

HEALTHY CONNECTIONS

EMPOWERING OUR COMMUNITY ONE "BODY" AT A TIME

Wellness Program of the African People's Education & Defense Fund, Inc. **October 2004**
1327 Dr. ML King (9th) Street South, St. Petersburg, FL 33705 (727) 821-2437

Be Part of Wellness for a Healthier Future

The African People's Education and Defense Fund (APEDF) encourages you to be part of the Wellness Program that is building a healthier and economically developed future for African people. APEDF's mission is to defend the human and civil rights of the African community, and to address the grave disparities in education, health, and economic development.

In every African community within the US, African people suffer from economic under-development — lack of businesses, healthcare facilities, and other institutions that genuinely serve our community. African people have 70% higher rates of diabetes and heart disease than whites. Cancer rates are 50% higher for black men and 35% higher for black women.

APEDF has made the commitment to build institutions and programs in the African community that will address these contradictions.

The All People's TyRon Lewis Community Gym and Wellness Center was established June 6, 2001. Daily at the fitness center, we see women, older people, stroke victims and others who probably wouldn't be getting the advantages of exercise if it weren't for the All People's TyRon Lewis Community Gym.

With over 1,100 members in the past three years, the gym has become a gathering place with a sense of kinship, family, and unity for improving our collective health. The gym provides encouragement, camaraderie, and support in a way that no other fitness center can.

Our weight programs have helped people lose up to 90 lbs. in less than a year while staying committed. We have regular individuals who became competitive power lifters that exceeded their expectations and set records.

Our Wellness Program and gym is the only African-owned, community-based nonprofit institution of its kind. Our programs truly allow families the means to a healthy future. Every month we send out the *Healthy Connections* newsletter, with over 1500 readers, and hold health education seminars with presentations by health professionals, offering valuable information of interest to our community.

We would like to encourage everyone to become more dedicated to changing our community through health. I hope to see you come in to the gym to work out, submit articles for *your* newsletter, help plan health seminars, and publicize and promote the gym and Wellness Program so that all of us can move forward with strength and vigor.

**EAT RIGHT
& EXERCISE
To Reach Your
Fitness Goals**

~

**Thursday,
October 28
6:30pm**

**APEDF Wellness Center
1327 ML King Jr. St. So.
St. Petersburg, FL
Info: 727-824-5670**

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ALL PEOPLE'S TYRON LEWIS COMMUNITY GYM



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**1327 DR. ML KING ST. SO.
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(727) 824-5670**



FRIENDLY, SUPPORTIVE ATMOSPHERE

- New members receive free orientation, personalized fitness plan, and instruction on all equipment.
- All ages, levels of training welcome in a non-intimidating atmosphere. About 40% of members are women.
- Nutritional consultations, vitamins, power drinks, and supplements.



PERSONAL & GROUP TRAINING

- Free group circuit training sessions 6:15 - 7:00 am Monday - Friday
- Affordable personal training with special group rates available.

CONVENIENT HOURS:

Monday - Friday 6 AM - 9 PM
Saturday 8 AM - 4 PM
Sunday 12 - 4 PM

POWER LIFTING TEAM

Open to anyone, with annual weight lifting exhibition and participation in regional contests. Several of our members have won awards and broken state records.



All People's TyRon Lewis Community Gym Guide to Great Fitness



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

Seven Top Fat Myths Revealed

*By Elaine Chambliss,
Member, All People's
TyRon Lewis Community Gym*

I'm interested in sharing useful information that will help our people gain the maximum benefits from exercising by spending less time. My intent is to share insight on how to successfully work out and gain some results.

We all have different goals: losing weight, getting big, being leaner, shaping up, or just exercising our hearts. No matter what our goal is, we want to achieve it.

These are just a few common myths that keep us from achieving our goals:

Myth #1: The more you exercise, the better.

FACT: Brief, intense exercise works best. People in proven fitness programs, like Body-for-Life, experience remarkable fat loss results with only 45 minutes of weight training 3 day a week, and only 20 minutes of aerobic exercise on alternating days. This program is so successful because the best way to lose fat and build muscle is through brief, **intense** exercise.

Myth #2: It's best to eat only three meals a day.

