

What you need to know about exercise and the sun

With the warm weather coming, we can finally break free of the doldrums of indoor exercise and hit the sidewalks, trails, and roads! Exercising outside is great, especially if you dread indoor exercise, but some recent research led by Dr. Kristin Schneider of UMass Medical School shows that people who exercise may be at greater risk for skin cancer, because they spend more time outside than people who are sedentary. Skin cancer is the most prevalent cancer in the US and one of few cancers that is actually on the rise. Melanoma is the deadly form of skin cancer and is the number two cancer affecting young women. Melanoma is also prevalent in older men. With a continuously depleting ozone layer, protecting oneself from the harmful rays of the sun is increasingly important.

Although people who exercise spend more time outside, they are not more likely to use sunscreen, seek shade, or wear hats and other protective clothing. If you get out there in the nice weather, please remember to protect yourself from the sun. There is no sense in exchanging the health benefits of exercise for increased risk for cancer.

Here's how:

1. **WEAR PROTECTION.** Wear sunscreen of SPF 15 or higher (UVA and UVB protection) on ALL exposed areas. If you will be sweating or in the water, find a sunscreen that is waterproof. Apply every 2-3 hours while outside.
2. **TIMING.** Be aware that the sun is at its most intense between 10am and 4pm. If it is possible to workout outside of this range, that is best. However, sun protection is still needed!
3. **THREADS.** Even more powerful than sunscreen is protective clothing. Consider putting on a hat with a brim (a baseball cap or visor is great), a long-sleeved shirt, long pants, and sunglasses. Find lightweight clothes so that you don't get too hot. Also, check out clothing that has UV protection in the fabric, this will provide the best protection.
4. **BE SHADY.** Find a shady trail or route instead of one that is in direct sunlight. Parks and heavily wooded trails are best.

--- from www.fudiet.com by Dr. Sherry Pagoto

Recipe of the Week: Chef Meg's Grilled Perch with Cilantro Sauce and Citrus Salsa

serves 4 from www.sparkpeople.com

CILANTRO OIL: 1 c cilantro leaves, 2 Tbsp. olive oil, 1 jalapeno, seeds removed, 1/4 c water

CITRUS SALSA: 1 pink grapefruit, 1 orange, 2 limes, pinch salt, 1 teaspoon cilantro, chopped

1 lb. lean white fish (catfish or perch)
pinch salt
pinch white pepper
salsa verde, if desired

1. Preheat grill. Prepare cilantro sauce by placing the cilantro in a small food processor or blender. Add jalapeno and oil. Puree. Remove from blender and whisk in water. Set aside.
2. Segment the fruit over a bowl by taking off the rind and pith (white part) with a knife. Once all the

white pith is removed make V shape strokes with a small knife in between each membrane to remove the fruit. Squeeze membrane segments to release any leftover juice. Place the fruit in a small sauce pan and warm. Once warm, toss in 1 tsp. chopped cilantro.

3. Brush grill to clean grates. Season fish with salt and white pepper. Place on grill and cook for 2-3 minutes. Turn and continue to grill for 2 minutes or until fish flakes and becomes firm. Place a serving of fruit salsa onto a plate. Top with 3 ounces of fish. Garnish with cilantro sauce, and salsa verde if desired.

Nutrition Information:

Calories: 241

Fat: 8g

Carbohydrates: 13g

Protein: 29g

Tip of the Week: For the world's easiest turkey burger, and one that is delicious as well, mix 1 package of ground turkey with ½ to ¾ cup salsa verde or regular salsa. Form into patties and broil or grill on both sides till cooked through.