

FITNESS

Everything you need to be stronger, happier, healthier.

- ▶ Sell a Home
- ▶ Sell a Car
- ▶ Sell Stuff
- ▶ Post a Job
- ▶ Sign Up for Special Offers

April 2008

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

>> Previous entries

Recent Posts

- >> Olympic marathon trials: How fast can you run? Maybe faster than you think
- >> Fitness: Your attitude. In six words.
- >> Oh, your aching shoulder, knee, elbow...
- >> Hit the beach at volleyball tournament this weekend
- >> Vote for Xavier Polisetty's baseball essay! The Grapevine kid needs your help
- >> Biggest Loser trainer in town tonight
- >> All Natural Belly bar shake
- >> Everyone really toots 14 times a day? Yes, honey, even Angelina Jolie
- >> JetBlue and Runner's World team up
- >> David Lynch cools down with meditation

Categories

- >> Events
- >> Family fitness
- >> Fitness
- >> Fitness freebies
- >> Gear
- >> Inspiration
- >> Kids' Health
- >> Nutrition
- >> Senior fitness
- >> Workouts
- >> nutrition

dallasnews.com Life/Travel Blogs

- >> Shopping
- >> Eats
- >> Fitness

« Vote for Xavier Polisetty's baseball essay! The Grapevine kid needs your help | Main | Oh, your aching shoulder, knee, elbow... »

Hit the beach at volleyball tournament this weekend

1:41 PM Thu, Apr 17, 2008 | Permalink | Yahoo! Buzz
Mary Dunklin E-mail News tips

Professional beach volleyball player Jeff Nygaard will be in town for the 2008 Cuervo Gold Crown Dallas Open this weekend.

The tournament starts at 9 a.m. Friday at The Ballpark in Arlington.

Jeff, a melanoma survivor, is partnering with the Sun Safety Alliance to generate awareness of the disease and offer tips about how to stay sun safe. Melanoma, the deadliest form of skin cancer, kills one person every hour. Read on for advice from the Sun Safety Alliance on how to protect yourself and your skin. (And, visit www.avp.com for a schedule and to buy tickets for the tournament.)



In Texas, there are close to 4,000 estimated new cases of melanoma that will be diagnosed in 2008.

One blistering sunburn can double a child's lifetime risk of developing skin cancer.

You can sunburn even on a cloudy day.

On average, children get three times more sun exposure than adults.

Concrete, sand, water and snow reflect 85-90% of the sun's UV rays.

The sun is the strongest between 10:00 a.m. and 4:00 p.m.

Use sunscreen with an SPF of 30 or higher.

Wear a wide-brimmed hat and UV protective sunglasses to protect the face and eyes.

Apply sunscreen before going outdoors and reapply often, especially after swimming, perspiring or toweling off.

DO NOT USE tanning beds or sun lamps.

Comments

Posted by Darren Katz @ 2:23 PM Thu, Apr 17, 2008

Excellent advice on UV protection. I'm a skin cancer survivor and wish I had used sun screens when I was growing up in Florida.

[report as objectionable](#)

Advertisement

Fitness on the Web

- >> Fit Sugar
- >> Dallas Running Club
- >> Men's Health blog
- >> Ask Coach Jenny
- >> St. Louis Post-Dispatch's Jog Blog
- >> New York Times' Well blog
- >> Outside Magazine Blog
- >> RunOn Texas
- >> Active.com
- >> Luke's Locker
- >> North Texas Trail Runners
- >> Hal Higdon
- >> NikePlus

Spotlight



Happy feet: 5 exercises for fitter, less painful feet
▶ [More Healthy Living](#)



Indoor rock climbing: Full-body workout as good as going to the gym



Posted by [mollie michie-lepp](#) @ 9:31 PM Fri, Apr 18, 2008

the trick is to apply sunscreen on at least 30 minutes before going outside so it has time to soak in- I do that for my kids practically every day since my uncle died of melanoma. thanks for the tips! you can't hear them too often!

[report as objectionable](#)



Exercises: An all-over strengthening workout
• **Shoulder exercises**
▶ **More Fitness stories**

LIKE NOTHING ELSE.