

# DIVE INTO DECEMBER - HEALTHY SKIN CHALLENGE

Welcome to "Dive into December - Healthy Skin Edition," a month-long challenge focused on promoting healthy skin through a holistic approach. This challenge combines the power of sunscreen protection, nutrition, and exercise to help you achieve a radiant and glowing complexion. Get ready to embrace a healthier lifestyle that not only benefits your skin but also boosts your overall well-being.

## Challenge Components

### A. Sun Safe

- Task: Think about applying sunscreen, wearing a hat, or seeking shade, to protect your skin from harmful UV rays.

### B. Workout Glows

- Engage in regular physical activity to enhance blood circulation and promote a healthy complexion. Include exercises that increase blood flow to the skin, such as cardio and Pilates. Cardio exercises increase heart rate and improve blood flow, promoting overall cardiovascular health and skin circulation.

### C. Nutrition Nourishment

- Incorporate skin-friendly foods into your daily meals. Emphasize foods rich in antioxidants, vitamins (like A, C, and E), and omega-3 fatty acids. Why not try a new skin-boosting recipe each week! Check out the top skin enhancing foods below:

#### 1. Fatty Fish

- Examples: Salmon, mackerel, and herring.

- Why: Rich in omega-3 fatty acids, which help maintain skin elasticity and hydration.

#### 2. Avocado

- Why: Contains healthy monounsaturated fats and antioxidants that nourish the skin and promote a youthful appearance.

#### 3. Sweet Potatoes

- Why: High in beta-carotene, which the body converts into vitamin A, promoting a healthy complexion and protecting the skin from sun damage.

#### 4. Walnuts

- Why: Packed with omega-3 fatty acids, zinc, vitamin E, and selenium, all of which contribute to skin health.

### 5. *Broccoli*

- Why: A great source of vitamins C and E, as well as antioxidants, promoting collagen production and protecting the skin from oxidative stress.

### 6. *Tomatoes*

- Why: Rich in lycopene, which helps protect the skin from sun damage and improves overall skin texture.

### 7. *Green Tea*

- Why: Contains antioxidants known as polyphenols, which can help protect the skin from UV damage and improve hydration.

### 8. *Berries*

- Examples: Blueberries, strawberries, and raspberries.

- Why: Packed with antioxidants, vitamins, and fiber, contributing to overall skin health.

### 9. *Dark Chocolate*

- Why: Contains flavonols, which can improve skin hydration and protect against sun damage. Choose dark chocolate with at least 70% cocoa.

### 10. *Olive Oil*

- Why: Contains monounsaturated fats and antioxidants, contributing to skin hydration and reducing inflammation.

Remember, maintaining a well-balanced diet with a variety of nutrient-rich foods is key to promoting healthy skin. Additionally, staying hydrated by drinking plenty of water is crucial for overall skin health. If you have specific skin concerns, it's always a good idea to consult with a dermatologist or a healthcare professional.