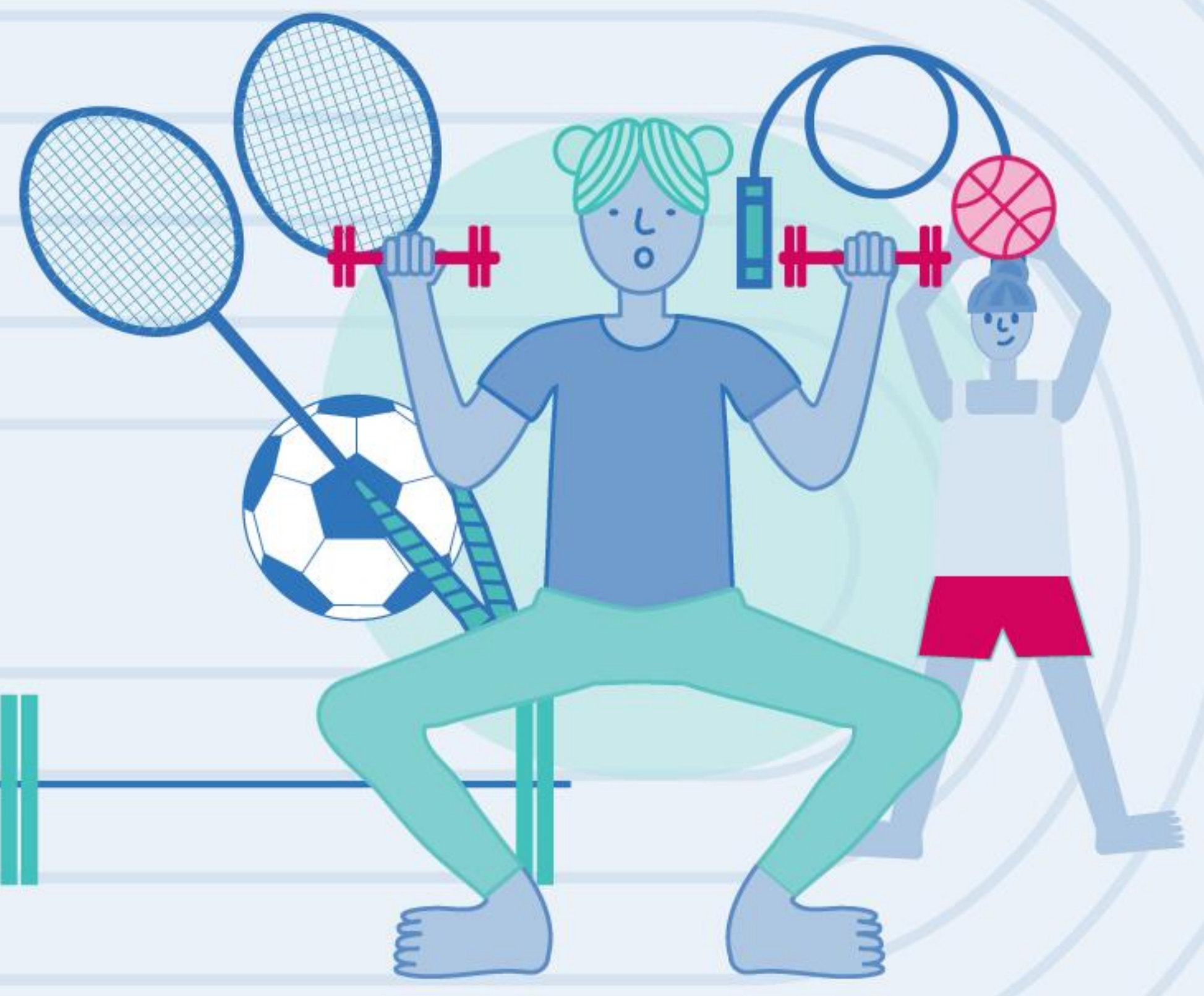


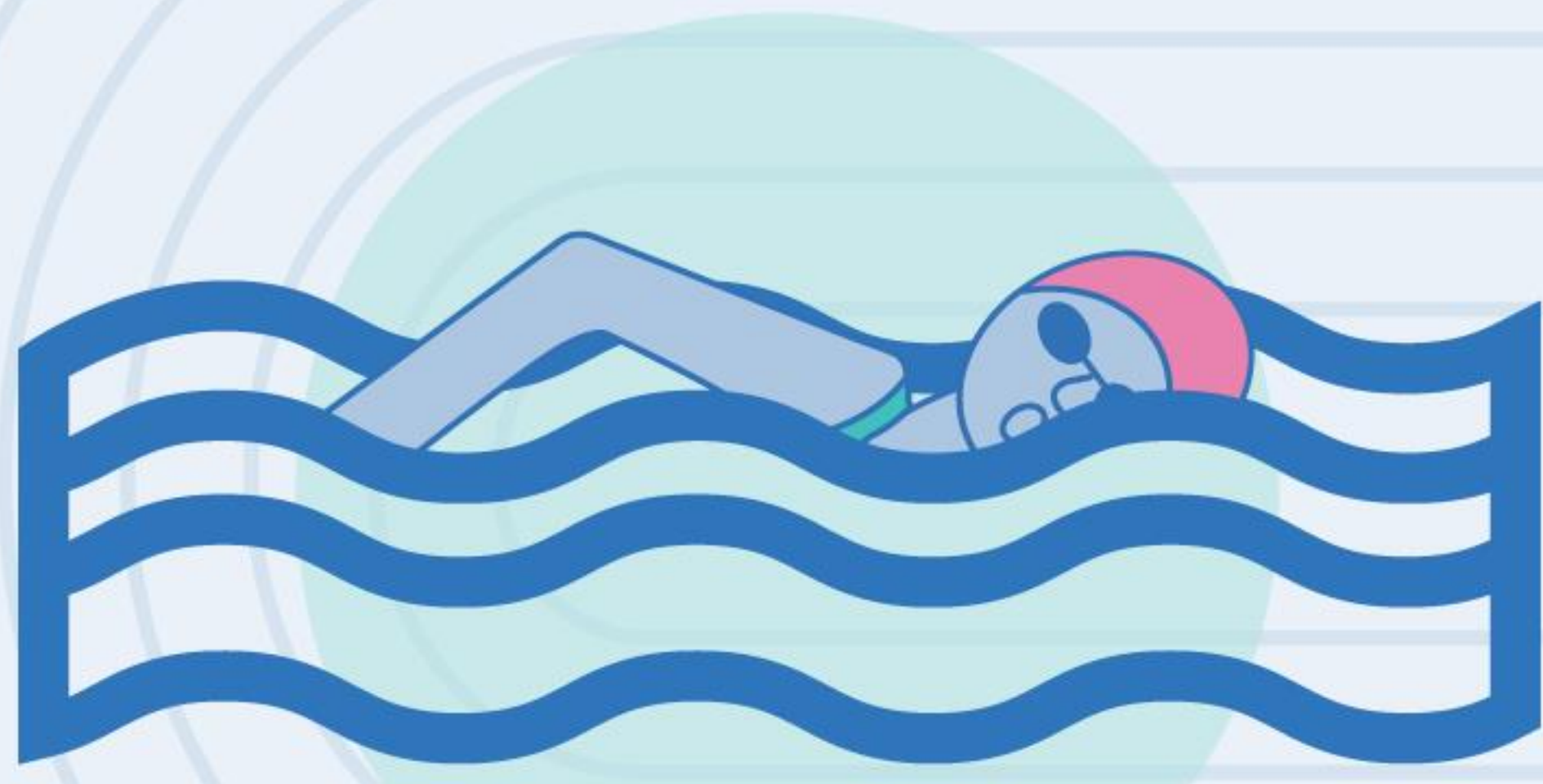
ECZEMA & EXERCISE

Don't let your eczema prevent you from exercising. **Experiment and find an exercise that suits you and your skin.**



