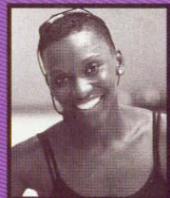
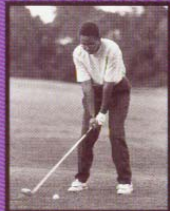


# Hair Care Tips for Sisters on the Move

Feeling Fit & Looking Fine





## **Hair Care Tips for Sisters On The Move**

### **Feeling Fit and Looking Fine**

This booklet is about hair care for women who are physically active or planning to be. Regular exercise improves your health and helps you feel good about yourself. Some women say that concern for their hair style can get in the way of exercise. Having neat and stylish hair has always been part of our culture. This booklet offers tips to make hair care easier for active women.

#### **Physical Activity can**

- ✓ Reduce stress
- ✓ Burn off extra calories
- ✓ Boost your confidence and improve self-esteem
- ✓ Lower your risk for diabetes, cancer, and heart disease.

Engaging in physical activity may mean extra time and care for your hair. Here are some tips to follow before, during, and after exercise to keep your hair looking fine. ✦






## **Hair Care Tips for Sisters on The Move**

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## Healthy & Stylish Hair

Working out makes you feel good and is good for you. You want neat and stylish hair because it shows a positive self attitude and makes you feel good about the way you look. Are you afraid to exercise until you sweat because your hair may “go back”? Some women report that hair concerns keep them from exercising. You can be fit and keep a beautiful hairstyle too by protecting your hair and then keeping it healthy.

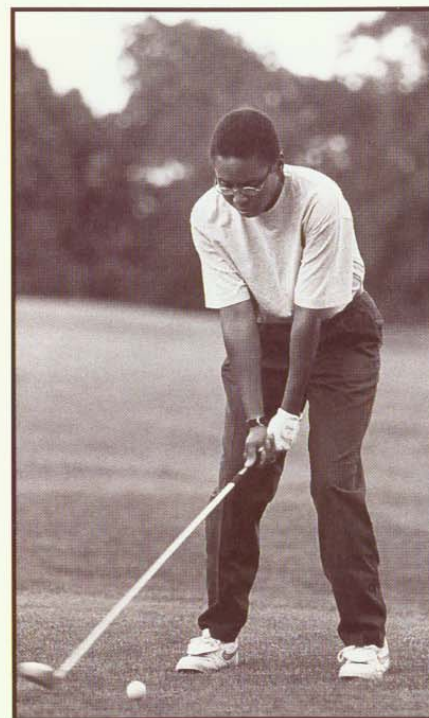
You can prevent sweat damage to your hair during exercise by controlling moisture and salt buildup. Salty buildup causes your hair to break, shed, become dull, or become dry.



### Care Tips

- ◆ Wash your hair with a mild, pH-balanced shampoo at least once each week to remove salt buildup.
- ◆ Condition your hair every week with a moisturizing protein conditioner. A good conditioner disappears when you rub your hands together.
- ◆ Avoid over-processing! Limit your use of blow dryers and curling irons.

*Remember: if you have a scalp problem, you may want to check with a dermatologist.*



### Sisters Suggest

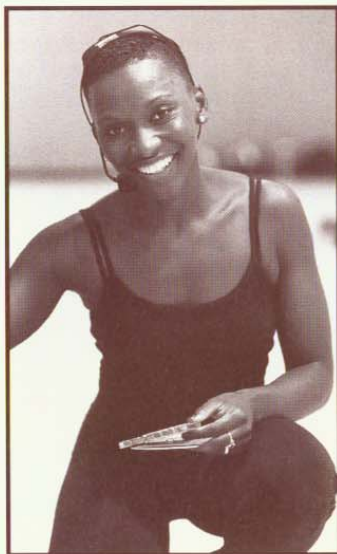
- ◆ Pull your hair away from your face and neck when you exercise.
- ◆ Leave part of your hair unwrapped to breathe.
- ◆ Get regular precision cuts or trims to maintain style shape.
- ◆ Talk to your hair dresser to help choose the right hair care products.
- ◆ Apply a natural oil to your scalp as needed.

