Here at WOW we understand that everyone makes different plans for over the summer. Some of you may be working all summer, others may choose to go on vacation to explore other countries, and some may choose to stay here to enjoy the beach and sun. However you decide to spend your summer here at W.O.W. we want you to be safe, and be aware of the hidden dangers you are being exposed to.

**Summer Safety**

1. **Sun Kissed Skin**
2. **Fun in the Sun**
3. **Beach Shape-Up**

**While traveling can be an exciting experience, when leaving the country you need to insure that your safety is at the top of your priority list. While it seems that everyone has a cell phone to get in touch with friends and family back home, how will they get in touch with you if something where to happen to them? The Department of State is there for you. In case of any family emergency [a natural disaster or a unfortunate accident of any kind] they will notify you as soon as possible. However they will not provide this free service unless you register. You can register your travel plans with the State Department through a free online service at [https://travelregistration.state.gov](https://travelregistration.state.gov). Also in accordance with the Privacy Act, information on your welfare and whereabouts will not be released to others without your authorization.**

**Whenever you are at any beach you should practice extreme caution. Between the sun and the unknown dangers that lurk within the water it can be a dangerous place, if you are not protected. One of the biggest unknown dangers at the beach are rip currents. According to Brewster, the president of the United States Lifesaving Association (USLA), 80% of lifeguard rescues and 80% of drowning deaths are due to rip currents. If you do happen to get caught in a rip current, “swim to the side one way or the other until you no longer have difficulties or feel yourself being pulled,” Brewster advises.**

**While many professions and jobs require us to be on our feet all day many people grow extremely weary of this type of work. However by standing on your feet all day you could possible be damaging your feet. Many retail jobs for example require you to stand and for females to wear high heals for several hours at a time. The more your feet hurt, the more likely you are to have other back pains and head aches. One of the top ways to help this is to treat your feet. Whether it be a boyfriend/ girlfriend, a friend or professional get a foot massage, also at night try to say off your feet and let them relax and unwind. Lastly be sure to invest in a good pair of shoes, while it can be pricy for a comfortable stylish shoe in the long run it will be worth it.**
Summer is here and most of us want to have that perfect sun-kissed skin, the only problem is how to get it. As many readers know there are many different ways that claim to be the best, but how do you know which to choose? Well here at WOW we want you to make the best choice for your skin and health, while still getting your desired results. So we decided to do a little dirt digging and find the benefits and the consequences of the most popular types of tanning. The most popular types of tanning are:

- All natural: by sitting out in the sun and getting that nice sun glow.
- Tanning salon: use a tanning bed to get similar results to that of the natural way without the wait.
- Spray tan: can be purchased for home use, or offered by most tanning salons.
- Lotion tanners: the lotions claim to give you a natural glow by just applying and waiting.

*Note* this is not meant to be used as a health guide, or in replacement of a doctor or physician’s advice.

<table>
<thead>
<tr>
<th>All Natural</th>
<th>Tanning Bed</th>
<th>Spray Tan</th>
<th>Lotion Tanners</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time</strong></td>
<td>In a 30min time frame: Fair - Likely to Burn Medium - A Light Tan Dark - A Decent Glow <em>It can vary however, depending on your skin</em></td>
<td>Typically you lay in the bed for 5-20 minutes depending on your skin tone, but need to revisit several times before the tan becomes apparent.</td>
<td>Typically it only takes about 5-10 minutes although it may take up to 1/2 hour to 2 hours for results to show up.</td>
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<tr>
<td><strong>How easy is it?</strong></td>
<td>Depends on how much free time you have, and also if you are willing to be outside for long periods of time</td>
<td>Most people find this method the easiest because it does not require or demand a lot of time or attention, but it can get costly.</td>
<td>It is relatively easy although it is important to choose a salon that does not dilute the solution, that way the color is even.</td>
</tr>
<tr>
<td><strong>Short Term Risks</strong></td>
<td>Could potently burn your skin which could cause pain and possible scarring</td>
<td>Tanning bed burns damage the skin similar to a sun burn but more often cause permanent damage.</td>
<td>The risks of inhaling or ingesting DHA are unknown, so close your eyes and hold your breath</td>
</tr>
<tr>
<td><strong>Long Term Risks</strong></td>
<td>Sun tanning has been linked to several illnesses such as Skin Cancers (melanoma), and cataracts</td>
<td>Tanning beds hold the same health risks as tanning in the sun, also some people may have an allergic reaction to this type of exposure</td>
<td>There are dangerous chemicals in DHA which may be inhaled but the long term effects are unknown.</td>
</tr>
<tr>
<td><strong>Results</strong></td>
<td>Many people are happy with natural tanning because it ends up being even, smooth and the right color.</td>
<td>Most people are happy with the results, but if you do not take care of your skin or go to much it can result in an orange tinted color.</td>
<td>The most common problem with spray tans is they often turn out blotchy, uneven and typically orange.</td>
</tr>
</tbody>
</table>
FUN IN THE SUN!

MONEY SAVERS

There are a lot of things you can do that are inexpensive and fun too. Here are a few suggestions.

* If you plan on driving somewhere car pool and split the cost of gas... it will work out cheaper then everyone driving separately and you will have more fun.

* Look into the place you’re visiting to see if they offer student discounts, some of the museums in Chicago have “free days” for students so plan around that.

* If you want to go to Six Flags and think its too expensive, go to a local Jewel or Dominic’s grocery store and buy tickets there, they are usually 5-10 dollars cheaper then at the park; you can also look for deals on certain pop cans.

* If your not in the mood to go anywhere why not have some friends over and cook or grill together... have everyone bring something to share so you will have a variety of food and you not have to pick up the cost of it all.

* If you want to get out of town for a couple of days but air fair is too high, fly Air Trans they have tickets from $69-$99 for students under 23 going to several locations across the U.S.

How about some local fun:

Aurora is the second biggest city in Illinois and it has tons to offer:

- Splash Country Water Park
- Philips Park Zoo
- Walter Payton’s roundhouse complex
- Fox valley ice arena
- Sports Zone dome
- Vertical Reality Indoor Rock Climbing Gym
- Paramount Theatre
- The round house comedy club

For more things to do visit: http://travel.yahoo.com/p-travelguide-
What is WOW?

WOW is a student publication created by student workers of the Wellness Center. If you have any suggestions for future topics or issues please contact the Wellness Center.

-Thanks WOW!
Joanna Degnegaard
Marniece Gordon
Caitlinn O’Brien
Bhavika Patel

Trying to Shape Up For The Beach???

Finally, it seems as if spring is here to stay which means summer is right around the corner, and with it comes bathing suit season. This seems to be the time of the year when everyone is rushing to gym and starting diets to look and feel their best for the summer but research says that this is not the best solution for anyone. Yes, it is good for your health to exercise but regularity is the key. Beginning strenuous workout plans suddenly without the approval from a physician could be very dangerous and cause injury. Crash diets could cause even more harmful effects to your health. According to an article from the University of Southern California dieting can lead to a decrease in your metabolism, bone density, muscular strength and the efficiency of the immune system. Also another sobering fact is that only about 5% of all dieters maintain their weight loss at the end of one year while spending about 10 million dollars per year on dietary products according to Memorial Hospital of Pennsylvania. So the healthiest way to shape up for the beach is to exercise regularly and just eat healthy daily and you'll be fine. There is no quick way so just have fun and enjoy summer break!!!!

Until next time, What the Health???

-www.memorialhospital.org
-www.scf.usc.edu