

HEALTH

Education

Exercise to Healthy Skin

Exercise not only keeps your body looking young and full of life, it also keeps your skin young--from the inside-out! Exercise helps improve acne, wrinkles, dull skin, and more from the outer--to the most inner-layers of your skin.

Acne Relief

Consistent physical activity increases blood circulation, nourishing your skin more frequently with the quantity of the nutrients it needs. Increased circulation and sweat remove toxins that clog pores. Shower as soon as possible after exercise to take full advantage of the process that exercise began. To exercise for optimum health and beauty, keep workouts in shorter bursts of 3-5 times a week, rather than 1-2 longer, more intense sessions.

The Acne – Endorphin Connection

Exercise produces those feel good hormones called endorphins that subsequently reduce stress, the associated cortisol hormone, and other acne-provoking hormones. Too much cortisol will increase collagen breakdown in the skin. It's not just a boost of endorphins you're getting; you'll also receive a boost of self-confidence almost immediately. Just one hour of exercise per week can make you 17% more content with your appearance than those who don't exercise.

To get the full benefits of exercise, find a form of physical activity you love. It could be dancing, swimming, planking, lifting, hiking, biking, whatever! Not sure where to start? Maybe try Pilates or yoga; when surveyed, Organic Beauty brand Green people found the highest percentage of participants were content with their appearance compared to non-exercisers (28%).

Cardio for Healthy, Glowing Skin

Cardio accelerates oxygen to the skin through dilation of thousands of tiny blood vessels that lie close to the surface of the skin. This rush of blood brings a glow to the skin for hours after your workout. Exercise is the most ideal approach to refresh the skin from the inside. It helps in flushing out cellular debris from the framework. Additionally, exercise promotes the production of collagen, which keeps the skin supple, firm, and elastic.

The Sleep Connection

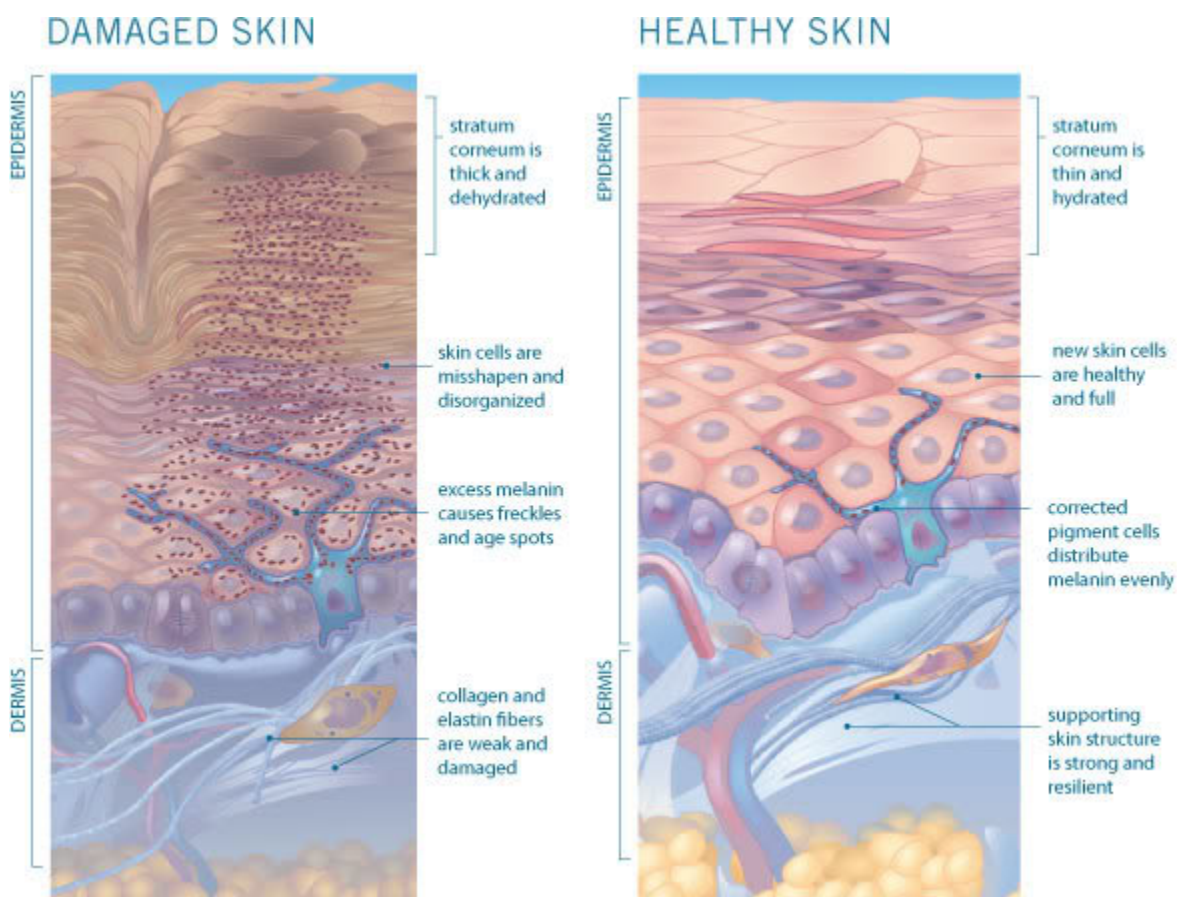
Talk about beauty sleep! Exercise helps you sleep deeper, longer, and--depending on what time of day you work out--can even help you fall asleep when you plan to! Just like your mind, your body and skin need time to repair, which mostly happens while we sleep. Regular physical activity can even help your skin repair faster!



The Science Behind the Magic

A study conducted by McMaster University in Ontario examined the effect of exercise on the composition of skin utilizing mice. It found mice with access to a wheel could stave off, or even undo, the signs of early aging. Mice who exercised, maintained healthy brains, hearts, muscles, reproductive organs, and far longer than their sedentary counterparts. The study was tried again on humans aged 65 and above. After three months of 30-minute exercise sessions two times a week, participants' biopsied skin was compositionally the same as a 20- to 40- year old!

Start exercising today! The worst thing you can do for your skin is not exercise at all. Get some movement into your day, and slowly build up to a regular routine that works for you!



References:

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