

WELLNESS CONNECTION

LIVE WELL. WORK WELL.

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INSPIRE TO MOVE - Healthy Skin



Photo Credit: Anna Shevts of PEXELS

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Who wants healthy, glowing skin all year long? We all want to look our best and we often forget that our skin is our largest body organ, so we need to keep it healthy. Here are two of several things we can do to keep our skin healthy. Drinking plenty of water and exercising are a good start. [Drinking enough water](#) flushes out our system to improve the appearance of skin and exercise helps to keep skin nourished by increasing blood flow.

Exercise gets our heart rate up which improves blood circulation. When we increase our heart rate, we sweat, which can clear out pores and leave us with that after-workout glow. When blood flows throughout our body, it delivers oxygen and

nutrients to skin, promoting collagen production, which keeps us looking healthy and vibrant.

When working out, we want to remember to take care of our skin. It is important to keep our skin clean and dry. After working out, wash off or jump in the shower and make sure to dry off properly. Getting that excess sweat off skin will help keep our pores clear and our body feeling fresh and dry. Do not forget the skin in our armpits. To avoid chafing and/or irritation, we should use deodorant that is not too strong for our body.

No matter what time of year it is we want to protect our skin from the sun and wind. Our Walktober newsletter reminds of the importance of safeguarding from the sun in summer. Most of us slather on sunscreen when we are at the beach or planning to spend hours outside, but did you know that

fall calls for skin protection too? Even though autumn brings less-direct UV rays, [experts recommend protecting ourselves throughout the year](#). Some reminders:

- Opt for a sunscreen with both UVA and UVB protection, preferably SPF 30+, and reapply often.
- Wear protective clothing, including long sleeves, pants, and a hat.
- Find shade under a tree, umbrella, or structure, especially when you are outside at midday or for long periods.
- Do not forget your sunglasses, which protect both your eyes and the delicate skin around them.
- Remember sun damage can happen even on cloudy or overcast days.

Finally, when we choose a sunscreen for our face, select a sunscreen labeled oil-free. This will help to keep pores from getting clogged. Drinking enough water and getting enough exercise will help us keep our skin glowing and leave us feeling refreshed!