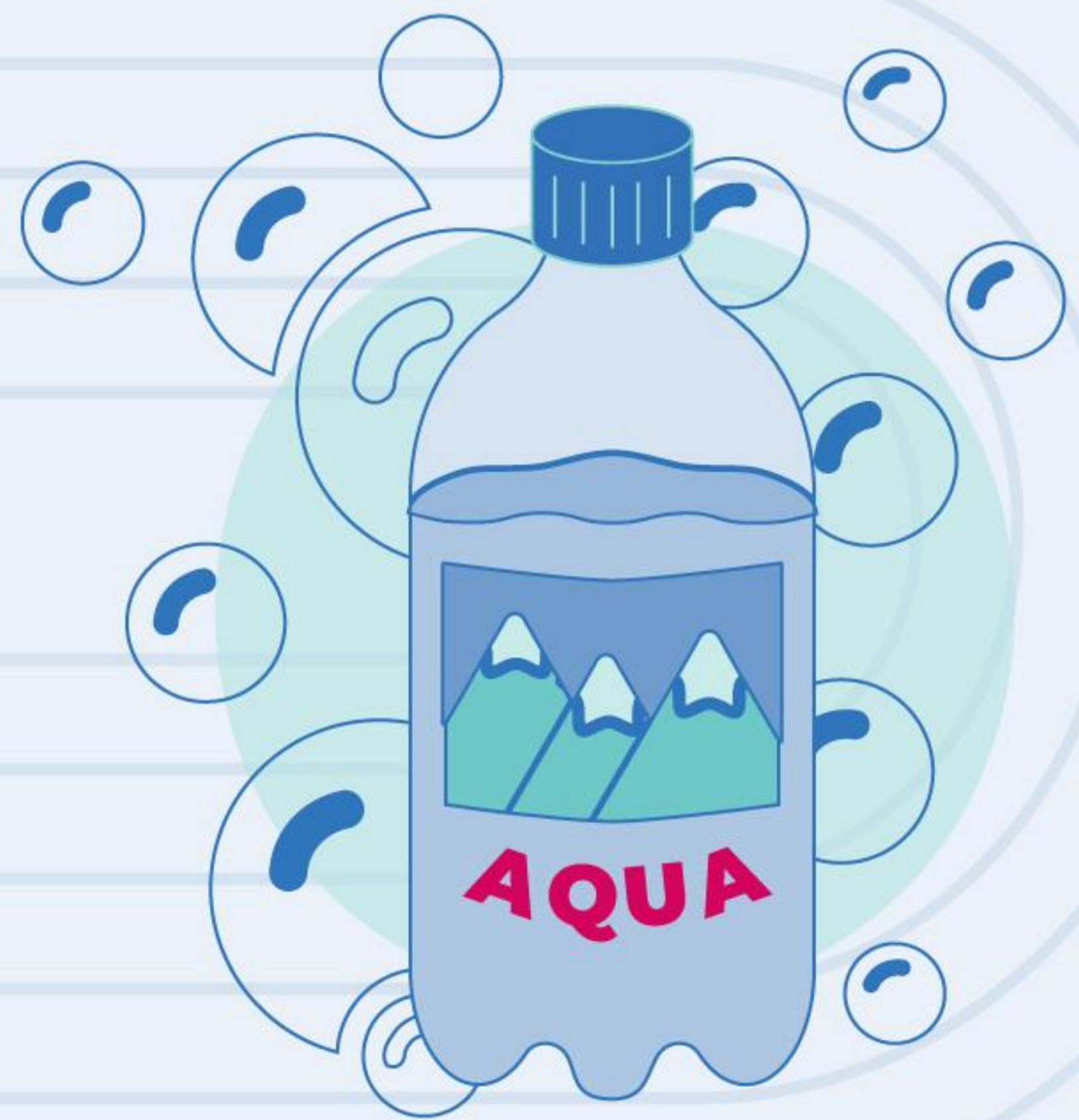
Moisturise before and after as this will help protect your skin.

Ensure you are wearing the **correct clothing** that won't irritate your skin as your body heats up.



Low impact exercise can be preferable as you will avoid a build up of sweat on your skin.

Stay hydrated! Ensure you drink water during and after your exercise.



If you sense that your skin is being exacerbated by your activity, **take a break.**

Bring your own shower gels, shampoos and body moisturisers.