*If your hair is relaxed, you should use hair dressing that lists oil as the first ingredient. If your hair is natural, the first ingredient listed should be water. If alcohol is the first ingredient, the hair dressing may dry out your hair.*

## So Many Hairstyles...

Good hair is healthy hair that is natural, relaxed or braided. We all need to consider cost and to think about how long a style will last. Your hairdresser can make style and hair care recommendations to fit your budget and your active lifestyle. Check out black hair and fashion magazines and discuss ideas with your hairdresser. Look for hair and styling tips suited to your hair type.

### When you choose a hairstyle for your active life, consider:



- ◆ Natural hairstyles hold up to frequent shampoos.
- ◆ Short hair is easy to wash and wear.
- ◆ Short hair can be dried and styled quickly or slicked back with gel.
- ◆ Locks are easy to care for.
- ◆ Long hair can be pulled back for a new look.
- ◆ Blunt cuts or Bobs look great wrapped or curled and can stay styled after workouts.



- ◆ Braids, twists, and locks also stay in place while you work out.
- ◆ Cornrow braid styles cost less and take less time to maintain than micro-braids.
- ◆ Scarves, ties or other hair accessories can be used to change a look.
- ◆ Healthy hair can be natural, relaxed or braided. Look for care tips that suit your hair style.

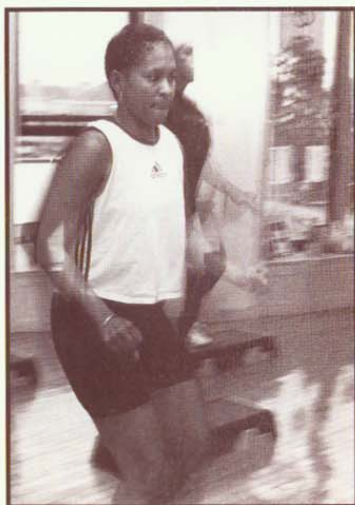


## Natural Hair

Natural hair is strong, healthy and beautiful. It can be styled to flatter your face, your hair texture, and your daily routine.

### Care tips

- ◆ Condition your hair every week with a moisturizing conditioner or hot oil treatment.
- ◆ Treat your hair and scalp with a light conditioning oil every day.
- ◆ Protect your hair when you swim by wearing a cap. If you do not use a cap be sure to shampoo or use a cream rinse after every swim session.
- ◆ If you choose a close cropped style, be sure to trim your hair every 4 to 6 weeks.



### Styles

- ◆ Crops
- ◆ Locks
- ◆ Nubian knots
- ◆ Twists



### Sisters Suggest

To flatten the edges of your hairline, rub a cream or gel into your hands and smooth your hairline. Tie with a cotton scarf for at least 15 minutes. After you remove the scarf, your hairline will be smooth.



## Relaxed Hair

Relaxed hair is easy to manage and can be styled in many ways. Chemical relaxers make your hair fragile so you need to give it good extra care.

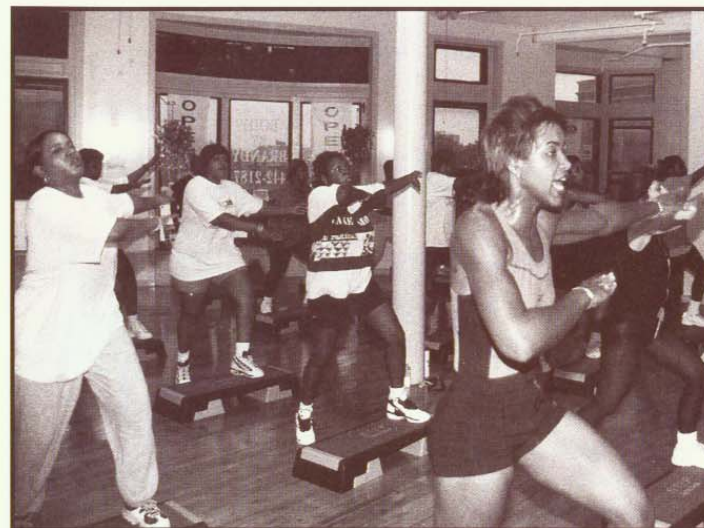


### Styles

- ◆ Blunt cuts
- ◆ Bobs  
*(wrapped or curled)*
- ◆ French twists
- ◆ Ponytails
- ◆ Wet sets

### Sisters Suggest

- ◆ Use a wide-toothed comb to style your hair.
- ◆ Trim your hair every 6 to 8 weeks to keep your hair style shaped.



