

Word Search Workout



S	H	S	S	K	C	E	H	C	N	I	K	S	O	D
S	K	B	H	Y	D	R	A	T	E	Q	Q	H	B	S
H	P	I	N	S	P	E	C	T	S	K	I	N	E	C
S	R	S	S	D	I	U	L	F	K	N	I	R	D	S
K	E	E	P	S	K	I	N	D	R	Y	S	T	S	H
I	S	U	S	E	P	I	L	L	O	W	S	K	O	I
N	S	L	E	E	H	T	A	O	L	F	N	S	R	F
X	U	H	B	A	L	A	N	C	E	D	D	I	E	T
B	R	M	O	I	S	T	U	R	I	Z	E	S	S	W
H	E	X	A	A	Y	R	S	Y	N	B	V	A	C	E
C	U	T	T	S	D	E	A	C	B	T	H	P	P	I
C	L	S	D	D	A	V	O	A	T	H	S	H	P	G
A	C	C	S	N	O	I	T	C	E	F	N	I	X	H
A	E	D	O	N	T	S	L	I	D	E	X	Z	O	T
B	R	O	K	E	N	S	K	I	N	V	X	B	S	M

**Flex
your
muscles**

CAN YOU FIND THESE WORDS?

BED SORES
SHIFT WEIGHT
HYDRATE

PRESSURE ULCER
BALANCED DIET
DO SKIN CHECKS

INFECTIONS
BROKEN SKIN
MOISTURIZE

KEEP SKIN DRY
DRINK FLUIDS
DON'T SLIDE

FLOAT HEELS
INSPECT SKIN
USE PILLOWS

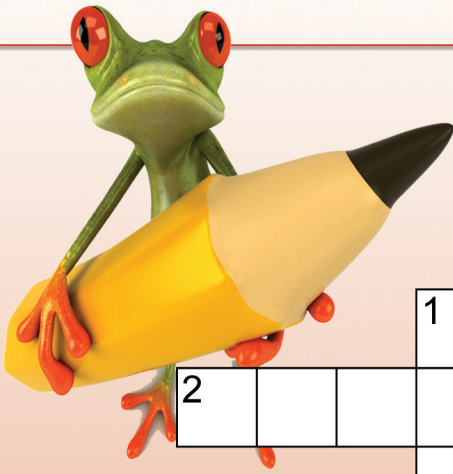
Did you know...

Your skin is considered the largest organ in the body.

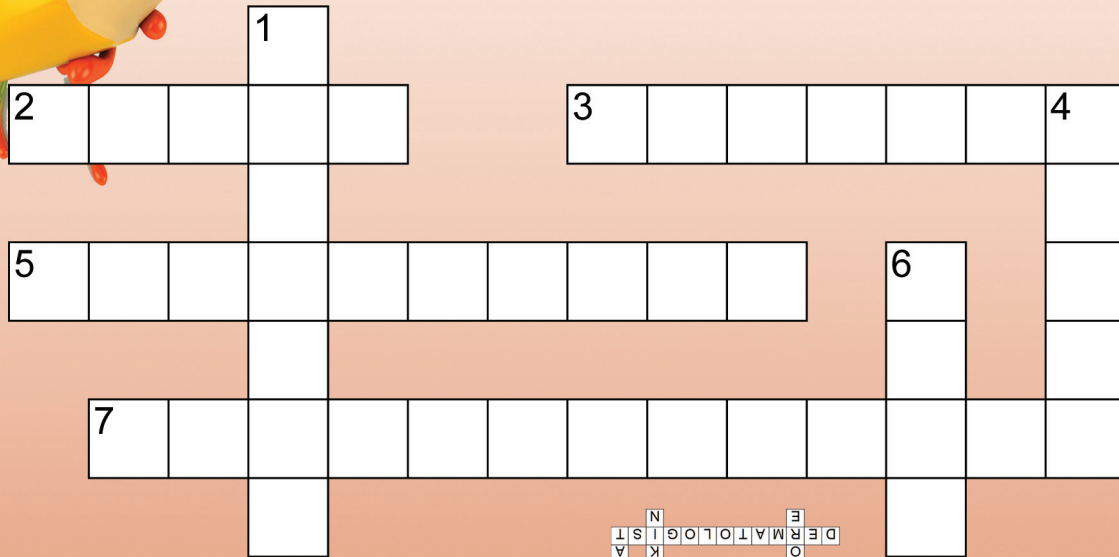
70% of your body is made up of water.

Your skin not only protects your inside organs, but it also helps keep infections out.

Nearly every minute your skin loses 30,000 to 40,000 dead skin cells from the surface, sheds a layer of these dead cells every 24 hours and renews itself about every 28 days.



Crossword Calisthenics



www.CrosswordWeaver.com

ANSWERS
 B M A T E R
 E Y E L I D S
 W
 E S
 S E B U M P S
 O
 K
 A
 S T
 N
 D E R M A T O L O G I S T

Across

- 2 Skin swells when it absorbs this
- 3 Where your skin is the thinnest
- 5 Little pimples that help retain a layer of warm air over your body
- 7 Skin doctor

Down

- 1 Another name for a pressure ulcer
- 4 The skin releases as much as three gallons of this a day in hot weather
- 6 Largest organ on the body

Ever hear the expression, “*you are what you eat*”? This is especially true when it comes to nutrition and its effect on your skin. *So what foods are most beneficial to the health of your skin?* **Salmon, walnuts, canola oil and flax seed** are rich in essential fatty acids. **Blackberries, blueberries, strawberries and plums** are high in antioxidants. **Whole-wheat bread, muffins and cereals; turkey, tuna and brazil nuts** contain selenium, a mineral which plays a key role in the health of skin cells. **Healthy oils**, such as those that are cold pressed, expeller processed or extra virgin help keep skin lubricated. **Low-fat dairy products** are rich in vitamin A, one the most important components of skin health. Good hydration is also essential to the health of your skin. **Green tea** is beneficial for its anti-inflammatory properties and **water** helps cells move nutrients in and toxins out. So eat, drink and be merry. Your skin will thank you for it.