

## What is vitamin D?

- Multiple chemicals come together to create Vitamin D
- Sunlight is essential for getting the vitamin because ultraviolet B (UVB) energy converts a form of cholesterol (7-dehydrocholesterol) into vitamin D3
- With the sunlight, the chemical process in your skin to create the vitamin D3 occurs, where that vitamin travels to your liver and finally your kidneys to create active vitamin D

## Is vitamin D important?

- Important for bone health by aiding the intestinal absorption of calcium
- Dietary Calcium: too little vitamin D means that the body can only absorb 15% of dietary calcium, but up to 30% absorption of calcium with adequate vitamin D
- People with lower levels of vitamin D are at increased risk for fractures from low bone calcium supply
- Sunlight can boost your eye health in moderate amounts for teens and young adults to reduce nearsightedness

Sunny Spots logo - Joyce Guo  
Layout design - Nina Gregg  
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# Sunny Spots

An initiative to combat the winter blues by increasing sunlight exposure.



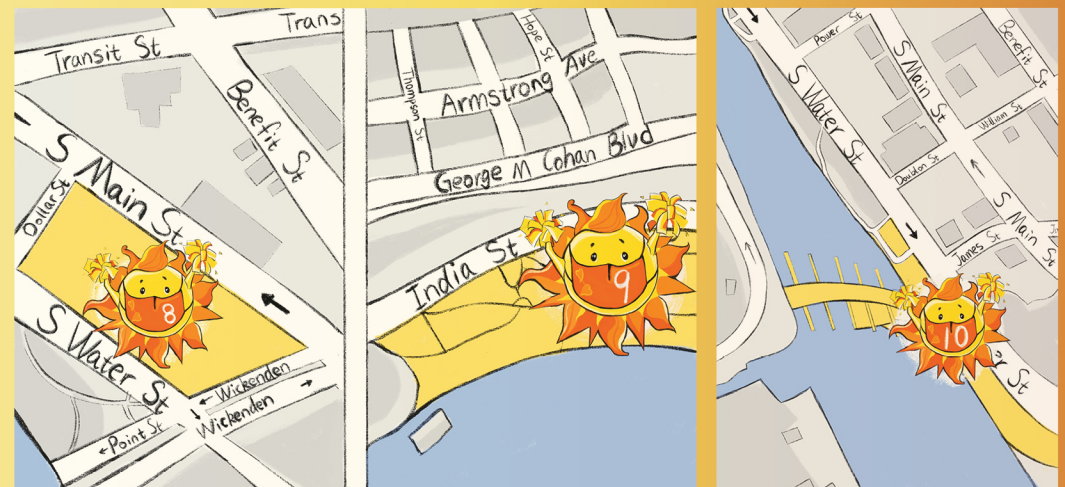
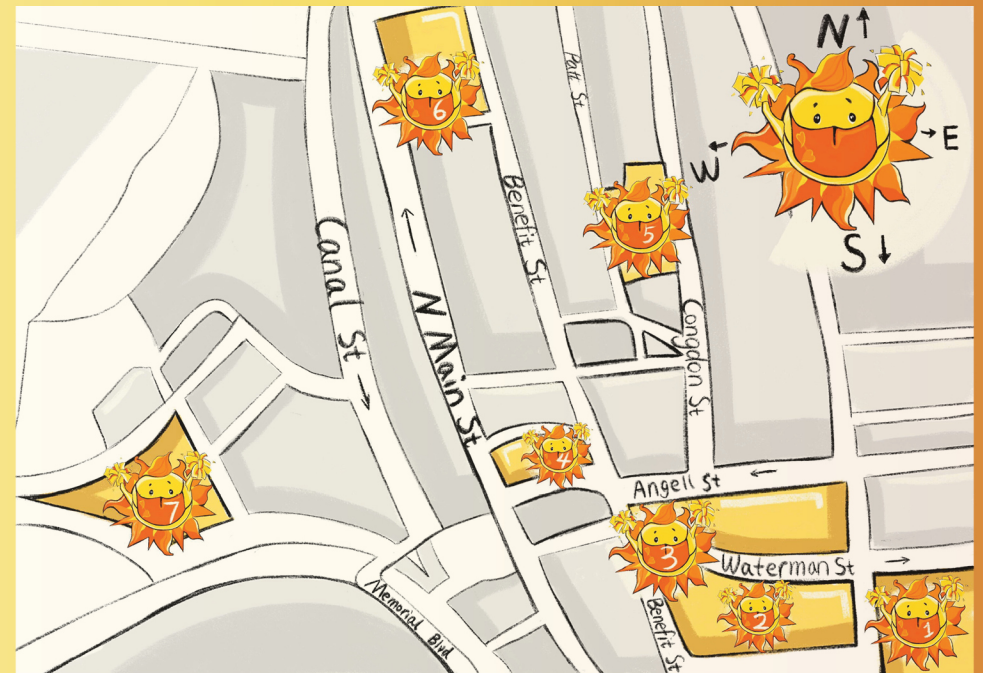
wellnesswithrisd  
[www.healthandwellness.risd.edu](http://www.healthandwellness.risd.edu)

Inspired by the Health  
Promotion + Wellness Office  
at the University of Chicago



## Locations

1. Brown University Main Green, 75 Waterman St.
  - Large field, Approx. capacity 30-40 students
  - 9 am to 5 pm
2. RISD Terrace, 41 Waterman St.
  - Approx. capacity 8-10 people on the middle area
  - 9 am to 4 pm
3. RISD Beach, 30 Waterman St.
  - Approx. capacity 15 students if spread out
  - 9 am to 5 pm
4. First Baptist Church in America, 75 N. Main St.
  - 9am to 4 pm
5. Prospect Terrace Park, 54 Congdon St.
  - Approx. capacity 10-15 people
  - 9 am to 4 pm
6. Roger Williams Memorial (Park), 282 N. Main St.
  - Approx. capacity at least 20 people
  - 8 am to 5 pm
7. Waterplace Park, Memorial Blvd
  - Approx. capacity 20 people
  - 10 am to 3 pm
8. 10,000 Suns, Dollar St.
  - Approx. capacity 8-10 people
  - 11 am to 4 pm
9. India Point Park, 201 India St.
  - 9 am to 4 pm (nice afternoon sun)
10. Pedestrian Bridge, 365 S Water St.
  - 10 am to 3 pm



**Check out these sunny spots!**

Remember to abide by all local social distancing regulation in accordance to the current date.