### Care Tips

- ◆ Your hair grows faster in warm weather. You'll need to touch up roots more often during warm months than during cold months.
- ◆ Moisturize your scalp twice a week with a light hair oil.
- ◆ When you swim, protect your hair from chlorine damage by applying an oil-based hairdress or olive oil to your hair before you get into the pool.
- ◆ When you reshape your hairstyle after a workout, dry set your hair with rollers. Apply a leave-in conditioner to the ends and use end papers.

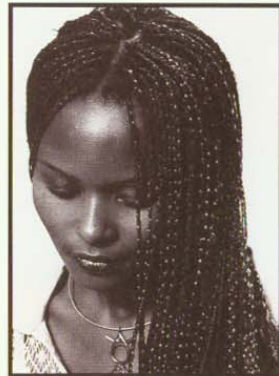


## Braids and Weaves and More...

Braids and weaves look great, and give you many styling and color options.

### Care Tips for Braids

- ◆ Don't let your hair be pulled too tight during braiding. This can result in hair loss.
- ◆ When you have braids, you will have to shampoo less often than with other styles. Frequent shampooing may lead to frizzing and loosening.
- ◆ Moisturize your scalp daily.



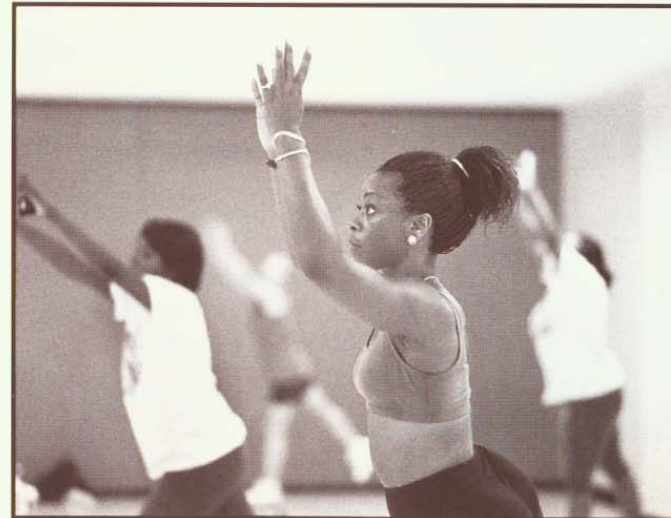
- ◆ Cover your hair with a silk-like scarf or bonnet when you sleep.
- ◆ Never use cholesterol-based conditioners.
- ◆ Avoid human hair extensions if you swim frequently.

### Care Tips for Weaves

- ◆ Treat your weave like your own hair.
- ◆ Comb and style your weave daily.
- ◆ Avoid using gels.
- ◆ Avoid weaves with glue and adhesives.

### Sisters Suggest

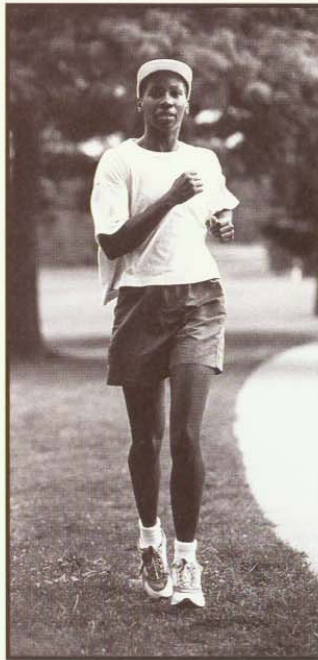
After a work out, you can swab your braid parts with an antiseptic and apply braid spray. When you have more time, you can use a mild shampoo and apply a leave-in conditioner.





## Feeling Fit

A naturally beautiful woman radiates beauty from the inside to the outside. Any activity that gets you to move more can improve your overall health. Walking, gardening, and dancing are all good for you. Making physical activity part of your daily life is the key to success!



Try to do at least 30 minutes of physical activity a day on most days of the week. Your physical activities can be done in small time blocks that add up to 30 minutes a day.

### For starters MOVE MORE

- ◆ Take the stairs instead of the elevator.
- ◆ Walk all or part of the way to work.
- ◆ Take a short walk every day (*walk around the block*).
- ◆ Play actively with children.
- ◆ Dance along to three songs a day.

