

11 Lazy Ways to Burn More Calories

# Women's Health



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## LEAN & SEXY

*In 15 Minutes!*

Flat Belly  
Tight Butt  
Slim Thighs

### GYM-PROOF YOUR HAIR

Great Blowout,  
Great Workout—  
No Compromises

#### SPECIAL REPORT

Read This If You're  
Even Considering Kids

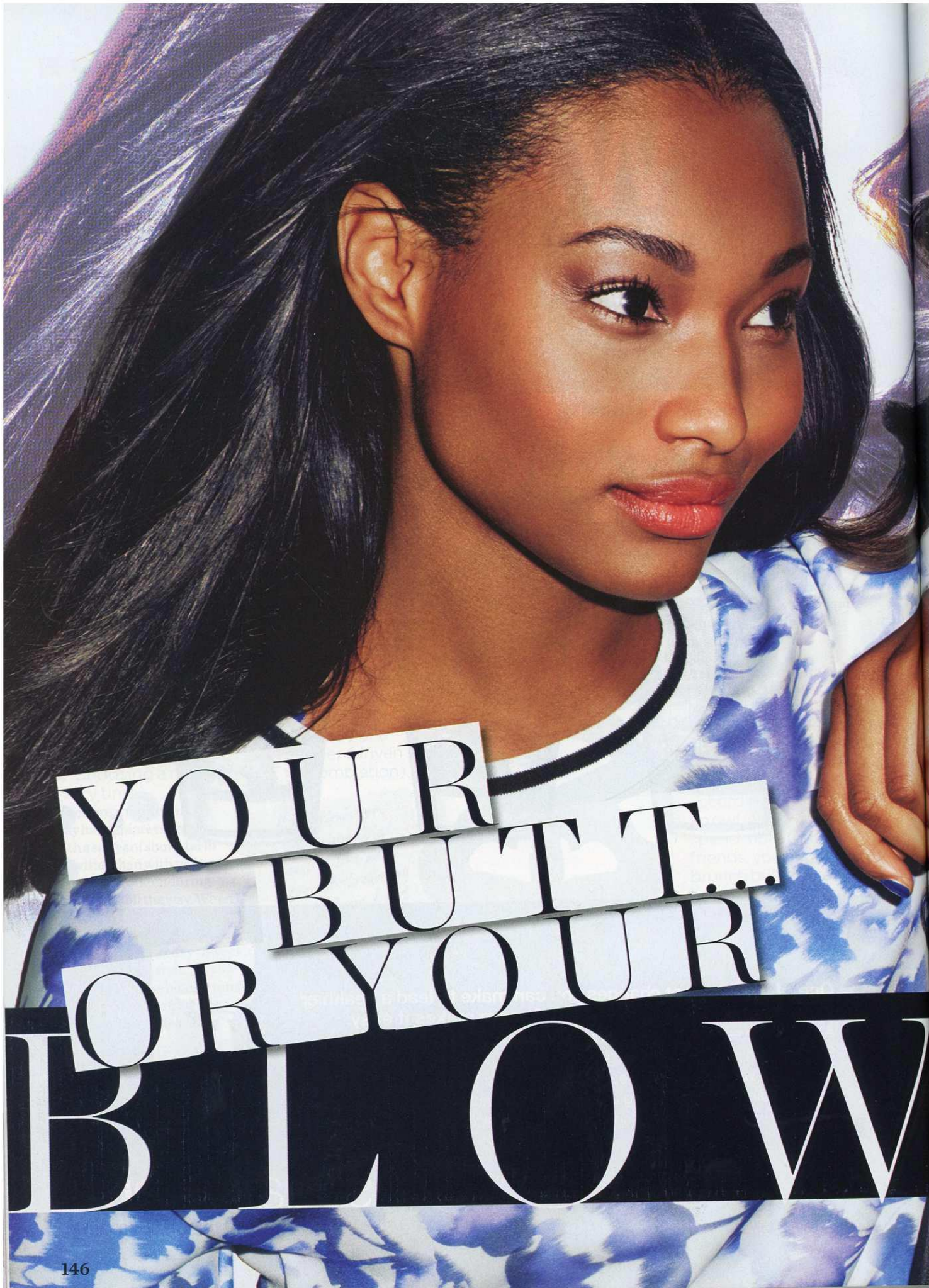
## 7 HOT BOD SECRETS

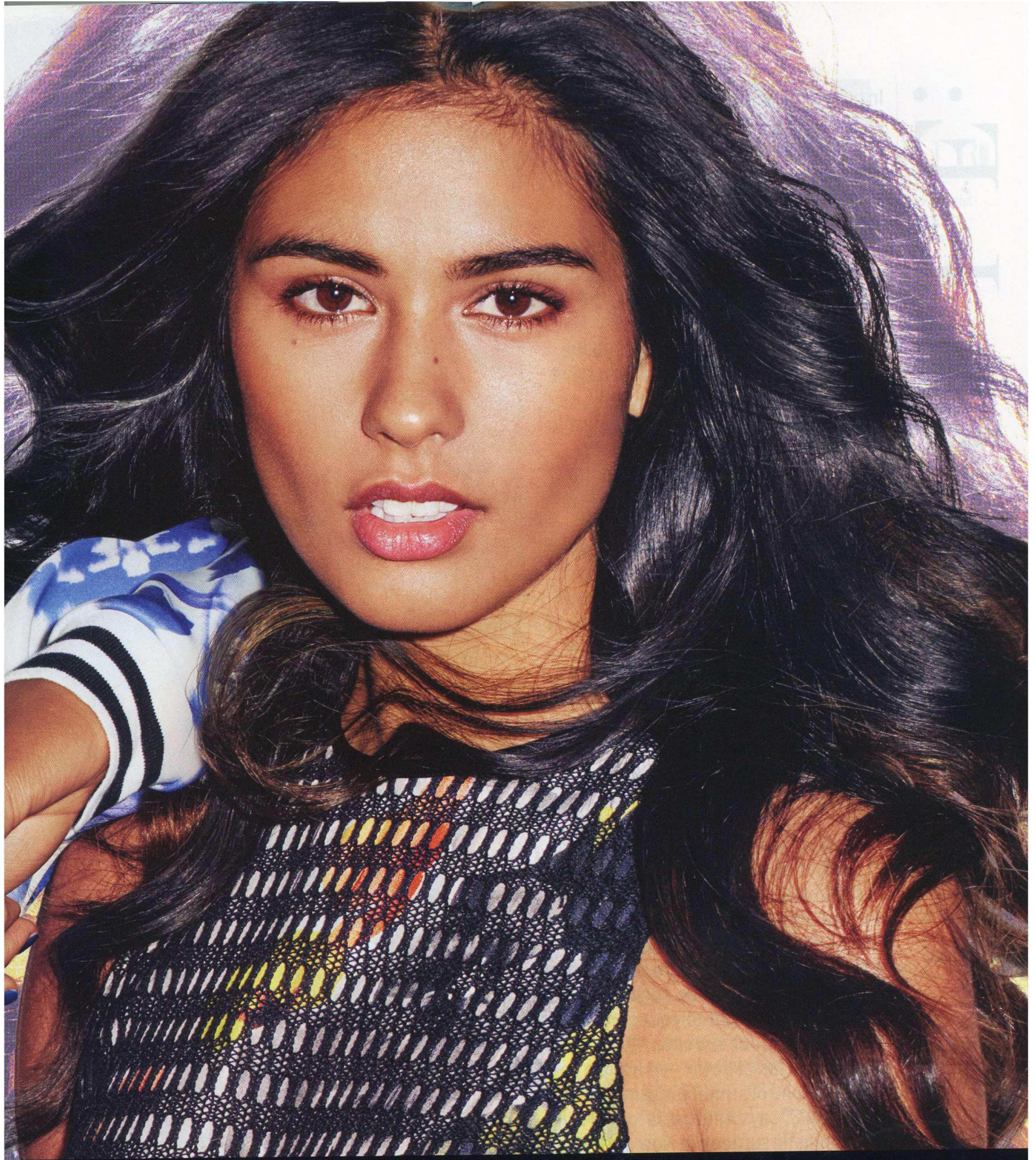
What to Eat  
to Drop a Size

FRESH  
FITNESS  
IDEAS FOR  
SPRING

 **Best.  
Sleep.  
Ever!**

Get Some  
Tonight, p. 80





OUT?

# BATTLE ROYALE:

In this corner, we have an incredible head of hair—so shiny, so voluminous, so impeccable down to the last flip. In the other, an epic sweat session—so drenchy, so invigorating, so *not* what you looked like before the warm-up.

For scores of health-conscious females who want their blowouts to have as great a run as their treadmill sessions, the struggle is real. “Working out can release sodium from the skin, which can make all hair unmanageable,” says hairstylist Ursula Stephen. “This is especially problematic for women with chemically treated hair.” And these days, that’s pretty much every woman. Blowouts, color, relaxing...you’d sooner meet an actual virgin than a chick with virgin hair. All those treatments cost a sh-t ton of time, fuss, and, of course, money. According to a Tresemmé survey, we spend about \$50,000 over the course of our lives perfecting our locks. A chunk of that cash is going to blow-dry-only salons. Drybar, for instance, cranks out over 100,000 blowouts a month.

