

oxide) sit on the surface, deflecting UV radiation. Sunscreens contain one or the other and often a combo of both. Despite major advancements in formulations, however, the perfect block still eludes us. SPF 100 protects skin from 99 percent of UVB rays for two hours—an A+, but not a perfect score. "No sunscreen product, not even the highest SPF possible, is capable of blocking 100 percent of UV radiation," says Arizona-based dermatologist Jennifer Linder, MD. But there is a way to compensate: A sunscreen with an added antioxidant will prevent free-radical

BLOCK PARTY

(From top) Avon Anew Solar Advance SPF 45 boosts natural antioxidant production. Noni fruit extract absorbs UV light inDERMAdoctor Photo Dynamic Therapy SPF 30. Aveeno Hydrosport Sunblock Spray SPF 85 works on straight-out-of-the-pool skin. PCA Skin Hydrator Plus SPF 30 couples broad-spectrum protection with antioxidant caffeine.

What if there were one lotion, one magic youth potion that prevented 90 percent of spots, wrinkles, and saggy skin? It would spark month-long waiting lists and sell for hundreds or even thousands on eBay, right? Turns out this product exists—in fact, it's carried everywhere (even at gas-station convenience stores), yet only one in 10 Americans actually uses it every day: sunscreen.

In an article published last year in the journal *Plastic and Reconstructive Surgery*, dermatologist Zoe Draelos, MD, compared the preventive effects of OTC ingredients such as antioxidants, the hyaluronic acid in hydrating night creams, and skin-lightening hydroquinone serums. The study's conclusion? "Sunscreen is the most biologically active anti-aging ingredient in skin-care products," Draelos wrote.

THE ABC'S OF SPF

A quick sunscreen recap: Chemical sun filters (such as avobenzone/Parsol 1789 and oxybenzone) soak into the skin, absorbing the sun's rays before they cause damage; physical sunblocks (such as titanium dioxide or zinc

IRON TRAINING FOR THE NYC MARATHON IN JUST EIGHT WEEKS

"When I started, I could barely run three miles. After a month of the Je Galloway run-walk-run interval method, a free download for people with injuries or who are late to running, I could do 18 miles. Let me tell you, when you start to run 25 miles a week, you notice a tighter butt."