



QUIZ

WHAT DO YOU KNOW ABOUT KEEPING YOUR SKIN HEALTHY?

Active Aging Week

In 2016, The Journal on Active Aging featured an article titled, “Why better care of aging skin matters.” The article highlights the important, yet often underserved, issue of skin health, particularly as we age and remain active. After reading the article, you should know the basics about caring for your skin. Now, take this true/false quiz to test your new knowledge.

- 1. When choosing sunscreen, you only need to consider UVA ray protection.**
 True False
- 2. When engaging in outside activities, it’s advisable to wear a hat, long sleeves, and sunglasses.**
 True False
- 3. It is best practice to shower at least twice a day.**
 True False
- 4. Hydrate your skin using moisturizers.**
 True False
- 5. Hot showers and bubble baths are nourishing for the skin.**
 True False
- 6. Eating plenty of fruits and vegetables helps maintain healthy skin.**
 True False
- 7. Drink water every day.**
 True False
- 8. Only a medical professional can detect vulnerabilities in your skin.**
 True False