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The New Recommendations On Sunscreen

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With summer in full swing, it's important you know the [newest FDA recommendations on sunscreen](#):

- **Apply Enough Sunscreen!** SPF 30 blocks 97% of UVB radiation but most people apply so little that results in an SPF of 2.3-5.5.
- **Choose a sunscreen labeled "broad spectrum"** with SPF 30 to 50 as they protect against both UVA and UVB Rays.
- **Pregnant women should avoid sunscreens containing retinyl palmitate** (sometimes listed among the inactive ingredients) as it is converted into a compound that can cause birth defects.
- **Consumer Reports ranked these 3 sunscreens as "Best Buys":**
 - (1) [Up & Up Sport](#) SPF spray at Target
 - (2) [No-Ad With Aloe and Vitamin E](#) SPF 45 lotion
 - (3) [Equate Baby](#) SPF 50 lotion

Coconut Oil Now Recommended for Athletes?

Following up on [my previous release on coconut oil](#), the National Strength and Conditioning Association suggests that [coconut oil may be better for athletes than Olive Oil](#) (article attached).

Why? Coconut oil contains [Medium-Chain fatty acids](#) (not found in other oils) which are digested easier AND also [may help improve exercise performance](#).

Iliotibial Band Syndrome Exercises

Perhaps the most common injury in runners, a nice article in Strength and Conditioning Journal on [how to help prevent this persistent running injury](#) (article attached).

Hope this helps. Best of luck.

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