METRO FITNESS

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What to Look for in a Credible Sunscreen

- **Broad-Spectrum Protection:** Protects against both UVA and UVB rays.
- **SPF 30 or Higher:** Provides adequate protection from UVB rays.
- **Water Resistance:** Maintains its effectiveness after swimming or sweating (though reapplication is still necessary).
- **Ingredients You Can Trust:** Opt for sunscreens with ingredients like zinc oxide or titanium dioxide.
- **Reputable Brands:** Choose sunscreens from well-known and trusted brands.

How to Apply Sunscreen Properly

- **Apply Generously:** Use about one ounce (shot glass full) to cover your entire body.
- **Apply 15–30 Minutes Before Sun Exposure:** This allows the sunscreen to bind to your skin.
- **Reapply Every 2 Hours:** Or immediately after swimming or sweating.
- **Use Daily—Not Just at the Beach:** UV rays can damage your skin even on cloudy days.
- **Check the Expiration Date:** Expired sunscreen may not be effective.

Bonus Tips

- **Pair sunscreen with sun-smart habits:** Seek shade during peak sun hours, wear protective clothing, and use sunglasses.
- **Don’t rely on makeup with SPF alone:** Makeup typically doesn't provide enough coverage or SPF to adequately protect your skin.
- **Use a lip balm with SPF:** Protect your lips from sun damage with a lip balm that contains SPF.

Sunscreen isn’t just for sunbathers—it's your everyday armor against UV damage. Make it part of your summer routine and your skin will thank you for years to come.