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skin cancer). It's a fact overexposure to damaging UVA and UVB rays ranks right up there with smoking. Vitamin D or not, our skin can't handle the damaging sun rays. Ask any dermatologist and they will tell you they remove several pre-cancerous freckles a day.

Dr. Michael McGuiness at Plano Dermatology says, "The number one rule is prior to venturing outdoors, you should apply a good broad spectrum (one that covers UVA and UVB rays) sun block with an SPF of 50+, to all exposed areas of skin 20 minutes prior to sun exposure. Lotions cover better than sprays and always apply liberally about a shot glass full of lotion to cover your body."

When I asked Dr. Adean Kingston, one of Dallas' top Dermatologists, as to why people need to apply sunscreen under clothing. The doctor explained, "always put sunscreen on in your birthday suit and cover your entire body, clothing doesn't guarantee coverage from UVA rays." . Adean also says its mandatory to re-apply at least every 2 hours, re-apply sooner if you are sweating or swimming.

Check out the new & stylish choices for SPF this summer—

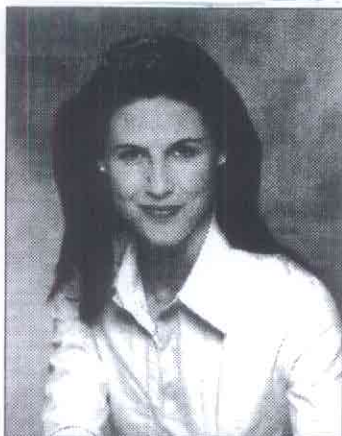
Try out some new clothing hip to SPF protection — Dallas based designers new Cover Clothing www.coverclothing.com, on the web and @ Nicholson Hardy find Sun Precautions, Coolibar and Sunday Afternoons lines make bathing suit cover ups, sun dresses, tennis skirts, fun hats and casual clothes. If your an athlete don't despair, . Under Armour, New Balance and Nike now offer clothes with SPF 50. (Not Just Soccer, Dick's Sporting Goods, Luke's Locker).

Neutrogena with "Helioplex" this is a patented chemical that helps stabilize Avobenzone or Parsol 1789, the agent that protects you from UVA rays—the rays that penetrate clothing, glass and our skin at deeper levels than UVB rays.

Aveeno Tinted Compact, SPF 50 (Honey), Aveeno Tinted Compact,

SPF 50 (Sable/Beige), What's important, is that this product is "free of the red-flag ingredients oxybenzone and vitamin A, and that are not in a loose powder form that can be easily inhaled (this could lead to inflammation and tissue damage).

For your Lips try these balms: Alba Botanica (CVS), Jack Black (Neimun Marcus, Nordstrom, Cooper Spa). Aveeno @ CVS, Walgreens, Tom Thumb. If you want a bronzed look don't bake in the sun all day try an all natural bronzer from True make-up collection (Cooper Spa). Estee Lauder and Neutrogena also have a great self-tanners. -Stephanie Oakes



Local Fitness Expert
Stephanie Oakes

Local Fitness Expert Explains How To Get Your SPF On This Summer

Despite reams of documented cases citing increased skin cancer incidence from overexposure, sun worshipers continue to through caution to the wind.

An astonishing 44% of young girls still hop into a tanning bed to get a 'base tan' almost assuring themselves a trip to the dermo with a 75% increased chance of melanoma (the deadliest form of