

# 30-Day Skin Care Challenge



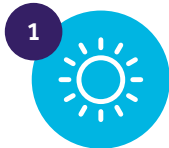
Your skin is your body's largest organ. It protects you from the elements. It allows you to feel the world around you. And when it absorbs sunlight, it can even make you feel happier. So show it some love!

**Your mission: Practice one healthy skin activity each day** for 30 days. Use the guide below to help you. Or if there's a prompt you don't like, try your own!



## Check off all the days you were able to try a fun physical activity.

Click the squares on the left side of each day or print this out and fill them in by hand.



Perhaps the best thing you can do for your skin is protect it from the sun's rays. So apply some sunscreen today—and each day the sun is out! Use SPF 30 or more. Be sure to rub this SPF into your face, ears, neck, chest, arms, hands and any other skin that's exposed to sunlight.



Healthy skin often starts from the inside out! Check out this quick article about **the benefits of eating healthier**. Then put it into practice with **a healthy meal choice today!** Enjoy lots of leafy greens, some lean protein and some nice whole grains.



Skin issues can sometimes hide on your scalp, even if you've got a full head of hair. **Invest in a hat** to protect that crown of yours. A simple baseball cap or a wide-brimmed hat will shield your scalp well—and can be a great fashion choice.



Hydration is key to vibrant, balanced skin. But do you drink enough water to stay hydrated? **Make water the easy choice** with a few simple tricks.



Today, **check your skin for moles** using a mirror. Look for the **"ABCDEs"**: **Asymmetry** (does half of the mole not match the other half?). **Border** (is the mole outline jagged or blurred?). **Color** (is the mole oddly colored?). **Diameter** (is the mole wider than ¼ inch across?) **Evolving** (has the mole changed over time?). If you notice something irregular, **talk to a dermatologist**.



Stress plays a huge part in our health. That's true even for our skin's health. Learn **how deep breathing reduces stress**. Then try a deep breathing exercise today!

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Sunlight can harm the skin if you're exposed to it for too long. Avoid tanning beds and sunbathing. When you're enjoying a nice sunny day outdoors, seek out shady spots under trees, awnings or even your own big umbrella.



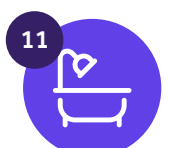
You might be surprised how much a good night's rest can improve your skin! Aim for 7-9 hours of sleep each night. That might be easier said than done, so here are some helpful tips to **fall asleep faster and stay asleep longer**.



Be sure to cleanse your face—and not with any old bar of soap! Look in the mirror today to see which parts of your face feel oily or dry, or where your pores might look clogged. Then **find a gentle cleanser** that's a good match for your skin type. Cleanse once or *maybe* twice a day.



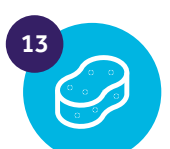
**Antioxidants** are molecules in our food that can help prevent certain kinds of cancers. They can also keep our skin looking and feeling fresh. Enjoy some antioxidant-packed foods today, like **ripe, juicy strawberries**.



We could all use a little help to keep our skin feeling smoother and softer. **Apply lotion to your skin after each bath or shower**. It helps lock in your skin's natural moisture. It also helps prevent your skin from looking cracked and crusty, especially on your hands, knees and elbows.



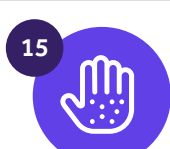
Skin is nourished by nutrients in the blood. So keep your skin healthy by getting your heart pumping! Here are some **exercise ideas for better circulation**.



We all constantly shed old skin cells. That can end up making our skin look dull or ashy. But exfoliating can remove those dead skin cells and can also help clear your pores. Today, **gently exfoliate your skin** with a sponge or towel. Bonus points if you go for natural materials like sea sponges or natural loofahs! They resist bacteria that normally build up on plastic exfoliators.



Diabetes can impact circulation in the body. It can also make skin care more difficult. But our experts have weighed in with some advice! Here are some tips for **taking care of your skin when you have diabetes**.



Noticing bumps, rashes or spots? They might be signs of conditions like eczema, rosacea, psoriasis or other conditions that might feel itchy and uncomfortable. **Schedule a dermatology appointment** to talk with a skin doctor who can help you learn more.

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You've made it to the halfway point of the challenge! How is it going so far? **Write down** which skin care activities have worked for you so far. Then **repeat your favorite skin care activity** today.

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Did you know that alcohol can affect the skin? Drinking alcohol often can make the skin appear red, dry or even more saggy. But moderating alcohol can help. Click this link to find tips on how to **moderate alcohol**. And if you plan to drink today, think of swapping out one drink for water.

18



Moisturizing isn't just about looks. Baseball pros moisturize their mitts to keep them in good condition. And surfers wax their boards for good performance in the water. Keep that beautiful face fresh and flexible! **Use moisture cream in the morning and at night**.

19



We're all getting older. And that's a privilege. Give yourself the best shot at healthy golden years by taking care of your body now. Here are **8 superfoods for healthy aging**. Try one today!

20



It's common to go out in shorts and a tank top on hot, sunny days. But that kind of sun exposure can harm the skin, especially if you live near the equator or at a high elevation. Keep cool with **long, lightweight clothes** for sunny days. Linens, chambrays and thin cottons are a great choice.

21



Sugar sure is tasty. But too much of it can lead to acne, psoriasis and even premature aging. Learn **how curbing sugar helps your body**. Then, today, swap out one sugary treat for something naturally sweet, like fresh fruit.

22



Skin changes over time. Wrinkles, cellulite, scars and vitiligo may make your skin look different than it used to. But this is perfectly normal. Take time to appreciate your body. **Write down three things you love about your skin**. This gratitude can help you accept your changing skin.

23



Looking for a skin-friendly snack? Satisfy your crunch craving with one of nature's most nutritious foods. Learn **all about almonds** and enjoy a handful today!

24



Sunglasses don't just look cool. They also protect your eyes and the skin around them from skin cancers. For the best coverage, **choose large shades with UV protection**. It will keep the delicate skin around your eyes looking younger and can help fend off eye problems down the line.

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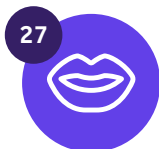
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Healthy sleep isn't just good for your skin; it's good for your entire body and mind. Learn how **positioning yourself for your best sleep yet** can help protect the skin on your face while also helping you sleep deeper!



26

Do you know **how to wash your hands correctly**? This may sound like a no-brainer, but it's surprising how many people don't know how to properly clean their paws. And clean hands can help prevent breakouts when you touch your face. Wash those hands the right way today!



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Don't forget, your lips are covered in skin too! Guard them against sunlight and dryness. Try **petroleum-based moisturizers and an SPF** to protect your lips throughout the day.



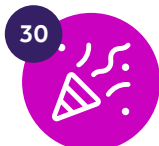
28

Watermelon is a delicious source of skin-friendly antioxidants and nutrients. And it's a tasty natural treat on a sunny day! Check out these **3 refreshing watermelon recipes** and try your favorite today.



29

If you smoke tobacco, quitting is one of the best things you can do for your health—including for your skin! Smoking can lead to yellow fingernails and premature wrinkles. But when you quit, your skin has the chance to heal. Here are simple **tools you can use to quit smoking**.



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Congratulations on completing the challenge! Celebrate your victory with a **healthy reward for your skin**. It could be a new SPF, a fresh-smelling cleanser, a special skin care tool, or something else you and your skin can enjoy. Keep up the good work! Your future self will thank you for it.



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