

SATISFACTORY SUNLIGHT

The power of sunlight

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Our bodies have at least 1,000 different genes that require vitamin D3 – the vitamin we absorb from sunlight.

Unfortunately, it is estimated that 3.3 billion people contract diseases due to poor sun exposure.



**THIS FAR-REACHING PROBLEM
AFFECTS COMMUNITIES ACROSS
THE GLOBE.**

**ESPECIALLY POPULATIONS THAT
SPEND EXCESS TIME
INDOORS.**

**TOGETHER WE CAN
CHANGE THIS
PROBLEM THROUGH
AWARENESS!**



TWO SIMPLE STEPS TO CREATE LASTING CHANGE:



Spend more time outdoors

When indoors, spend more time near windows



REFERENCES:

IMAGES RETRIEVED FROM PEXELS

[HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC2290997/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2290997/)

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