

11 skin-protection tips for exercising in the sun

“Feeling the burn” is a good thing when you’re talking about a workout, unless it’s a sunburn. If you’re exercising outside – and hooray for you if you are – you need to take precautions to protect your skin from the sun. Check out the tips below to learn how to safely work up a sweat outside.

1. Exercise before 10 a.m. or after 4 p.m., when the sun isn't as strong.
2. Choose the shadiest route for your run, walk, etc.
3. ALWAYS apply an SPF 15 or higher sunscreen, even on cloudy days. Apply SPF 30 or higher if you burn easily.
4. Choose a sunscreen that blocks both ultraviolet A (UVA) and ultraviolet B (UVB) rays.
5. Don't skip the sunscreen if you're only going out for a short time – you can get sunburned in as little as 15 minutes.
6. Don't forget to put sunscreen on your ears, arms, legs, and hands. If you're biking, don't forget your lower back, because clothes can ride up when you're bent over.
7. Put sunscreen on 30 minutes before you go out, so your skin has time to absorb it.
8. If you're wearing lightweight fabrics, such as mesh, apply sunscreen before you get dressed. This will protect your skin from any harmful rays that get through your clothing.
9. Wear workout clothing that has UV protection built into the fabric.
10. If you're going to be outside for a long time, take a small tube or stick of sunscreen along and reapply it every two hours, or more often if you've been swimming or sweating a lot.
11. Wear a hat with a wide brim and UV-blocking sunglasses (preferably a wraparound style), and cover your neck with a bandana.