FACT: Research shows eating six small meals a day is better. A recent study in the European Journal of Nutrition reports that people who ate six small meals a day compared to those who ate three meals a day had faster resting metabolic rate (RMR). Your RMR is the speed at which your body burns fat. Eating six small meals curbs your appetite.

Myth #3: A low carbohydrate diet is the best way to stay slim and fit.

FACT: A balanced diet is the best way to stay slim and fit. Low-carb diets are good for a quick fix, but over time they deplete your body's number one source of energy (glycogen). A glycogen depletion can lead to muscle breakdown, loss of endurance, delayed recovery time, decreased metabolic rate, compromised memory and learning ability and a host of other health problems.

Myth #4: It's best to weigh yourself weekly to track fat loss.

FACT: Your scale is not an accurate gauge of fat loss. Muscle weighs three times more than fat, but it takes up less space. So it's best to judge fat loss by how well your clothes fit, by a body-fat analysis or before- and-after photos.

Myth #5: Running, walking and cycling are the best ways to tone your body.

FACT: Weight training is the best way to train your body. Cardiovascular activities are a great way to burn calories, but brief, intense weight training is the best way to build muscle. And it's muscle that gives you that toned cut look.

Myth #6: Daily spot training is the best way to lose fat in problem areas.

FACT: Spot reduction of fat doesn't work. You can do hundreds of crunches and develop muscular abs, but end up losing fat in your arms if that's where you're genetically programmed to lose fat. Also daily spot training doesn't give muscles enough time to recover. Remember, muscles develop while your resting, not while your working out.

By adhering to these facts and applying them, we will get the results that we want to maintain a healthy lifestyle. Let's share our good news (what works and what doesn't) to help elevate our people and reach a new level of fitness.

*Source: EAS
Change your mind, Change your body.*

Muscle Building Training Tips for Beginners

When you begin muscle building training in a gym you will spend the first few weeks getting to know the exercises in order to get used to this new kind of muscle activity.

During the first few weeks of muscle building training, the muscles react to the stress put on them, even with relatively light weights, with important increases in strength and muscle tension.

Here are few tips for beginners in muscle building training.

Train the whole body on one work out. Every major muscle group should be developed to prevent muscle imbalance on muscle building training. The major muscle groups include legs, calves, hamstrings, chest, shoulders, lats, arms and abdominals.

Muscle building exercises should move all joints.

Exercise you do for a given body part should be a compound movement (multi-joint movement like bench press, squat, dead lift etc.)

Start with light weights.

During the first couple of muscle building training sessions, use light weights just to get a feel for how to do the movement correctly. After you feel comfortable with the form, begin adding weight. Train in the range at 10 –12 repetitions.

Do sets of each exercise. A set is combination of any number

of repetitions (“reps”) of a single exercise. You should do somewhere between 2-4 sets for each exercise of the muscle.

Use proper form. It's better to use a weight that allows you to perform the movement correctly than to cheat with a heavy weight that will result in an injury. Use a smooth, controlled motion during all phases of the lift. Most bodybuilders use a formula that approximates a 2-4 second positive contraction (raising the weight), and a 2 second negative contraction (lowering of the weight).

Use proper breathing. Start each set with a deep inhalation and exhale as you push through the most difficult part of the lift. Inhale at the top (or the easiest portion of the lift) and exhale as you push.

Rest between sets. Rest as long as it takes for you to feel recovered from your previous set. That normally ranges from 60 to 90 seconds. Larger muscle groups take a bit longer to recover smaller muscle groups clear low pH levels and are ready to go more quickly.

Set a training schedule that gives your body rest. Your body requires a minimum of 48 hours to fully recover after muscle building training sessions. Physiological processes at the cellular level require rest and nutrients before you can train that same muscle group again. For beginner train three times a week. Monday, Wednesday & Friday (or a similar) schedule is ideal.

Here is a beginners muscle building training routine :

Chest	Bench press 2-3 sets 10-12 reps
Legs	Leg press 2-3 sets 10-12 reps
Hamstrings	Leg curl 2-3 sets 10-12 reps
Calves	Standing calf raises 2-3 sets 10-15 reps
Back	Lat machine pulldowns 2-3 sets 10-12 reps
Shoulders	Sitting press with bar 2-3 sets 10-12 reps
Triceps	Lying tricep extensions 2-3 sets 10-12 reps
Biceps	Standing barbell curls 2-3 sets 10-12 reps
Abs	Crunches 2-3 sets 15 reps

Want to Write for Healthy Connections?

