

IT'S OUR 75TH ANNIVERSARY!

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\$2.79

Woman's Day

FEEL GREAT FAST!

Dr. Oz's 5-Day Plan

Sleep better, lose weight & kickstart your energy!

16
DELICIOUS
DINNERS

So good + so healthy!



ONLY 328
CALORIES!

10 MINUTE
TUMMY
TIGHTENERS



Hidden Sun Risks

Sitting by the pool or lying on a beach aren't the only times to safeguard your skin. Don't forget the sunscreen in these situations:

Your commute

Your skin is exposed to the sun in your car—and experts are seeing an increase in skin issues they suspect are driving-related. "I often notice more fine lines, precancerous and even cancerous spots on the left side of patients' faces than the right for this reason," says D'Anne Kleinsmith, MD, a dermatologist in Bloomfield Hills, MI, and spokeswoman for the American Academy of Dermatology.

Working indoors

UVA rays come in through windows, and if you're in a room with a lot of sunlight, there's a good chance the rays will reflect off other surfaces as well. Plus, "many environmentally friendly lightbulbs also emit small amounts of UVA rays, which means that the cumulative daily exposure can affect your skin over time," says Dr. Franks.

A windy day

In general, you should slather on the sunscreen every two hours outdoors. But if you're swimming, sweating during exercise or relaxing on a boat on a windy day, reapply hourly. Wind wears away sunscreen just as water and perspiration do, says [Rebecca Baxt, MD](#), a dermatologist and assistant professor of clinical dermatology at New York University.