



WELLNESS

In the News

Catch up on the latest **wellness-related developments** from the past month.**FDA Approves First New Sunscreen Ingredient in Nearly 20 Years**

The U.S. Food and Drug Administration (FDA) has cleared [a new active ingredient for use in sunscreens](#) sold in the United States, marking the first such addition since the late 1990s. The ingredient, bemotrizinol, was formally added to the FDA's over-the-counter sunscreen monograph on June 9, 2026.

Bemotrizinol has already been used safely in European and Asian sunscreens for decades, but U.S. approval required extensive additional testing because sunscreens are regulated here as over-the-counter drugs rather than cosmetics. Dermatologists have welcomed the news. Unlike some existing chemical filters, bemotrizinol protects against both UVA and UVB rays on its own and remains stable in sunlight, meaning it breaks down more slowly and may offer more consistent protection between reapplications. It's also transparent on skin and considered non-irritating, addressing common complaints about the chalky white residue left by mineral sunscreens like zinc oxide, particularly on darker skin tones.

Experts also point to bemotrizinol's minimal absorption into the bloodstream, a feature that could ease concerns raised in recent years about other chemical UV filters. Because it doesn't need to be paired with as many stabilizing ingredients, formulators expect it could lead to lighter, less greasy sunscreen products.

DSM-Firmenich holds exclusive U.S. marketing rights to the ingredient for 18 months and plans to sell it under the brand name Parsol Shield. The company expects the first bemotrizinol-based sunscreens to reach American store shelves around September 2026.

While the approval won't change sunscreen recommendations overnight, dermatologists say it gives consumers a genuinely new, well-studied option, and could encourage more consistent sunscreen use at a time when skin cancer remains the most common cancer diagnosed in the U.S.

Movement Breaks Can Counter the Effects of Prolonged Sitting

According to [a new study](#) published in the British Journal of Sports Medicine, taking a brief walk every so often may help ease the toll a sedentary workday takes on mood and energy.

Researchers tracked more than 19,000 adults who signed up for a two-week "Body Electric Challenge" promoted through an interactive podcast series by National Public Radio (NPR). Nearly 11,500 participants completed the program, making it one of the largest real-world tests of movement breaks to date. Participants chose to take a five-minute walk every 30, 60 or 120 minutes throughout their waking hours, and researchers compared how feasible each

schedule was to sustain against how much it actually improved how people felt.

The results showed a trade-off. Breaking every 30 minutes produced the biggest gains in mood and reduced fatigue, but people found it the hardest habit to keep up. Breaks every two hours were the easiest to stick with, but delivered the smallest benefit. Hourly breaks, the option chosen by nearly half of participants, struck the best balance, meaningfully lowering fatigue and boosting positive mood while remaining realistic for most daily routines.

Importantly, none of the walking schedules hurt work performance. If anything, participants reported slightly better engagement and productivity, easing a common worry that stepping away from a desk disrupts focus.

The findings build on smaller lab-based research showing that interrupting long stretches of sitting helps counter effects such as sluggish blood flow and blood sugar swings that build up over hours at a desk. What makes this study notable is its scale and its real-world setting. Participants weren't in a controlled lab. They were largely following the plan on their own, using whatever reminders worked for them.

The takeaway for anyone with a desk job is simple. A short walk taken regularly throughout the day, whether down the hall, up a flight of stairs, or just around the room, seems to be a practical, low-cost way to feel less drained and more upbeat, with no formal exercise routine or expensive equipment required.

Study Links Strength Training to Longevity

[A new study](#) published in the British Journal of Sports Medicine has found that a modest amount of strength training each week is linked to a meaningfully longer life, adding fresh evidence to the case for lifting weights rather than just logging cardio.

The research drew on nearly 150,000 adults tracked for up to three decades through three long-running U.S. health studies. Participants periodically reported how

much time they spent on resistance training, such as weightlifting, push-ups, squats or lunges, as well as aerobic exercise. Researchers then compared those habits against mortality records collected over the following years.

The results pointed to a clear "sweet spot." People who averaged 90 to 120 minutes of strength training per week had about a 13% lower risk of dying from any cause than those who did none. The benefits were even more pronounced for specific causes of death, including notably lower risks of dying from cardiovascular disease and neurological conditions. Adding aerobic exercise to the mix further boosted the benefits, and people who combined high levels of aerobic activity with strength training saw some of the largest reductions in mortality risk, regardless of exactly how much lifting they did.

Researchers believe muscle itself may be part of the explanation. Working muscles release chemical signals called myokines that communicate with organs like the liver, heart and brain, influencing how the body burns fuel, regulates blood flow and manages inflammation. Strength training also helps preserve muscle mass and bone density, both of which decline with age and are tied to frailty and disease risk later in life.

The most encouraging takeaway is how achievable the benefit seems. Two to three sessions of 20 to 30 minutes each, using nothing more than body weight, resistance bands or household items like filled water bottles, were enough to reach the range linked to the biggest gains. Experts not involved in the study noted that consistency matters more than intensity, and that even people who are currently inactive stand to gain the most simply by starting.

Stay tuned for more
wellness-related news
and developments.