

Be healthy and active

A fact sheet for healthy skin

Skin is an organ that protects your body and helps keep you healthy.

Skin problems are common. As you get older, your skin is less able to protect and heal itself.

To keep your skin healthy and to prevent skin problems from becoming serious, you need to:

1. Stay active (at least 30 mins of activity per day)



2. Eat a healthy diet and stay hydrated



3. Wash regularly using a soap free wash



4. Moisturise your whole body daily



5. Check your skin regularly for any changes



6. Seek help if something changes or you are not sure



To find out more about the Be healthy and active program, visit boltonclarke.com.au/behealthy

This information is general in nature. For specific information or advice, please speak with a health professional.