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AFRICAN PEOPLE'S EDUCATION & DEFENSE FUND
1245 18th Avenue South # 4
St. Petersburg, FL 33705
(727) 821-2437

Changing to Healthy Lifestyles Support Group

Every Saturday, 12 Noon

Cholesterol/Blood Sugar Testing Sat. March 22nd

APEDF WELLNESS CENTER

1327 9th St. So. (Rear), St. Pete • 821-2437



1327 - 9th Street So. • (727) 896-8795 "Food for the Mind, Body, & Soul" (For the Conscience, too!)

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Hours
8 AM - 7 PM • Monday - Friday
10 AM - 4 PM - Saturday



LOSING BODY WEIGHT THROUGH WALKING

Humans are designed for walking. However, we have practically eliminated walking as a natural part of our lives. There is no single factor more responsible for the development of obesity than the lack of physical exercise. Research has shown that walking can help reduce and control body weight. Recent national surveys have indicated that when people want to become more physically fit, they have also become more conscious of their nutritional practices. Thus, a proper walking program is an effective means to reduce excess body fat.

Walking raises your level of energy. Over time, you will lose body fat on a constant basis. Your metabolism will be increased tremendously during walking. A person during rest burns about 60-70 calories per hour. However, 1,000 or more calories can be burned while walking or jogging.

Join the **Walkers & Joggers Club**

Monday - Friday 6:30 AM
Daily 2 Mile Walk/Jogs
Meet at Bartlett Park
2000 7th Street South

to the muscle cells. Therefore, body fat stores are reduced. A major misconception exists that may deter one from initiating a walking program for weight control. Many believe that walking is a poor means to lose body weight because it expends so few calories. For example, you may have heard that you have to jog about 35 miles to lose one pound of body fat. The average person uses approximately 100 calories per mile, and since one pound of body fat contains about 3,500 calories, there is some truth to that statement. However, you must look at the long haul


6,000 calories a month, accounting for almost 2 pounds of body fat. Over 6-8 months or longer, the weight loss will be substantial. It is recognized that prevention of obesity or excess body weight is more effective than treatment. Most people do not become overweight overnight, but rather accumulate an extra 75-150 calories per day, which over time will lead to excess fat tissue. A daily walking program could easily counteract the effects of these additional calories. A properly designed and executed walking program can be

Grilled Tuna with Honey Dressing

Serves 4 Preparation: 15 Minutes, Cooking: 15 Minutes

45-ounce tuna steaks	1 tablespoon Dijon mustard
salt and freshly ground black pepper	1 shallot, minced
1 cup quick-cooking barley	1 teaspoon poppy seeds
1/2 cup apple cider vinegar	2 teaspoons olive oil
3 tablespoons honey	10 ounces fresh spinach, rinsed well, stems trimmed

- Preheat outdoor grill or stove-top grill pan. Tuna may also be broiled, 5 inches from heat source, 5 minutes per side.
- Season both sides of tuna with salt and pepper to taste and set aside.
- To prepare barley, in a medium-sized saucepan over medium-high heat, bring 2 cups of water to a boil. Add barley, reduce heat to low, cover, and cook 10 minutes, or until barley is tender and liquid is absorbed. Let stand 5 minutes.
- While barley is cooking, in a small bowl, whisk together the vinegar, honey, and mustard. Transfer 1/3 cup of the mixture to a shallow dish (reserving remainder), add tuna steaks one at a time, and turn to coat. Discard marinade.
- Grill tuna 3 minutes per side, or until fork-tender.
- To prepare dressing, add shallot and poppy seeds to remaining honey mixture. Mix well and set aside.
- To prepare spinach, heat olive oil in a large skillet over medium-high heat. Add spinach, cover, and cook 1 minute, until wilted.



