio and many more. For more information call 706-864-1458 or 706-864-1622 or visit the website at ung.edu/recreational-sports/dahlonega/facilities/recreation-center.php

BASIL CHICKEN STACK-UPS

Start with a purchased roasted chicken for a meal that's ready in minutes. In this main-dish salad, chunks of chicken are combined with fresh tomato and avocado for an all-in-one meal.

Makes 4 servings

Active Time: 15 minutes
Total Time: 15 minutes

Ingredients

- 3 to 4 medium of tomatoes
- 2- to 2-1/2-pounds of deli-roasted chicken
- 1 avocado, sliced
- 1/4 cup of extra-virgin olive oil
- 1 medium of lime, quartered
- 1/2 cup of small fresh basil leaves
- Salt and cracked black pepper to taste

Directions

1. Cut tomatoes into slices and chunks. Divide among four individual plates. Using two forks, gently pull chicken meat off bones; shred in large pieces. Discard bones and skin. Place chicken on top of tomatoes.
2. Top chicken with avocado slices. Drizzle with olive oil and squeeze on juice from lime quarters. Sprinkle with basil, salt and pepper.

