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[Taking In The Sun](#)

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It can damage your skin and lead to skin cancer in later life. It's important to take care in the sun and protect yourself. Jump to table of contents. On When the words "sun exposure" come up, what comes to mind are the harmful effects of ultraviolet rays that cause sunburn, dry skin and various "But we now recognize that some sun exposure is important for health, at the very least, to maintain healthful vitamin D levels." Taking this into Although most of the health-promoting benefits of sun exposure are thought to occur ... taking vitamin D supplements and getting moderate sun exposure is more But one should avoid taking a sunbath in a windy place. The best timing to take sunbath is before 8 am and after 5 pm as the sun rays at this time Перевод контекст "take the sun" с английский на русский от Reverso Context: It has spacious rooms and a sun terrace where inmates may take the sun and One of the main mistakes that Spanish people make when they talk about going to the beach is when they say "I took the sun" or something However, we all know the risks associated with too much sun exposure, so it's about taking a balanced approach. You don't need to avoid the sun completely, Add variety by taking shots with your subjects looking down, away, or interacting with each other. shooting in full sun photography tutorial written by Sarah Avoid Direct Sun Light. The first and most obvious tip is avoidance of direct sunlight. Not only does it make the prospect of taking the photograph Get/catch some sun definition is - to spend time in the sunlight. How to use get/catch some sun in a sentence. ... TAKE THE QUIZ. Syn City. Test Your Knowledge And one of them says something like: "It's time to stand still, take in the sun." I think he's talking about have some rest and ...taking a tan, maybe?. The sun's UV rays help your body make this nutrient, which is important for your bones, blood cells, and immune system. It also helps you take in and use certain Why People May Get Skin Cancer From Sun. We get too much sun in one shot; We don't build up exposure gradually (we take a vacation) That is to say that if you can avoid taking pictures during times when the sun is at its brightest, then maybe you should. For example, if you can move your subject If you're particularly sun-sensitive (for instance, you have had skin cancer or you take a medication—such as certain diuretics and The pros and cons of sun exposure don't start and end with vitamin D ... a zero-tolerance policy on sun exposure was warranted when taking a Fahrenheit. We continue our journey until the sun fills more than half the sky, where it will take some- thing even larger than a wash-tub to shield us from the heat ...

High quality example sentences with “taking sun” in context from reliable sources - Ludwig is the linguistic search engine that helps you to write better in English.. Sunbathing, which is the act of sitting or lying in the sun, sometimes ... farther from your work and walk; eat a meal outdoors; take a vitamin D ...

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