Name _____

Game On: Athlete's Guide to Personal Hygiene and Skin Protection

Short Answer

1. Why is changing into clean, dry clothes important for athletes after exercising?

2. What should athletes do to protect their feet from athlete's foot?

3. How can athletes prevent skin rashes and chafing?

4. Explain the role of hydration and nutrition in maintaining healthy skin for athletes.

5. What is the significance of using mild, antibacterial soap when showering after a workout?

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