

FITNESS TIP



James LaValle's Longevity Fitness Tip: **Protect Your Skin While You Train Outdoors** *"Sun protection is strength protection."*

Men are more likely to skip sunscreen—but sun damage can undermine your fitness by accelerating skin aging and increasing your risk for skin cancer. Whether you're jogging, biking, or lifting outside, wear UV-protective clothing, a breathable hat, and apply sweat-resistant mineral SPF to exposed skin. Protecting your skin is part of protecting your long-term health.