So it’s hardly shocking that more women are blowing off the gym to protect their investment. Some of us are avoiding it altogether. According to a study at Wake Forest School of Medicine, 40 percent of African American women surveyed said they had skipped exercise because they didn’t want to ruin their hair.

New services are popping up to save us from ourselves. Some are convenient. Express salon companies, such as Glam & Go, will come straight to your gym. Other “fixes” are flat-out extreme. “Patients are asking me to inject Botox—which has been proven to control armpit perspiration—on their scalps,” says Andrew Jacono, M.D., a facial plastic surgeon in New York City.

Cray! There’s got to be a better way. And there is. “Women often think that once hair is sweaty, there’s no fixing it beyond shampoo,” says hairstylist Nunzio Saviano, owner of the eponymous salon in New York City. “But a few quick moves can make it look pre-gym amazing.” Behold, the play-by-play on how to maintain your blowout for days on end—no matter your hair (or workout) type.



# THICK CURLY HAIR

**MANE ISSUE:** “Even the smallest amount of moisture can cause curly, thick hair to seriously tangle,” says hairstylist Nicholas Penna, owner of Boston’s SalonCapri. Super annoying if you painstakingly sculpted every ringlet with a diffuser!

**IN THE MORNING:** Blend a golf ball-size amount of mousse (to define ringlets) and a quarter-size dollop of curl-enhancing cream or gel (to keep ’em flexible) in your palms. Starting midway down the hair shaft, apply and scrunch. Smooth the trace amount of product left on your hands along the hairline. (“Even if your texture is coarse, the strands along the hairline are so fine that using more will cause it to look greasy after you sweat,” says Saviano.) Then air-dry or diffuse.

**PRE-WORKOUT:** Pull hair up into a high pony and secure with a strong, wide cloth elastic.

Then braid the tail and secure—but loosely, since a tight hold can trap sweat and will also make it harder to reshape your waves later. If your hair is still grazing your neck—a hot zone for knots once strands touch wet skin—softly twist the braided pony into a loose bun; secure with bobby pins.

**POST-EXERCISE:** The salt and oils released during a heart-pounding workout can create sultry bedhead-ish waves without much effort on your part. Let hair air-dry for about five to 10 minutes, then undo your braid. Mix a couple of drops of a styling oil (think argan, macadamia, or coconut) with a pea-size amount of texturizing cream and scrunch onto ends only, for shine.

**NEXT-DAY TIP:** Lightly mist hair with a curl-enhancing spray—keeping the bottle six inches from your head—to reactivate product. “You don’t

want to make it wet. Just mist until you see the curl taking shape again,” says Saviano.

## SURVIVAL KIT



**Mousse:** John Frieda Frizz Ease Dream Curls Air-Dry Waves Styling Foam, \$10, at drugstores  
**Curl gel:** Suave Professionals Luxe Style Infusion Curl Defining Gel Serum, \$5, at drugstores  
**Wide cloth elastic:** CyndiBands, \$4.50 for three, cyndibands.com  
**Oil:** Ojon Rare Blend Oil Total Hair Therapy, \$35, ojon.com  
**Curl activator:** Aveda Be Curly Curl Enhancing Spray, \$20, aveda.com

## DIRTY LITTLE SECRETS

Even if your hair can go days without a wash, what about your scalp? We posed a few Q’s to Rebecca Kazin, M.D., of the Washington Institute of Dermatologic Laser Surgery and Johns Hopkins University, to address stench and itch.

**Many lifestyle blogs promote the “no ’poo” regimen, saying you can train your scalp to produce less oil by shampooing less and less frequently. True or false?**

I’ve never seen any proof that it’s possible. You likely have an oily scalp or you don’t—same as with your complexion. Those who wait five days or so between washing probably have very dry hair, so they may need the cumulative effects of five days of scalp oil buildup.

**Let’s be real: Unwashed hair can stink. How do you get around it?**

Scented dry shampoo can be great because it covers up almost any other smell, the way perfume does. You can choose one with a fragrance you like; powder, floral, and citrus scents all work.

**What about the itchiness that can accompany a dirty scalp—especially once you add sweat into the mix?**

Topical anti-inflammatory treatments are the best way to go, but right now they’re available only by prescription. Tea tree oil (found at health-food stores) is an anti-inflammatory that’s not too drying, so it can be dabbed onto the scalp, too.



