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Our Mission

* Develop and institutionalize programs addressing the grave disparities in education, health, healthcare, and economic development faced by the African community.

* Defend the human and civil rights of African people.

Healthy Connections

MARCH 2010

Workout, Stay Fit and STILL Have Great Healthy Hair: Don't age your scalp and hair while creating a younger body!

By Lisa Akbari, author of *The Black Woman's Guide to Beautiful Hair* and *Any Woman's Guide to Beautiful Hair at Any Age*. www.lisaakbari.com

We all agree that working out does help us feel and look better as we age. But nowhere in any of those ads or in any conversations about working out do any of these well-intentioned people mention what happens to our hair or what to do with our hair after we work out.

Many women struggle with this, particularly black women. Some black women feel forced to choose between working out and having great hair. I am here to tell you that you can do both. That is right: **you can work out and have great hair!** Some of the challenges that women go through as they try to do both is their hair tends to feel dry, look frizzy, and lack luster; the number one complaint is loss of style retention. A good cardio workout causes our body to overheat and sweat. You know what sweating does to a hairstyle-- it causes the style to flop. So often I hear from black women, "My hair won't hold a style, and my scalp itches." But, have you ever thought about why? Or, more important, have you ever thought about the negative things sweat does to your hair and scalp?

Why Sweat? Have you ever noticed how you feel after sweat dries on your body? You tend to feel sticky and dirty, and you can hardly wait to take a shower. Your hair and scalp go through similar changes when you work out. If you work out and shower but don't shampoo your hair, your sweat will cause your hair and scalp to become dehydrated and polluted. After working out, or even several workout sessions, many women will wait until their "regular shampoo day" to shampoo their hair. The dry and dirty environment that you allow your hair and scalp to stay in will age your hair and scalp.

Remember that the scalp is skin, and just like the skin on your face you must clean it on a regular basis, or you will develop a build-up in the pores and follicles that must stay clear and clean to keep a healthy environment for hair growth and to inhibit an itchy scalp, or scalp disorders. When you sweat, your hair becomes dehydrated and brittle causing aging damage, which can shorten the life of the strands.

Quick Fix After Working Out If you have time to shower after a workout, you have time to do all that is necessary for your hair and scalp. By the time you finish your shower, you will have a clean and conditioned hair and scalp. One application of a clarifying shampoo with a pH range between 4.5 and 5.5 will be sufficient. Avoid conditioning shampoos, because they will add buildup. Also, keep in mind that lots of rinsing with a strong water force is important. Just shampoo on the days that you do your cardio workout; no need to shampoo your hair on the days you don't sweat.

SIGN UP NOW!

All People's TyRon Lewis
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