

Smells and sweat

Keep it clean

If you're going through puberty, you might notice that you have started to sweat more, especially when you play sport or when it's hot. Don't worry, sweating is completely normal! Sweating can actually be good for you, because it helps your body to keep cool. During puberty, your sweat glands become more energetic and make more sweat.

The fast growth changes in your body can cause you to literally sweat it out as you now have more sweat glands:

- under your arms;
- in the palms of your hands;
- under your feet;
- between your legs

Sweat on its own doesn't smell. But when it mixes with germs (bacteria) on your skin, it can smell. This is why it is important to wash your body often, wear clean clothes or use deodorant to cover up the smell of sweat.

Sweat can also get trapped inside your shoes causing germs (bacteria) to grow. This can cause the bad smell that sometimes comes from your feet and shoes.

So remember to:

- keep your feet clean and dry them well after washing;
- wash your shoes (if washable);
- dry your shoes before wearing them;
- leave your shoes to air overnight;
- wear cotton socks, as they are best for smelly feet.

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