Healthy Connections is a monthly newsletter that reaches over 1500 readers to address issues of health and economic development in the African community.

If you want to advance the struggle for the quality of health and economic development or have an interest in writing an article relating to either health or economic development please submit your article by email to:

healthyconnections@hotmail.com

or write: Healthy Connections,
1327 Dr. ML King St. So.
St. Petersburg, FL 33705
(727) 821-2437

The Ideal Time of Day to Exercise

The Ideal Time of Day to Exercise Is...

...the late afternoon. Or is it the morning? It depends.

Late afternoon

Dr. Phyllis Zee, a neurologist at Northwestern University, offers these common-sense reasons for exercising after lunch instead of before breakfast:

- Your muscle strength is at its highest.
- You're less likely to injure yourself.
- Unlike the very early morning, you're awake and alert.

Besides, she has the science to prove it. Zee points to the delicate circadian rhythms in our brains--our internal body clocks--that govern when we wake and when we sleep. She asserts that working out later in the day is more productive and beneficial for our bodies because according to our internal clocks, this is the time for our best physical performance. "One of the things that circadian rhythms does is that it determines when your best performance time is," Zee told CNN. "Your ability to perform changes throughout 24 hours."

Circadian rhythms govern more than our sleep time. They also help regulate our blood pressure, body temperature, and even impact our mood. "These are rhythms that are innate," she said to CNN. "They are in almost any organism, whether you are an animal or a plant, and they recur every 24 hours."

Our body temperature is a key factor when we exercise. In the afternoon, our temperature is one to two degrees higher than it is in the morning and that makes our muscles more supple. That, in turn, lowers the risk of injury. Our maximum body temperature occurs between 2 and 4 p.m. Then it starts to decline.



* thru Dec. 1, 2004

Morning

If you're a lark and prefer that up-with-the-sun run over an afternoon jog, set your alarm early. Getting regular exercise is so important to your good health that you should do it when it works best for you--no matter what time of day it is.

Besides, morning exercise has one advantage over afternoon exercise: It jump starts the body's metabolism to burn calories better all day long. "In middle-aged and younger adults, it's probably not a big difference for them in terms of their exercise time," exercise physiologist Richard Cotton told CNN. "It is really their lifestyle and what works for them that's really important when determining your exercise time."

But which is better?

The best way to determine if morning or evening exercise is better for you may be based on your eating habits. Tom Thomas, a nutritional sciences professor at the University of Missouri-Columbia, says the best time of day for you to exercise can be determined based on when you eat the biggest meal. He says it's best to exercise 12 hours before eating a large or high-fat meal. So if you enjoy a big dinner, exercise in the morning. If breakfast is when you eat the most calories, then exercise in the late afternoon or evening.

Writing in *Medicine & Science in Sports & Exercise*, Thomas says that exercise--especially when performed in 10-minute bouts separated by 20-minute rest periods--will lower triglycerides, the artery-blocking fat in the bloodstream. But this fat-busting benefit only lasts about 24 hours. That's why you need to exercise every day--no matter what time of day you choose to do it!

ALL PEOPLE'S TYRON LEWIS COMMUNITY GYM

THREE Months for the price of TWO
Or GET ONE MONTH FREE
when you and a friend join for 1 month

Join the Walkers and Joggers Club

Join the Walkers and Joggers Club today and take control of your health forever. We are a group of individuals who walk two miles as a team every Tuesday and Thursday at 6:30 AM and 6:30 PM. Occasionally, members get together as a group on other days such as Saturday and walk as well.

Our club is a support group that calls our members if they need a wake up call, or if folks have not come for some time. We are interested in hosting monthly events such as races and walk-a-thons.

Cardiovascular fitness is very beneficial because it lowers cholesterol levels, which

aids against the onset of hypertension and heart disease, and builds a healthy heart. People who are in the Walkers and Joggers Club are also burning excess calories that contribute to obesity. Most importantly, it is motivational and fun for everyone.

