



Spending time outdoors is good for your body and soul but it can be hard on your skin. Check out the following nutritious foods that double as DIY skin care products!

- **Dry skin—Avocado:** Rich in omega-3 and vitamins A, D, and E. Apply a thick layer of avocado to the skin to hydrate. Rinse after 10 minutes.
- **Sensitive skin—Oatmeal:** Anti-inflammatory and anti-itch properties. Mix ground oats with your facial cleanser. Gently massage into skin and rinse.
- **Irritated skin—Green Tea:** Anti-inflammatory and antioxidant properties. Apply cooled tea bags to soothe the skin.
- **Acne-prone skin—Lemons:** An antibacterial, rich in vitamin C and citric acid. Squeeze lemon onto a cotton pad, apply to clean face and rinse after 10 minutes.

Action Plan: Consume and apply nutritious food to heal your skin

Share your skin saving strategies on social media **#TriFitSkinSense**

SOAK IT IN!



Here comes the sun! While prolonged exposure is harmful, some sun is beneficial. But a little goes a long way! According to the World Health Organization just 5 to 15 minutes of sunlight on your arms, hands, and face, 2 to 3 times a week is enough to reap the following health benefits:

- **Builds strong bones**—The sun's UVB rays help the body produce mood and bone-boosting Vitamin D
- **Heals skin conditions**—Some doctors recommend brief sun exposure to treat psoriasis, acne and eczema
- **Relieves anxiety and reduces depression**—Exposure to sunlight triggers the release of serotonin, a feel-good hormone

Action Plan: Lighten up! Get 5 to 15 minutes (unblocked) sun exposure 2-3 times/week.

BE SKIN SMART



The benefits of exercise are endless, but it can be hard on your skin. Check out the following tips and tricks to protect your skin and keep that glow long after your workout!

- Sweating can increase the risk of burning so cover up and lather on the sunscreen when engaging in outdoor exercise
- Wear breathable, and moisture-wicking clothing for drier, cooler, bacne-free skin
- Take a warm post-workout shower (as opposed to hot) to avoid stripping the skin's natural oils or carry fragrance-free cleansing wipes to freshen up
- Cool and calm the post-workout red face with a homemade iced green tea cooling mist or splash of cool water
- Avoid skin infections by covering cuts and scrapes, washing your hands, and wiping down gym equipment

Action Plan: Protect your skin to increase your exercise enjoyment

Sources:

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