Try This Post-Gym Workout to Keep African-American Hair in Shape

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When you exercise a few times each week, not only are you challenging your physical stamina, you're also putting your hair to the test. After a good workout, salt and dried sweat on your scalp can zap your hair's moisture and result in breakage. So what's a girl to do? Check out these African-American hair tips from Livestrong.com to keep your post-workout tresses as healthy as your body.

If you shower after a workout:

- Wash your hair immediately.
- Use a mild shampoo. If you have locks or braids, massage the shampoo in with your fingertips.
- Rinse hair with warm water and towel-dry.
- Apply a leave-in conditioner.

If you have no time to wash your hair:

- Sprinkle baby powder or cornstarch on your scalp to absorb the sweat.
- Work powder in with a brush until you can't see any residue.
- Wrap your hair in a scarf to smooth it out.
- If the scarf doesn't do the job, spray hair with a thermal protectant and smooth it with a flatiron.
- Consider not straightening your hair, and go natural. If you take this option, apply a curl enhancer to hair after washing for added shine and control.

Click here to learn why a healthy scalp is essential for healthy hair.

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