If you are a member of a fitness center and need to break the monotony of the everyday treadmill routine, come to Bartlett Park and enjoy the early morning breeze and scenery.

Join the Walkers and Joggers Club today and be part of the fun that will benefit you and your body!

THE WALKERS AND JOGGERS CLUB IS BACK!



- Are you tired of walking on a treadmill?
- Looking for something different to do?
- Want to experience the outdoors?

Walk with others like yourself for safety, motivation, and to take control of your health!

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For details call 727-824-5670

JOIN TODAY!

Basic Nutritional Supplements Available at the All People's TyRon Lewis Community Gym

By Damon Reio, Manager
All People's TyRon Lewis Community Gym

Nutritional supplements are very necessary when trying losing weight, gain weight or muscle, or live a healthy lifestyle. All-natural supplements and vitamins supply your body with the daily allowance of vitamins, nutrients, and minerals that you may not receive through a regular diet.

Supplementation is necessary when taking control of your health. These are not magic pills that promise miraculous results, but they will be helpful when they are integrated into an already healthy lifestyle. Some help to control the fat, others help to make one stronger, while some help relieve and inflammation. Supplements will compliment your fitness goals.

At the All People's TyRon Lewis Community Gym, we have a stock of natural supplements to help assist you in your fitness goals. Although these products are helpful and may do what they claim, it is strongly recommended to have a comprehensive exercise program when taking dietary supplements. Here are a few helpful high-quality supplements that you can get from the TyRon Lewis Gym for very reasonable prices.

Multivitamins - Vitamins are very helpful in that they provide your body with necessary nutrients and minerals to help ensure a healthy lifestyle. Quite often we do not consume the daily recommended allowance of most vitamins and nutrients such as vitamin-C, calcium, or potassium.

In America, most people are deficient in several nutrients and often have to seek medical attention because their regular diet does not contain these nutrients. Multi-vitamins help provide your body with the recommended allowance. They may also help you to stay alert through busy lifestyles, and assist in women who have severe complications during menstruation.

Protein- Protein is food for your muscles. Protein is necessary for your body to synthesize, or make muscle. All humans need to consume about 46% of our body weight of protein in grams per day.

When we exercise to lose fat and build lean muscle, it is recommended to consume one gram of protein for every pound that you weight per day. If you weigh 180lbs. your daily allowance of protein per day should be 180 grams in order to assist in your fitness goals.

It can be difficult to consume one gram of protein per pound of your body weight through your daily food intake. Protein supplements such as shakes, smoothies and bars help you to provide your body with that recommended allowance of protein.

Chromium Picolinate - This natural supplement is necessary for utilizing the carbohydrates that we consume as energy, rather than being stored as fat. If we consume more carbs than we burn, our body will store the extra carbs and convert them to fat. Chromium plays an important role in using our carbs as energy which may help you lose unwanted fat.

Creatine - This is a popular supplement that our body makes up regularly, but in small amounts. Creatine is necessary for those interested in gaining weight, building muscle mass, endurance, and especially for getting stronger.

Glucosamine Chondroitin - If your doctor prescribed you any medication to help relieve joint pain or arthritis, more than likely it has glucosamine in it. This natural supplement is combined with an amino acid (broken down form of protein) to help strengthen cartilage, joints, and ligaments. It has also been used to help patients with arthritis. At times weight lifting can add stress to joints in our elbow, knees or shoulder. Glucosamine helps to strengthen your joints in order to minimize inflammation and injury.

Co-enzyme Q10 - The mitochondria is an element within our cells that constantly works to make energy. Carbohydrates and other nutrients pass through the mitochondria to be metabolized as energy to make our body function. CoQ10 works directly within our mitochondria to activate our cells and provide us with energy as well as help our organs function well. CoQ10 is good for your heart and those suffering from heart complications.

If you have questions or would like to purchase or order nutritional supplements, contact Damon at the All People's TyRon Lewis Community Gym at 727-824-5670.



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SIDE ORDERS & COLD DRINKS AVAILABLE

Benefits the African People's Education & Defense Fund for Economic Development and Social Justice for the African community