

Summers Coming and Girl Scout Troop 81083 Wants You to Stay Safe By:

Preventing Skin Cancer:

The number one type of cancer is skin cancer. Exposure to the sun can be avoided by wearing sunglasses, sunscreen, a hat, and use an umbrella.



Practicing Meditation:

Stress and anxiety can have many negative effects on one's health, body and mind. Meditation and mindfulness are ways to reduce stress and anxiety. Practicing daily meditation can help relieve these stressors and help you learn to cope more easily.



Keeping Active:

Physical fitness can help prevent obesity and other health issues that could put you at a higher risk for cancer. Keep active by:

- Walking
- Running
- Hiking
- Swimming



Eating Healthy Foods:

During the summer fruits and vegetables are in season so let that be your motivation to eat healthy foods:

- Fruits & Berries
- Vegetables
- Nuts & Seeds & Legumes
- Grains
- Lean meats & Fish
- Dairy
- Breads

