



Vitamin D is made from cholesterol in the skin, and you need to expose LOTS of skin to sunlight for 15—30 minutes every day. To protect your face, it's perfectly fine to use sunscreen, a hat, and sunglasses. But expose your arms and legs for a little bit each day!

15 Ways to Get Your 15-Minutes of Sunshine

1. Take a 15-minute walk at lunchtime. Expose your arms and legs!
2. Eat your lunch outside. Mid-day sun's UVB rays are the most intense.
3. Walk to the postbox at high noon to mail your correspondence.
4. Park your car far from a store's entry & take a lap before shopping.
5. Leave your jacket at home and stroll to Starbucks in your shirt sleeves.
6. Wear a tank or T and strip off outer layers while at your kid's soccer match.
7. Take one or more virtual meetings outside – devices do travel, you know!
8. Schedule your daily meditation for outside in the garden or courtyard.
9. Walk (or jog) home from the gym in your tank top and shorts!
10. Find a sunny spot outdoors, shed your jacket, and write in your journal.
11. Check messages or return phone calls while on a sunny, afternoon stroll.
12. Take your dog for a noon o'clock walk – wearing shorts or a skirt & T-shirt.
13. Add music – take a dance break from work outside with feel-good tunes!
14. Take out the garbage, sweep the sidewalk, or mow the lawn sleeveless.
15. Visit with neighbors out in the Sun – show some skin and keep it brief!

[Contact NW Regen](http://www.nwregen.com) to learn about regenerative skin science!

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