

SHAPE
YOUR
LIFE

BURN
MORE
CALORIES



2 SKIN SIN **NEC PERZ**
That huge whitehead on your chin is driving you crazy, so you pop it, of course.

What's the damage? We've all heard dermatologists speak out about this: Popping zits can lead to further breakouts and scarring. "When you use your fingers to squeeze, some of what's blocking the pore [dirt, oil, makeup] gets ejected, but most stays put, below the surface," says Bank. Still, squeezing

3 SKIN SIN **NEC PERZ**
You don't smoke, but some of your friends do.

What's the damage? Even if it's from someone else's cigarette, smoke can wreck havoc on your skin. "Chemicals in smoke [carbon monoxide, tar, nicotine, etc.] seep directly into your pores," says Bank. When

5 SKIN SIN **NEC PERZ**
You rarely clean your makeup brushes. Why bother if you're the only one using them?

What's the damage? Brushes can become a breeding ground for bacteria, which gets picked up from the surface of skin every time you swipe on makeup. "If you don't clean the brush," explains Bank, "the accumulation of germs gets transferred right back to your skin." All that bacteria can get

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SKIN
HABIT
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NOW

a toll. "Skin is pretty resilient, but it still has its limits," says David Bank, M.D., an associate in clinical dermatology at New York's Columbia-Presbyterian Hospital. "If you don't treat it carefully, you're eventually going to cause serious problems." Change bad skin habits