# FLNE STRAIGHT HAIR

**MANE ISSUE:** Normally, volumizers are a must for the fine-haired—but their tackiness can bite you in the butt when sweat crashes the party. These amplifiers are “reactivated with perspiration,” says Saviano. Too much volumizing product also attracts dirt and makes it hard to brush through hair to touch up your blow-dry, he adds.

**IN THE MORNING:** Before blow-drying, apply a lightweight spray gel, which won’t weigh hair down. Spritz onto the crown (not scalp), one inch down the hair shaft—where you really want volume anyway, says Saviano. Aim the spray at two-inch sections at a time so no single

area becomes oversaturated, and blow-dry hair on low heat with a round brush until dry.

**PRE-WORKOUT:** Tight ponies and taut elastics can create demarcation lines that get sealed into fine hair by sweat. Much better: Pull hair into a loose bun and secure with a soft fabric hair tie, and add a cloth headband at the hairline to keep facial oils from migrating into your hair.

**POST-EXERCISE:** Let your body temp lower for 10 minutes before releasing the bun. “Heat sets the hair in place, and the heat from your scalp will have the same effect,” says Saviano. “Keeping your hair up will help retain

volume.” Aim your blow-dryer at your scalp until the roots are dry. Let your hair down, spray dry shampoo onto your palms, and massage it into the hairline. “This way, you’ll get a light layer of powder on your scalp so hair won’t flatten,” says Saviano. Blow-dry your scalp for a few seconds to disperse the powder.

**NEXT-DAY TIP:** Reach for rollers. “They add instant body,” says Saviano. “Grab a one- to two-inch section of hair at the crown—the area that will look limp fastest—and roll in the direction you want hair to fall. Repeat on two or three more sections. Blast your dryer onto rollers for a few seconds, and let cool before taking them out.



**SURVIVAL KIT**  
**Spray gel:** Nexxus New York Salon Care Diametress Lavish Body Gel Spray, \$12, drugstore.com **Fabric hair tie:** Sephora Collection In The Nude Hair Ties, \$9 for set of eight, sephora.com **Cloth headband:** Scunci Effortless Beauty cotton headbands, \$7.29 for five, walgreens.com **Dry shampoo:** L’Oréal Paris Advanced Hairstyle Blow Dry It Dry Shampoo, \$5, at drugstores **Rollers:** Jilbere by Conair Professional Classic Style Self-Grip Velcro Rollers, \$4, sallybeauty.com

# AFRICAN AMERICAN RELAXED HAIR



**MANE ISSUE:** “There are two big things that often keep African American women out of the gym: They either don’t want to sweat out their costly hairstyles, or they feel that exercise dries out their hair,” says Alexandria Williams, cofounder of SportyAfros.com, a site that offers practical hair-care solutions for active women of color. Their concern is legit: African American hair is typically coarse and prone to brittleness; add in chemical relaxing treatments, the sodium in sweat, and excess shampooing, and you have the perfect storm for breakage. Your plan? Avoid frequent washes and add tons of moisture.

**IN THE MORNING:** Once a week, use a deep-conditioning mask in the shower to get strands flexible and hydrated. “By keeping hair moist on a regular basis, you won’t need much extra prep for workouts,” says Stephen. Before blow-drying, apply a leave-in smoothing cream from roots to ends.

**PRE-WORKOUT:** Spray a dry shampoo directly onto your scalp to absorb sweat and oils, suggests hairstylist Edris Nichols, owner of the NYC salon Edris. Brush hair back from your forehead and up from the nape, and pull into a ponytail at the top back of your crown, secured with a covered elastic band. Lift the tail and loosely roll hair sideways into itself until it forms a chignon; pin in place. To further avoid sweat buildup, place a two- to three-inch-wide cotton headband around the hairline.

**POST-EXERCISE:** “A clean scalp is the key to minimizing how often you have to wash,” says Nichols. So immediately after exercising, soak up scalp oil by dabbing on a cotton ball with a few drops of alcohol-free witch hazel. To smooth out the hairline, blow-dry using a small round brush, concentrating on stretching from the roots outward. Apply a few drops of a shine-enhancing conditioning oil all over, avoiding your roots.

**NEXT-DAY TIP:** “Try not to use any heat, to give hair a break and minimize damage,” says Penna. For polish without too much styling, Nichols swears by the low side braid.



**SURVIVAL KIT**  
**Deep conditioning mask:** Motions Natural Textures Hydrate My Curls Pudding, \$7, at Walgreens **Leave-in cream:** Pantene Pro-V Truly Relaxed Oil Creme Moisturizer, \$8, at drugstores **Dry shampoo:** Toni&Guy Hair Meet Wardrobe Cleanse Dry Shampoo, \$15, target.com **Cotton headband:** Lacoste Tennis Headband \$12, lacoste.com **Conditioning oil:** Carol’s Daughter Black Vanilla Moisture & Shine Pure Hair Oil, \$10, target.com

## Renew, Reuse, Re-cycle

Indoor cycling is one seriously drippy workout, so we were impressed that SoulCycle NYC studio manager Chrissie Hooper—who leads classes six days a week—can go a week between washes! Take inspiration from her photo diary of chic, unshampooed locks.



