

# BUT, MY HAIR!?

When asked about the No.1 barrier to fitness for Black women, it is expected that a large percentage will say their hair. RUNGRL's #MyRunningHair initiative is bringing attention to ways we can help eliminate hair as a barrier to wellness.

## BY THE NUMBERS

We asked RUNGRL readers about their hair and fitness habits. Here's what they said.\*

**87%**

exercise at least twice a week.

**79%**

identify as wearing their hair natural.

**66%**

appreciate easy-to-maintain hairstyles and/or spend less than 15 minutes on hair each day.

**45%**

are product junkies, spending more than \$25 each month on hair products.

## TOP 5 NATURAL STYLES WOMEN WEAR TO MANAGE HAIR DURING WORKOUTS:



Short Hairstyles



Wash-and-Go



Protective Styles



Hats & Headbands



Buns, Puffs & Ponytails



"I find myself having to choose between activity, and not sweating my hair out for the sake of having to spend time, money, energy to look presentable."

## THE MOST COMMON BARRIERS FACED WHEN WORKING OUT WITH NATURAL HAIR:



### PROFESSIONALISM

Appearing professional while maintaining a workout routine can be tough.



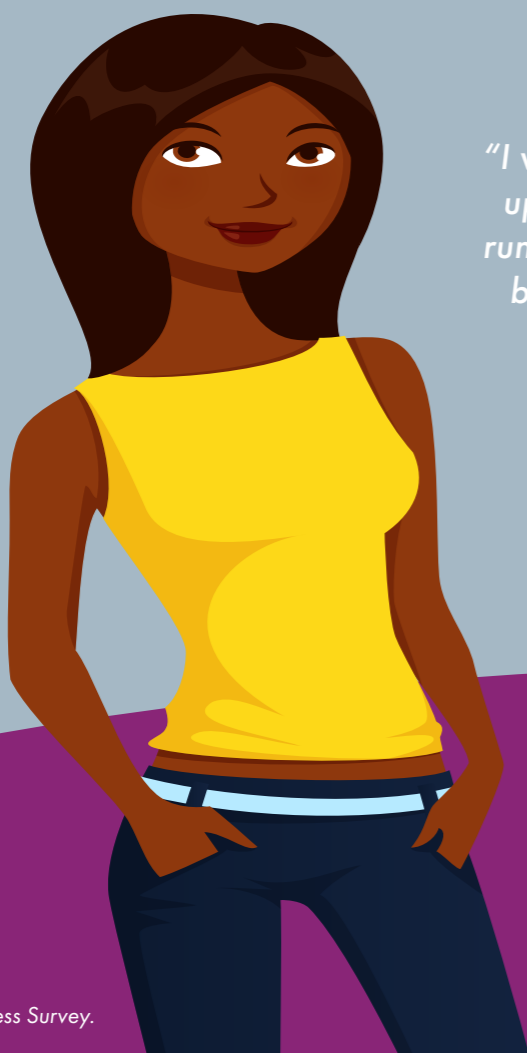
### TIME MANAGEMENT

Planning the day and workouts around haircare can cause some to avoid workouts altogether.

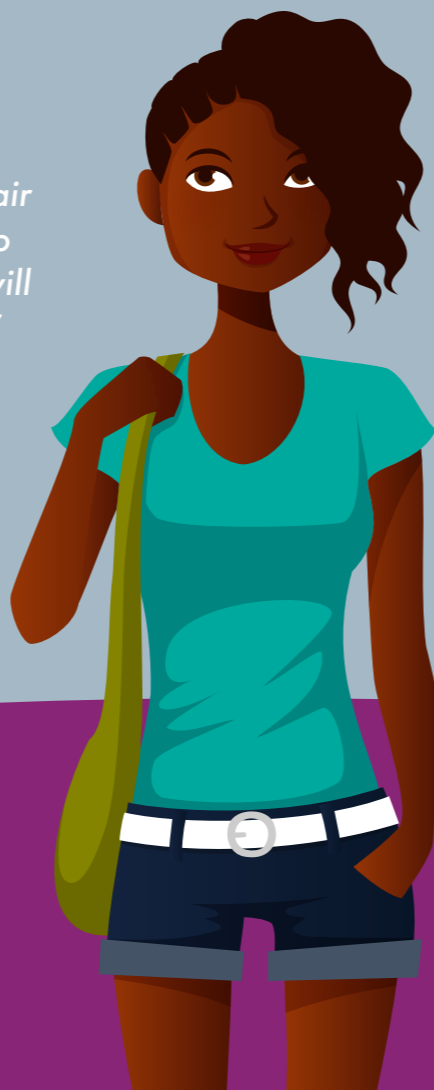
## WAYS BLACK WOMEN ARE BEGINNING TO COMBAT HAIR AS A BARRIER:



"Moisture is key for my hair to survive my daily workouts so I use products that don't have to be reapplied every few days."



"I wrap my hair up when I go running or I will braid it up."



"If I plan on wearing a fresh wash and go, I typically plan to do it after the gym to avoid frizz."



"My hairstyles are planned to align with rest days. For anything else, a bun/ curly 'fro ponytail will do."