### ...and EAT BETTER

- ◆ Try to drink a glass of water (8 ounces) several times a day, especially during and after exercise.
- ◆ Eat plenty of fruits and vegetables! Include dark green leafy vegetables like collard greens and spinach several times a week. They are very good sources of vitamins and minerals.
- ◆ Choose several servings a day of foods made from whole grains, such as whole-wheat bread and whole-grain cereal.
- ◆ Eat citrus fruits, melons, and berries often. They are high in vitamin C.
- ◆ Choose skim or low-fat milk products most of the time.
- ◆ Go easy on the fats and oils of butter, margarine, gravy, and salad dressing.
- ◆ Trim the fat from meat; take the skin off of poultry.
- ◆ Have cooked dry beans and peas from time to time instead of meat.

## Sisters Say ...

“I usually put it up.”

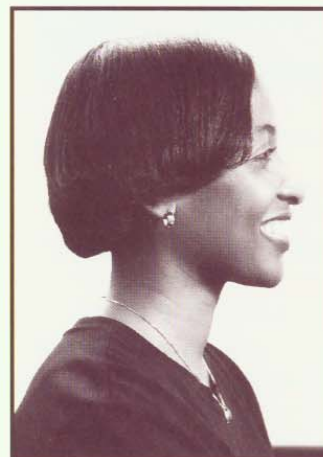
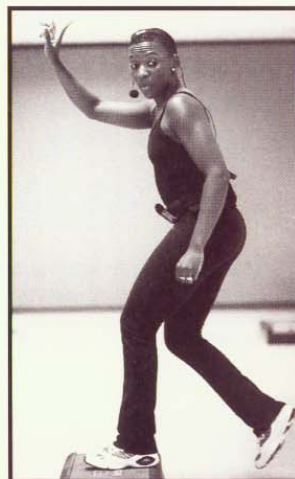
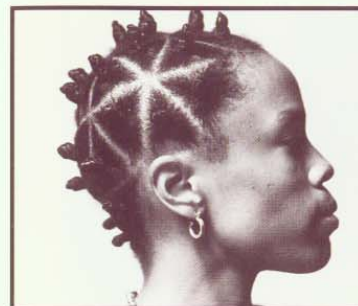
“My hair goes in all directions when I dance. I just let it go.”

“Walk for the body. Togetherness for the soul.”

“I have to work with my hair because I want to exercise.”

“Braids. That’s what I recommend.”

“My short Afro makes it easy for me to enjoy things like water aerobics!”







### The Sisters Together Coalition

Sisters Together is a coalition of community organizations and residents. We are committed to promoting a healthy lifestyle among people of color in the urban Boston area.

We create opportunities for both community and individual change. We do this by co-sponsoring activities and communicating culturally relevant messages. These health messages are designed to raise awareness about the benefits of healthy eating and physical activity. ◆



### The Sisters Together Coalition

Sisters Together was founded by the Sisters Together Campaign, a collaboration of the Harvard School of Public Health, the New England Medical Center, Tufts University School of Nutrition Science and Policy, and the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health.

Warm thanks go to coalition members, friends, and neighbors. This booklet was researched and written by Donna Decaille, R.D. with help from the Sisters Together Coalition and local hair salons. Some hair care tips were provided courtesy of Cornrows & Co. in Washington D.C., publisher of *Let's Talk Hair* by Pamela Farrell.

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# Notes

◆ Hairdressers \_\_\_\_\_

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◆ Fitness Programs \_\_\_\_\_

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◆ My Fitness Program \_\_\_\_\_

Monday \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_

Thursday \_\_\_\_\_

Friday \_\_\_\_\_

Saturday \_\_\_\_\_

Sunday \_\_\_\_\_

## The Sisters Together Coalition

- ABCD Head Start
- BALI-Beth Israel Deaconess Medical Center
- Better Cardiovascular Health for the Women of Roxbury
- Big Sister Association of Greater Boston
- BOND of Color
- Body by Brandy
- The Coalition of 100 Black Women, Boston Chapter
- Codman Square Health Center
- Dimock Community Health Center
- EFNEP-UMASS Extension
- The Family Van from Beth Israel Deaconess Medical Center
- Mattapan Community Health Center
- Boston Black Women's Health Initiative
- Operation Frontline
- Frederick Hayes of the Reggie Lewis Center
- Roxbury Heart Center
- Roxbury YMCA
- WELL Program: Women Enjoying Longer Lives
- WILD Radio 1090







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