

# Men's Fitness

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All of a sudden you've got more zits and blackheads than your 15-year-old cousin—what the hell? These surprising habits might be to blame.

Getting your heart pumping and your muscles working is great for your health and your body, but unfortunately, it might cause some problems for your face. **Dr. Rebecca Baxt, MD, a dermatologist in New York City, warns that sweating at the gym can make acne worse, especially on your chest or your back.** To get the benefits of exercise but keep the breakouts under control, she advises that you shower as soon as possible after a workout. Just pick up a travel-sized bottle of antibacterial soap or body wash, then toss it in your gym bag so you can take care of business as soon as you hit the locker room. (And since friction and moisture both contribute to breakouts, consider investing in some loose, moisture-wicking gym clothes that allow your skin to breathe.)