### Day 1

◀ "I keep my workout light so I can wear my hair down, though I may pin up the sides for a little more volume since my hair is fine."

### Day 2

▶ "A loose bun gets my hair off of my neck, and I leave my sweat-drenched mane up until it's totally dry—much later in the day."



### Day 3

◀ "The sweat from yesterday's class gave my hair texture and lots of body, so I can wear it loose again—with the help of a little dry shampoo."



### Day 4

▶ "Time for a braided ponytail. A thin elastic band keeps the finer strands around my hairline flat and smooth."



### Day 5

◀ "A high bun again, but this time it's tight to hold flyaways at bay. This look takes me from cycling to happy hour."



### Day 6

▶ "Dirty hair is easier to style, which means I can mold it into just about any 'do, and I love the fishtail braid. Funky and functional."



### Day 7

◀ "Enter the high ponytail with a bandanna tied at the roots to hide the greasies. At the end of the day, let there be shampoo!"



# THICK BLOWN- OUT HAIR

**MANE ISSUE:** Beyond the time (and biceps workout) it takes to tame thick, coarse hair, there's another reason for keeping washes and blowouts to a minimum: High heat can make this hair type particularly parched and bland, with a sea of split ends.

**IN THE MORNING:** Before blow-drying, prep wet hair with smoothing cream to hold the shape and eliminate frizz, advises hairstylist George Papanikolas of New York City's Rita Hazan Salon. Once hair is dry, don't use hair spray. "It makes it impossible to get the brush through, so you'll break hairs while trying to blow-dry after your workout, and hair will look dull and sticky," says Saviano.

**PRE-WORKOUT:** A silicone-grip band won't slide off all that hair. Place it directly on your hairline to absorb sweat, says Papanikolas. Gather hair loosely into a ponytail at the very top of your head, then twist so it coils down into a bun; keep it loose to allow sweat to evaporate (bundling the hairs too tightly can leave it drenched). Secure with a fabric band, like a scrunchie, to prevent ridges. (Surprising truth: There are some pretty chic scrunchies these days—they've even appeared on a few fashion runways!) Finally, bobby-pin any stray wisps off your face.

**POST-EXERCISE:** Remove that drenched sweatband and replace it with a fresh, dry one to absorb any excess perspiration and thwart

potential flyaways, says Papanikolas. Keep it there while you shower and dress, then remove and blow-dry just the hairline with a boar- and synthetic-bristle paddle brush. Let hair down, and run the brush from roots to ends. "Never use metal bristles around the hairline," says Saviano. "They heat up too much, and may cause the thin hair there to burn and snap off, which can cause even more frizz."

**NEXT-DAY TIP:** Avoiding the roots, smooth a few drops of serum onto hair, and brush from scalp to ends to enhance shine. If you need extra straightening, apply heat while brushing.



**SURVIVAL KIT**  
**Smoothing cream:** Matrix Total Results Iron Tamer Smoothing Lotion, \$16, matrix.com **Silicone-grip headbands:** Under Armour Perfect Headband, \$15, and Elliptic Headband, \$11, ua.com **Scrunchie:** Scunci Bow Tie Scrunchie, \$4, at drugstores **Paddle brush:** Bumble and Bumble The Flat Brush, \$95, bumbleandbumble.com **Serum:** Tresemme Keratin Infusing Smoothing Serum, \$5, at drugstores

## DYE HARD

With all types and textures, coloring adds a whole other layer of drama, since water and shampoo can literally wash that dye (and your dollars) right out of your hair. How? Cleansing opens up your cuticle, letting the pigment seep out. Three ways to keep things bright and shiny:

**Wash as little as possible.** "Fine hair textures should aim for every other day, but coarser, dry textures can try twice a week or even less to keep color fresh," says colorist Jess Dunaway.

**Use a sulfate-free shampoo.** Pass on the heavy detergents—and the suds—which can strip away color and moisture. Try OGX Quenched Sea Mineral Moisture Shampoo, \$8, ulta.com.

**Seal your cuticle.** After shampooing, apply a conditioner designed for color-treated hair to prevent fading. If your sweat sessions are outdoors, a formula with UV filters can help keep the sun from zapping out color. Try Redken Color Extend Conditioner, \$16, at salons. ■