

# PURSUIT

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Florida Blue   
BetterYou 

A monthly wellness newsletter from Better You

## Sun Safety: Tips for Summer Fun

Summer is almost here, and it's a great time to get out and enjoy the beautiful weather with your friends and family. While you're out, it's important to remember that too much sun exposure can lead to:

- Freckles, rough texture, skin discoloration
- Wrinkles
- Skin cancer
- Eye problems

Here are a few tips to protect your skin and eyes from the sun's harmful rays:

- **Use sunscreen.** Look for a sun protection factor (SPF) of at least 30 and one with the words "broad spectrum" on the label. Apply at least 15 minutes before going outside and again after 80 minutes (more often if you are sweating or swimming).
- **Dress with sun protection in mind.** Wear sunglasses with total ultraviolet (UV) protection, a wide-brimmed hat, long-sleeved shirt and pants. Dark colored clothing with tightly woven fabric will have higher SPF protection.



- **Shield yourself from direct rays.** Carry an umbrella for shade while you're outside. Be aware of reflective surfaces such as water, cement and sand since they can increase the chance of sunburn. Avoid being outside between 10 a.m. and 2 p.m., when rays of the sun are strongest. Even on a cloudy day, 80% of the sun's UV rays can break through the clouds. Do not use tanning beds or sun lamps. They emit UV rays similar to or more powerful than the sun.
- **Check your skin regularly.** Do a self-examination of your skin and visit your dermatologist for a full-body skin exam.

## Ask the Health Coach: How to Improve Your Sleep Habits

**QUESTION:** Is there anything I can do to improve my sleep?



**ANSWER:** When your body goes into the rapid eye movement (REM) phase of sleep, it's recovering from the day. This final stage of the sleep cycle provides the deepest sleep and is referred to as restorative sleep. It takes approximately 90 minutes to go from light sleep to REM sleep, so the longer you sleep the more time you will spend

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getting sleep that restores your body. Without sufficient REM sleep, our immunity to disease, ability to cope with physical and mental stress and building new muscle tissue will decline. In a nutshell, this is the most important phase of sleep.

The quantity and quality of REM sleep is often disrupted by our environment and daily

behaviors. Here are a few ways we can get a more restful night's sleep:

- Try to go to sleep and wake up at the same time every day.
- Power off TVs, computers and phone screens an hour before bed, since their blue light can reduce the amount of melatonin, a sleep hormone produced by the body.

- Keep your room dark and cool.
- Use earplugs, white noise or a fan to mask a noisy sleep environment.
- Have your last cup of coffee or tea at least 6 hours before bedtime or longer if you are particularly sensitive to caffeine.

## Grilled Avocado Stuffed with Corn and Black Bean Salsa

Grilled avocados are stuffed with a light and fresh mixture of corn, black beans, and tomatoes in this elegant yet simple side dish or vegetarian entrée.

### Ingredients:

#### Corn and black bean salsa

- 1/2 cup fresh or thawed frozen corn
- 1/2 cup no-salt-added black beans, drained and rinsed
- 1/2 cup diced tomatoes
- 3 tablespoons diced red onion
- 2 teaspoons minced jalapeño
- 1 tablespoon lime juice
- 2 tablespoons chopped cilantro
- 1/4 teaspoon kosher salt

### Grilled avocados

- 2 medium to large avocados, halved and seeds removed
- 1 teaspoon olive oil
- Kosher salt

### Directions:

1. Combine first 8 ingredients in a medium bowl, and let sit at room temperature for about 30 minutes for flavors to meld together.
2. Heat grill to 400° F. Brush avocado halves with olive oil and sprinkle with salt.
3. When grill is hot, place avocado halves cut side down on the grill, cover and cook 2-3 minutes until grill marks form.
4. Fill avocados with about 3 tablespoons corn and black bean salsa. (The amount of salsa used will depend on the size of the avocados.)



**Nutrition:** Serves 4. Calories: 161; Total fat: 13 g; Sat fat: 1 g; Trans fat: 0 g; Cholesterol: 0 mg; Sodium: 63 mg; Carbohydrate: 13 g; Dietary fiber: 4 g; Sugars: 1 g; Protein: 4 g

Recipe Courtesy of:  
[TodaysDietitian.com](http://TodaysDietitian.com)

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