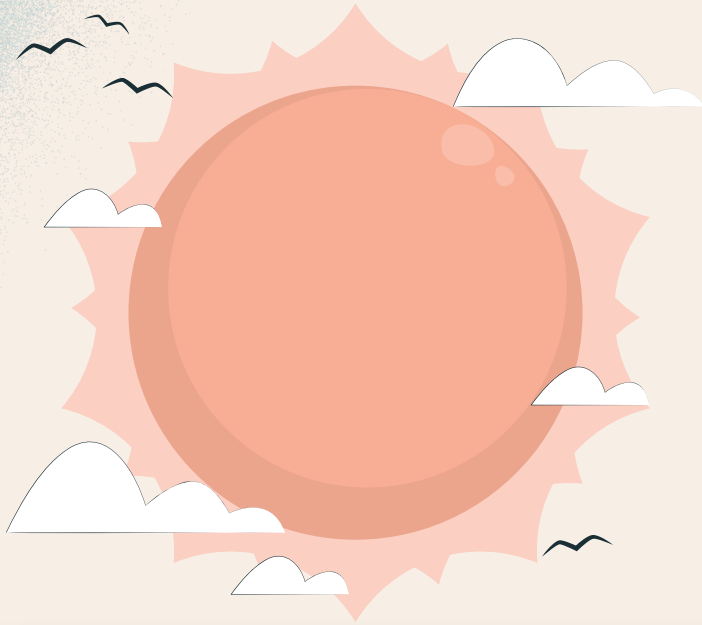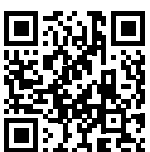# Your Body Needs Sun

The sun is good for you, but don't stay outside too long.

Sunlight is healthy. It helps keep your bones strong, makes you feel better, helps you think clearly, and it can stop you from getting sick. It can also help you sleep better and take care of stress.

But your body only needs a little bit on sunlight. Too much sun can burn your skin, make you tired, and hurt your eyes.

So, stay safe:

- Spend just 15 minutes in the sun each day.
- Go out early or late when the sun isn't too strong.
- Wear sunscreen, long sleeves, and a hat.
- If you feel too hot, go inside.
- Drink water to stay hydrated.

30 SPF

Toll-free:
Request a call back: ***134*905#**
Get in touch online: **http://app.lyrawellbeing.health/**
Your company code:

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https://www.medicalnewstoday.com/articles/benefits-of-sunlight
https://pmc.ncbi.nlm.nih.gov/articles/PMC2290997/