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SUMMER FRUIT GALETTE, p104

Protect Your Pout

Lips need love, too. Toss an SPF 30 lip balm into your beach bag—and reapply at least every two hours.

Let the
Sun Shine

After all, you've got the latest news and sun-smart strategies right here. Read on, then get outside and have some fun.

BY SHELLEY LEVITT

Whether you're outdoors and active this summer in an attempt to drop pounds or are showing off your slimmer self sans a beach tee, be diligent about applying the most key cover-up of all: sunscreen. Pay particular attention to areas you may not have revealed in years past, like your arms and back. The surprising reason why: Women with a lower BMI have a higher risk of non-melanoma skin cancer, found recent Stanford University research. Scientists speculate this is because overweight women tend to expose less skin to the sun.

Skin cancer is more prevalent now than ever: Cases of basal cell and squamous cell carcinomas have steadily risen in the United States, soaring to more than 3.5 million annually. Thankfully, they're treatable and rarely life-threatening. Meanwhile, incidence of melanoma—the most deadly skin cancer—has increased more than 8-fold since 1970 for women under 40 and 24-fold for women 40–60, shows new Mayo Clinic research. Keep your skin young-looking and cancer-free by following these sunscreen rules.

RULE
1

PICK THE BEST PROTECTION

When it comes to shielding skin from harsh rays, sunscreen is your best ally. If preventing cancer isn't a big enough sell, consider this vanity appeal: The skin cell molecules that keep skin firm and youthful begin to break down after just two hours of exposure to strong UVA rays, says a study in *JAMA Dermatology*. Translation: Heading outdoors without sunscreen invites wrinkles. Dermatologists agree

that the best sunscreen is the one you like and will use regularly. That said, many doctors recommend lotions and creams over powders and sprays. "These offer more uniform application, allowing you to easily see if you've overlooked an area," says Joel Schlessinger, MD, a dermatologist in Omaha, NE.

The gold standard is a broad-spectrum physical (aka mineral) sunscreen with either zinc oxide or titanium dioxide with an SPF of 30 or higher. Unlike chemical sunscreens, which absorb and deactivate sunlight, physical ones sit on the skin's surface and block UV rays.

RULE
2

APPLY DAILY

SPF is the most powerful antiaging potion, but you must be diligent with application. Case in point: People who applied a broad-spectrum SPF 15+ sunscreen every morning for four years (and reapplied after heavy sweating, swimming or spending more than a few hours outside) had a smaller chance of developing new fine lines and wrinkles, versus less careful users, shows Australian research. Sunscreen can also minimize

other signs of aging, including brown spots and sagging—all good reasons to make application part of your daily routine year-round, since rays do poke through clouds.

RULE
3

SMEAR ON A LOT

Even the best sunscreen doesn't do much good if you don't apply enough. Use too little and an SPF 30 sunscreen may only protect like an SPF 10. "You need at least three generous pumps for the face and about 10 pumps to cover the body," says dermatologist Heather Woolery-Lloyd, MD, director of ethnic skin care at the University of Miami.

Sunscreen needs at least 15 minutes to set. So before putting on your swimsuit, cover your face, ears and the back of your neck in an even layer; then work your way down your body. Reapply every two hours, or more if you've been active or taken a dip. Make sure to hit the spots underneath straps and clasps and commonly missed areas like the backs of hands, tips of ears and scalp. Have moles? Cover the areas generously. "The more moles you have, the greater

SUN-SAFE DRIVING

Take a few minutes to slather up before you get into your car. Frequent drivers are much more likely to develop skin cancer on the left side of their face and their left arm—the areas exposed to more UV rays while driving—according to research. (Windshields are treated to block UVA and UVB rays, but a car's side and rear windows only filter UVB.) For extra protection, invest in a clear adhesive film that can block out 99 percent of harmful UV rays; installation costs between \$400 and \$800. A handful of cars come with pre-tinted windows, including the Buick Lacrosse, Dodge Durango and Toyota Avalon.

your risk of melanoma—and they're also more likely to turn cancerous than other areas," says Mary Lupo, MD, a New Orleans dermatologist.

You can wear any type of sunscreen under makeup: After rubbing it in, wait about 10 to 30 seconds for the sunscreen to dry, then apply foundation. Even better, enhance your protection by using SPF-containing makeup. →