Changing to Healthy Lifestyles Support Group Continuing Every Saturday

Changing to Healthy Lifestyles Support Group is held every Saturday 12 noon, at the APEDF Wellness Center, 1327 MLKing (9th) St. So. This is a chance to get with other women



We talk about our goals, get information, share our progress and setbacks, exercise together, do a cleansing fast together, and more. You will have a "call circle" of friends to keep on track for a

- Having trouble losing weight?
- Suffering from high blood pressure, diabetes, other health conditions?
- Need to learn better food substitutes for pork, dairy products, salt, meat, etc?
- Interested in learning about detoxification methods?
- Need recipe ideas for your new healthy lifestyle?
- Want someone to exercise with, to help keep you motivated?

THEN THIS IS THE GROUP FOR YOU

For more information call: Cassandra at Healthy Groceries, 896-8795, or Damon at TyRon Lewis

Uhuru Basketball Team Wins League Championship Girls Win 1st Place in City Tournament

On February 15, 2003, the Uhuru Basketball Team's elementary children won the championship at Childs Park Recreation Center. The children worked very hard, with a record of 8-3, to win the championship game. We are very proud of their loyalty and dedication in making this happen.

In a two day tournament February 22-23, the 15 yrs. and under girls team we entered won first place in the City, defeating North St. Pete in the championship game. Congratulations to



The Uhuru Basketball Team consists of children who mostly come from low-income families. With that, they are not required to pay a fee to play with us. Instead, we raise money for the league and other fees through donations and various fundraisers. We are in the process of developing a souvenir book, and building a league of our own as a way to raise resources for our project. Right now we are doing a Sponsor-A-Child campaign. Individuals and businesses can sponsor a child's uniform, including shoes. The amount to sponsor a child is \$100 per year. This donation can be made all at once or in payments.

We offer after school tutoring, and different cultural opportunities for the children. The tutoring hours are Tuesday and Thursdays from 4:30 - 6:30 p.m. at the APEDF Wellness Center, 1327 MLKing (9th) Street South in St. Pete. On January 25,

Neale Hurston Festival. This was a very nice cultural experience for the children. We are also planning more cultural and educational trips this year for the children.

We are in dire need of a bus or van! We need to transport the children to practices, game sites and different trips we are planning. We need your donation to purchase a van, or if you have a good working vehicle you can make it a tax-

These are just a couple of different things we are doing this year for our program. If you would like to help to advance the Uhuru Basketball Team's project by helping to raise funds needed for league & travel fees through sponsors, car washes, fish fries, bake sales, or Sponsor-A-Child, please call Coach Lucky at 727-215-1326, or Coach Tam at 727-824-5670. Send checks to: APEDF/Basketball, 1245 18th

All People's TyRon Lewis Community Gym

Introducing More Programs to better serve you...



- Childcare & Tutoring - Mon Wed Fri 5:30-7:30pm
- Group Circuit Training
Saturdays (Introductory) 1 - 2 pm
Mondays (Advanced) 5 - 6 pm
- Fitness/Support Group - Saturdays 12 noon
- Walkers & Joggers Club
Mon-Fri 6:30am Bartlett Park
2000 7th Street S., St. Pete

COME IN TODAY SEE WHAT'S NEW!!!



Great Equipment

- State of the Art FLEX machines
- Free weights
- Cardiovascular equipment
- Steam room and shower

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- \$25/month, \$10/wk, \$5/day, \$250/yr, \$130/6 mos
- Group rate (min. 4 people) \$15/month/person
- Special Discounts:
Seniors \$20/month
Students \$20/month (16 yrs +)
City workers \$15/month
Renew before you expire - \$20/month
Off-peak workouts

sliding scale/fee for those who qualify

Friendly, non-intimidating, supportive atmosphere

- New Members receive full orientation and instructional equipment.

Personal Training

- \$45/week for 3 one hr sessions (compare prices to GOLD'S or Lifestyle Family Fitness)
- \$150 per month for 12 sessions
- Special group rate \$30/person for 3 sessions

Group Training

- Advanced strength training classes 8:30-10:30am Monday-Friday for increasing strength and

All People's TyRon Lewis Community Gym

1327 - 9th St. So.
St. Petersburg
824-5670

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Saturday 8am - 4pm
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hours
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