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Sports involvement including jogging, racing, swimming, skiing and boxing can help you chill out. In addition to possible bouts of hits and injuries, sometimes skin reactions can occur. Having to share the common locker rooms, mats and close contact can result in rashes or skin infections. Athlete's foot can occur due to a fungus that spreads. Sweating, rubbing caused by friction and other stressful conditions can also make way for unhealthy skin condition such as cuts, wounds, fissures and boils.

Skin problems from playing sports and athleticism can take the forms of allergic rashes, bacterial infections, boils, fungal problems or heat rashes. Swimmers or those involved in aquatic sports are susceptible to some of the common infectious conditions such as swimmer's ears and seabather's eruption.

Staying in wet bathing suits can lead to yeast infections or fungus. Not only sports, but any form of outdoor pursuits makes your skin vulnerable to scrapes, burns and injuries. Remember also that sun tanned skin is always more susceptible to rashes, eruptions and infections.

Blisters are another possible result of skin problems from playing sports. Be sure that your socks are right for your sport and check that you are wearing the right size of cleats, sneakers or athletic shoes. Vigorous exposure to physical activities gives way to perspiration and heat. The twin conditions of perspiration and heat accentuate the development of heat rashes and also blisters. This not only can be very uncomfortable but also can effect one's performance athletically.

Irrespective of what your problems are, skin problems from playing sports can be avoided with some precautionary measures. First and foremost, in order to safeguard yourself from contagious skin issues, you need to maintain the highest standard of personal hygiene. Try to avoid sharing towels and socks as people may have fungus or athlete's foot issues. It's a good idea to also shower after working out to avoid getting a heat rash or irritations due to perspiration.

For those involved in winter sports such as snowboarding or skiing, frost bite can be another cause of skin issues. Wear sunscreen and also moisturize to prevent issues. Wear layered clothing and if you are wearing nylon and sweat, try to remove it after your practice is over and take a shower. This can help any types of small pimples from emerging from a reaction of sweat and heat to the body.

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