

Exercise & Alopecia



Staying active while managing alopecia can have some challenges.

We all know that exercise is good for our physical and mental health. Many of us struggle when starting a new activity or staying motivated to keep going, even knowing that it's good for us. For people with Alopecia Areata, there can be additional challenges to staying active, including worries about wigs and headwear staying on, managing brow makeup and sweat, and feeling supported in a new environment. Here are some of our tips to managing exercise and Alopecia Areata.

THE BUDDY SYSTEM

Ask a supportive friend to join you in your activity. You gain accountability and will have more fun socializing while you get active, which will help your motivation. Bringing a friend who knows about your alopecia can be a huge help if you feel nervous and need emotional support.

CLIMATE CONTROL

Did you know that people with alopecia report difficult weather (such as high heat, humidity and wind) as a major barrier to exercise? From dance to indoor rockclimbing to basketball - there's an indoor option for every kind of activity. Indoor activities also offer better sun protection.

SWEATING BULLETS?

Hair absorbs sweat, so it's not uncommon for people with alopecia to struggle with sweat. A sweatband or gym towel is a great idea. If you find sweat is dripping in your eyes, smear a line of vaseline over your brow bone to wick sweat away.

SIZE YOUR HEADWEAR

Many people worry about wigs or hats slipping during vigorous activity. Most wigs, hats and headwear can be sized to fit you perfectly. A good fit should feel firm and secure, but still comfortable. Try out different options to see what works for you.

