

5 bad habits affect health and beauty after practicing sports

Many habits seem simple but not good for health if you do them right after exercising.

1. Forget the boring belly movement, this is the movement to help you own 6-pack abs
2. Luckily, it was not accidental, but due to the practice

Practicing daily sports, is a very good habit to improve health and physique. However, many people after training often forget to drink water, or put their hands on their faces . these habits seem to be harmless but in fact it has a significant impact on your health and beauty. In order to have good health, we should avoid doing these things after practicing.

1. Compensate energy with fast food, fried food



After the exercise, to compensate for the lost energy, you can immediately choose the potato shake and one fried chicken thigh. However, do you know how to eat these dishes and how much effort will your training become? After exercising, supplementing with protein and carb is essential for the body, but fries and chicken thighs are not suitable foods. Because protein and carb will be digested and quickly into the blood. What about fat? It only slows down your digestive system.

2. Do not drink water after practicing



The body needs to be replenished with water to recover after intense exercise. So, if you're not in the habit of supplying your body with water for exercise, it's no different than you are destroying your own health.

3. Do not change clothes after training



Many people, after going back to practice, did not have time to change, often wearing those clothes to cook or drink with friends. However, you know the sweat on your body that secures the clothes you are wearing that contain millions of dangerous bacteria. It can lead to some skin problems, body odor or some other related problems.

4. Skip relaxation exercises



After a stressful workout, the body needs to be relaxed to regain energy for subsequent activities. You can practice gentle yoga movements or twist your arms and legs to help your heartbeat and breathing return to normal.

5. Touch your face



Hands full of sweaty and untreated hands will be a favorable condition for bacteria to easily approach your face. In the same equipment of the gym, countless hands were touching it, so many bacteria were spread through it. So, after practicing, don't raise your hand to wipe sweat or scratch your face. This is one of the things you should not do after exercising to protect your beauty.

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