

Penn State **Extension**

HEALTH MOTIVATOR TIPS

MAY

Calcium Booster-Vitamin



- Vitamin D has many health benefits. Research has shown that vitamin D:
 - ✓ boosts your calcium absorption
 - ✓ reduces stress and tension
 - ✓ strengthens bones and reduces fracture risk among women age 50 and older
 - ✓ helps regulate blood pressure
 - ✓ relieves body aches and pains
- What foods are rich in vitamin D?
 - ✓ fatty or cold-water fish (salmon, tuna, and mackerel)
 - ✓ egg yolks
 - ✓ fortified products (milk, some orange juice, and cereals)
- Vitamin D is the “sunshine vitamin.” Twenty minutes of daily sun exposure is good. Avoid too much sun and use sunscreen to prevent sunburn and skin cancer risk.
- A simple blood test can provide your vitamin D levels. Some people need more vitamin D than others. Talk to your health care provider.
- Ask about daily vitamin D supplements. Tell your health care provider about all medications you take to avoid any problem interactions.

Quick Club Activity: An Imaginary Trip to the Beach

In the spring and summer, we get outside more often to enjoy the sunshine. This activity reminds us to stay active and absorb some vitamin D.

1. Stretch your arms out and face the sun. Can you feel the warm sunshine? Take deep breaths of fragrant summer breeze.
2. Bend down to spread out on your beach towel.
3. Next, let's run into the waves and go for a swim!
4. Run back to your towel and dry off. Twenty minutes is up, so put on sunscreen.
5. Now toss a beach ball for exercise.