



## Summer sunscreen guide: Learn how to avoid common sunscreen mistakes

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Mineral sunscreens? Moisturizers with SPF? A dermatologist breaks down how to protect your skin.



## How to eat healthy at summer barbecues and cookouts

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Summer parties ahead? Grab one of these tasty and nutritious recipes.



## 5 simple stretches for a better night's rest

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Ease your body and your mind with this gentle pre-bedtime routine.



## Recipe: Strawberry salsa

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This sweet and spicy salsa makes for a tasty summer side dish.