

Student and Family Wellness

Get out and Get Active!

SKIN HEALTH

With warmer Minnesota weather comes the need for some healthy skin tips. Be nice to your skin; it is actually considered the largest organ in your body. Use sunscreen, eat a healthy diet, and get plenty of water.

Mayo Clinic recommends using a sunscreen with an SPF of at least 15. Using a product with SPF of 30 or 45 is optimal for kids. Apply sunscreen generously and reapply every 2 hours-or more if you are swimming or perspiring. Don't forget your lips! Use lip balm containing sunscreen.

Wear protective clothing. Cover your skin with tightly woven fabrics, or look for clothing specifically designed to block ultraviolet rays. Also, there are laundry additives which give clothing an additional layer of ultraviolet protection for a certain number of washings.

Eat healthy and don't forget your water! Some research suggests that a diet rich in fish oil or fish oil supplements and low in unhealthy fats and processed or refined carbohydrates promotes younger looking skin. Drinking plenty of water helps keep your skin hydrated.

BIKE SAFETY TIPS

It's a beautiful day – the sun is shining, the birds are chirping. What could be better than a bike ride? But wait! Before you go, remember these important safety tips.

BIKE HELMET: Each family member that is riding should have a bike helmet that meets standards set by the Consumer Product Safety Commission (CPSC). Make sure your helmet fits just right - not too loose or too snug.

BE SEEN: Wear bright colors and put reflectors on your bike in order to help you be seen. Daytime riding is the safest so try to avoid riding your bike at dusk and later.

WHERE TO RIDE: Make sure where you ride is a safe choice. If you are riding on the street, make sure you are going with traffic – not against. Also, keep in mind as a biker you need to follow the road rules just like cars. Don't forget to use your hand signals too!



HIKE AND BIKE... NEARBY TRAILS

Check out these trails close to you!

The [City of Hastings trail system](#) has over 28 miles of trails – one of the most scenic trail systems in the metro area!

Bike the [Cannon Valley Trail](#) that follows along the Cannon River on an old railroad bed through the cities of Cannon Falls, Welch, and Red Wing – 19.7 miles of trail.

[Dakota County has seven parks](#) and three trail locations that offer a wide variety of opportunities. Parks are free and open to the public. There is a bike trail connecting the City of Hastings to Schaar's Bluff.



The Hastings School District is working to improve the health and scholastic achievement of students. To learn more about the wellness initiatives in Hastings, check out the Smart Choices Website:

<http://www.smartchoiceshastings.info>