

Active Bodies Need Pumped Up Lip And Skin Protection

(NAPSA)—While active lifestyles can mean better health and improved physical appearance, key to comfort and endurance during exercise is taking care of the skin that protects active bodies.

Sports, outdoor activities and even indoor cardiovascular or weight workouts can lead to skin problems caused by moisture from sweat, friction from clothing or equipment, or damaging environmental elements such as the sun, cold and wind.

Look Out For Your Lips

Protecting skin should start with one of the most exposed areas of the body—the lips. According to Dr. Charles Zuger, associate professor of clinical dermatology at Northwestern University Medical School in Chicago, lips dry out more easily than other parts of the body, and may become easily irritated during exercise. Lips also contain little-to-no melanin, which protects skin from sun damage.

For active lifestyles, Zuger recommends an extra long-lasting and hard-working lip balm such as new Blistex Clear Advance. In addition to amino proteins for advanced moisturization, water-resistant Clear Advance has ultra high SPF 30 and advanced UVA sunscreen Parsol 1789 for broad-spectrum sun protection.

Beyond prevention, treating dry, cracked or sore lips is important to limit further damage during a workout. Zuger recommends using a medicated lip care product, such as Blistex Lip Medex, which provides anesthetic ingredients and strong cooling relief for helping to restore lips' natural moisture balance.

Staying Dry Is "No Sweat"

Sweat is a major culprit in activity-related skin problems. Skin bacteria and other microorganisms thrive on wet skin. To minimize skin problems from moisture, Zuger recommends the following:

- Remove perspiration-soaked clothing as soon as possible after exercise.



- Bathe or shower immediately after a workout; avoid hot water since it can deplete skin of its natural oil.

- Wear absorbent socks (synthetic materials are best).

- Wear well-ventilated shoes and let them air out for at least a day before wearing again.

Keep Chafing in Check

Another common exercising skin problem is chafing caused by skin rubbing against other skin or against clothing or exercise gear. Zuger offers a few tips for helping to prevent chafing:

- Avoid restrictive clothing; softer fabrics also are less abrasive.

- Wear longer shorts if skin-to-skin contact is causing chafing.

- Apply petroleum jelly or bandages to skin areas susceptible to skin-to-skin contact.

- Keep feet as dry as possible.

- Wear properly fitting shoes.

- Wear thick, absorbent socks over a pair of thin socks to minimize friction.

When exercising outdoors in cool or very cold conditions, Zuger advises, wear layers of breathable, non-restrictive clothing and cover ears, face, fingers and toes to minimize chances of developing frostbite.

To discover what your lips are missing or for additional information about Blistex products and important lip care, visit <http://www.Blistex.com>.