

Be Sun Smart



Protect your skin from the sun



Requirements to complete this HEALTH CHALLENGE™:

1. Read "Be Sun Smart."
2. Create a plan to protect your skin from the sun daily.
3. Track your progress in case your organization requires documentation.

"You can't see me." It's pro wrestler John Cena's signature catchphrase. He waves his hand in front of his face and taunts his opponents.

It's a great line. But two years ago, that's exactly what happened to Cena. He wasn't blindsided by an opponent in the ring. It was skin cancer.

Skin cancer can be easy to ignore at first. A new spot, a changing mole, or a patch of skin that doesn't seem like a big deal can turn into something more serious if it's ignored.



In 2025, Cena publicly shared that he had been diagnosed with skin cancer. Both spots were found during routine dermatology visits. Cena admitted he rarely wore

Pro wrestler & actor John Cena was diagnosed with skin cancer in 2025.



1 IN 5

Americans will develop skin cancer by age 70.¹



sunscreen growing up and now uses his platform to encourage people to take sun protection seriously.

The good news? Many cases of skin cancer are preventable. Small daily habits can help protect your skin starting today. That's what this month's challenge is all about.

Sun damage can happen at the beach, during yard work, on a lunch walk, or while driving.

The goal isn't to avoid the outdoors. It's to enjoy it more safely with simple habits that protect your skin.

Take this month's health challenge: Be Sun Smart.



Skin cancer is the most common cancer in the United States. Not one of the most common. The most common.

Here's what the numbers tell us:

☀️ **More than 5.4 million** cases of nonmelanoma skin cancer are treated each year in the United States.¹

☀️ **About 105,000 new cases** of invasive melanoma are diagnosed each year.²

☀️ **About 1 in 5 Americans** will develop skin cancer by age 70.³

☀️ **Tanning beds are classified** by the World Health Organization as a Group 1 carcinogen, the same category as tobacco and asbestos.⁴

But there's good news. Many cases of skin cancer are preventable because ultraviolet (UV) exposure is a major risk factor.

And when melanoma is found early, the five-year survival rate is about 99 percent.³

Want to protect your skin from the sun and lower your risk for skin cancer? Now is always the best time to start.



Be Sun Smart

Sun Smart or Sun Burned?

How much do you know about protecting yourself from the sun's ultraviolet rays? Take the quiz to find out.

T | F

- Getting sunburned five or more times can raise your risk for skin cancer.
- You can get sunburned on cloudy days.
- All sunglasses protect your eyes from harmful UV rays.
- A tanning bed is a safer way to tan than sunlight.
- You should reapply sunscreen every two hours, or after swimming, sweating, or toweling off.

Check Your Answers

How did you do? **Repeated sunburns can raise your lifetime risk for skin cancer.**



UV rays can pass through clouds and reflect off water, sand, snow, and concrete. That means sunburn can happen even on overcast days.

☀️ Not all sunglasses block harmful UV rays. Look for pairs labeled 100% UV protection or UV400.

And tanning beds are not a safer way to tan. They expose your skin to concentrated ultraviolet radiation that can raise your risk for skin cancer.

🏊 **Sunscreen also wears off over time,** especially when you sweat or swim. Reapply it every two hours, or sooner if needed.

Next, you'll learn simple sun-smart habits you can use at the beach, during yard work, on walks, at the park.

Or anytime you spend time outdoors to protect your skin from the sun.



Answers: 1. True. 2. True. 3. True. 4. False. 5. True

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10 Sun-Smart Habits to Protect Your Skin

Follow these 10 practical tips to help lower your risk for sun damage and skin cancer

1. Plan around peak UV hours



The sun's ultraviolet rays are strongest between 10 a.m. and 4 p.m. When you can, schedule walks, workouts, yard work, or other outdoor activities for the morning or evening.⁵



2. Apply sunscreen before you go

Use a broad-spectrum sunscreen with SPF 30 or higher. Apply it before going outdoors. Don't forget your ears, neck, scalp, hands, and the tops of your feet.⁶



3. Reapply sunscreen

Sunscreen wears off over time. Reapply every two hours, or sooner if you're swimming, sweating, or towel drying off.

4. Cover up when you can

A long-sleeved shirt and pants aren't always practical, but a T-shirt, beach cover-up, or lightweight long sleeves can help. Tightly woven fabrics usually protect better than thin materials.



5. Wear a wide-brimmed hat

A wide-brimmed hat helps protect your face, ears, and neck better than a standard cap. Choose one you'll actually enjoy wearing.

6. Protect your eyes



Look for sunglasses labeled 100% UV protection or UV400. Wraparound styles can help block light from the sides.⁷

7. Seek shade early

Don't wait until you feel overheated. Use trees, umbrellas, canopies, or covered areas before you need relief from the sun.



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More Ways to Be Sun Smart

How to choose and use sunscreen

<https://tinyurl.com/y7g5us82>

Tips to stay safe in the sun

<https://tinyurl.com/y99rpehr>

Reduce your risk for skin cancer

<https://tinyurl.com/mut5zx4t>



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8. Skip tanning beds

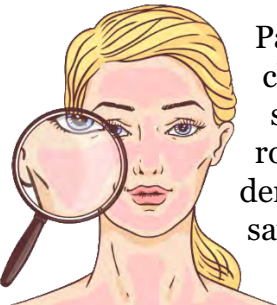
There is no safe tan from a tanning bed. Indoor tanning devices expose your skin to concentrated UV radiation and can raise your risk for skin cancer.

9. Keep kids protected

Babies under six months should be kept out of direct sunlight. For older babies and children, use shade, protective clothing, hats, and child-safe sunscreen.



10. Know your skin



Pay attention to new spots, changing moles, or sores that don't heal. Consider routine skin checks with a dermatologist. Early detection saves lives.



Sun damage often builds slowly over time, but small protective habits can make a difference.

The next time you head outside, take a few simple steps to protect your skin.

References

1. Vanaria, R. J., et al. (2025). Nonmelanoma Skin Cancer in South Florida: A Change in the Relative Incidence of Basal and Squamous Cell Carcinoma. *Journal of Clinical and Aesthetic Dermatology*, 18(11): 12-15. From: <https://tinyurl.com/2yk8p4sr>
2. Galambus, J., et al. (2025). Pathology of Melanoma: New Concepts (2025 Update). *Dermatologic Clinics*, 43(3): 409-418. From: <https://tinyurl.com/swh2xv6y>
3. Skin Cancer Foundation. (2026). Skin Cancer Facts & Statistics. From: <https://tinyurl.com/37dmuu45>
4. Gerami, P., et al. (2025). Molecular effects of indoor tanning. *Science Advances*, 11:50. From: <https://tinyurl.com/bd29parx>
5. Centers for Disease Control and Prevention. (2026). Sun Safety Facts. From: <https://tinyurl.com/33zw6ufe>
6. American Academy of Dermatology Association, (2025). Sunscreen Frequently Asked Questions. From: <https://tinyurl.com/3jdxvys>
7. Turbert, D. et al. (2024). How to choose the best sunglasses to avoid sun damage. American Academy of Ophthalmology. From: <https://tinyurl.com/3cfw99hr>

Be Sun Smart

Protect your skin from the sun

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to protect your skin from the sun daily.
3. Use the calendar to record your actions and choices to Be Sun Smart.
4. Review your progress at the end of each day, week, and at the end of the month. Then keep up the practice for a lifetime of best health.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
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_____ Number of days this month I practiced Sun Smart habits.

_____ Number of days this month I exercised 30 minutes.

Other wellness projects completed this month:

NAME _____ **DATE** _____