

HEALTHY CONNECTIONS

EMPOWERING OUR COMMUNITY ONE "BODY" AT A TIME

Wellness Program of the African People's Education & Defense Fund, Inc. January 2005
1327 Dr. ML King (9th) Street South, St. Petersburg, FL 33705 (727) 821-2437

Free Aerobic Exercise Classes

**Starting January 31st
Mondays, Tuesdays,
& Wednesdays
6:30 pm - 7:30 pm**

**Saturdays
10:00 am - 11:00 am**



**Sign Up Now at All People's TyRon Lewis Community Gym
1327 Dr. ML King Jr. Street So., St. Pete 727-824-5670**



THE BENEFITS OF AEROBIC EXERCISE

Monday, Jan. 31st 5:30pm
APEDF Wellness Center
1327 ML King Jr. St. So.
St. Petersburg, FL
Info: 727-824-5670

INSIDE THIS ISSUE:

Aerobic Exercise Is Crucial.....Page 3

Exercise Cannot Make Up for

A Poor Diet.....Page 5

When To Eat?.....Page 7

African People's Education & Defense Fund Wellness Program – Working For A Healthier Community

The African People's Education and Defense Fund, Inc. (APEDF) is a non-profit, tax-exempt 501c3 organization founded in 1994 to address the grave disparities in education, health, healthcare, and economic development faced by the African community.

APEDF first operated a community fitness gym in St. Petersburg starting in 1995, and opened a new fitness center and established an inclusive Wellness Program in July 2001 to empower the African community to improve individual and collective health.

We are the only non-profit, community-owned and run facility of this kind, in an area that has a poverty rate of 39%, an unemployment rate of 11%, and a median income of only half that of the city as a whole.

The APEDF Wellness Program and gym has been an effective prevention program promoting exercise and proper nutrition as proven factors to impact life-threatening health problems such as heart disease, diabetes, hypertension, and high cholesterol which plague the African population in disproportionate numbers.

Serving over 1,200 people in the past three years, the APEDF Wellness Program offers gym memberships on a sliding fee scale or free to those who qualify, conducts free monthly health education seminars, distributes a free monthly Healthy Connections newsletter, and holds free annual health fairs and weightlifting exhibitions. APEDF truly provides families the means to a healthy future and helps build health consciousness in the black community.

Thanks to a grant from the Allegany Franciscan Foundation of Tampa Bay, this month we are initiating free exercise classes daily at the APEDF Wellness Center in an effort to reach more of the community including women, older people, overweight people, and those with injuries or disabilities. Exercise classes will also include basic nutrition and fitness information in group discussion and personal consultations, providing a friendly, supportive and motivating atmosphere.

Our ultimate goal is to build an addition to the gym and Wellness center to accommodate exercise and dance classes along with more cardio-vascular equipment.

We know how much aerobic exercise can make a difference in the health of our community, so we want as many people as possible to take advantage of these classes. APEDF is seeking volunteers to help promote the classes through massive community outreach and media.

Volunteers are needed to help take out flyers, help get newspaper and radio announcements, and to make phone calls to potential participants. If you are interested in being an instructor, volunteering or getting involved in the program, call Damon Reio at 727-824-5670 for more info.

We hope you will join the Wellness Program and support other projects of the African People's Education and Defense Fund that benefit all of us. These projects transform the health and well-being of the African community; indeed, our entire society benefits from a stronger, healthier black community able to work and live to its full potential.

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



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

Aerobic Exercise Is Crucial!

By Elaine Chambliss

All People's TyRon Lewis Community Gym

"Aerobic" or "cardio" workouts are crucial to an effective training program, not only for burning fat, but also for general health. By definition, aerobic/cardio workouts can be any exercise that raises and maintains your heart rate over a predetermined amount of time: running, biking, swimming, dancing, elliptical machine, stairs, jumping rope. Cardio workouts burn fat.

Benefits of Aerobic Exercise

By doing aerobic/cardio you strengthen your heart and lungs and lower your resting heart rate, which means that, over time, the same effort that produced a 10 minute mile will produce a nine minute mile. Cardio fitness is what gives you endurance and the ability to persist in sports and in life. Aerobic/cardio exercise:

- Increases metabolic rate
- Improves cholesterol levels
- Increases growth hormone secretion
- Increases blood flow to the brain, increasing alertness
- Improves digestion
- Reduces stress levels
- Boosts immune-system resistance

Train with Purpose

An intense, focused 20-minute cardio workout can be far more effective than a 40-minute (or longer) low intensity workout that lacks purpose and direction. Using high-intensity cardio training is the key. Research has shown that a high-intensity interval workout increases your metabolic rate for a longer period of time.



After a high-intensity workout, your body burns fat throughout the day and even while you're sleeping. This high-intensity level enables you to work out for shorter spans of time and get better results.

Train Three Times a Week

Based on your individual goals, reserve times during the week for your aerobic workouts. The new aerobics classes being offered at the TyRon Lewis Community Gym are a perfect way to do this. Also a workout first thing in the morning is a great way to start your day. When performed on an empty stomach, cardio enhances your ability to burn fat long after your workout is complete. Let nothing come between you and your cardio workout. Performing three cardio workouts per week, alternated by weight training workouts and proper nutrition, has been proven to lead to a muscular and fit body.

Continued on Page 6

ALL PEOPLE'S TYRON LEWIS COMMUNITY GYM



GREAT EQUIPMENT

- State of the art FLEX machines
- Free Weights
- Cardiovascular equip
- Steam room and shower



ALWAYS LOW RATES; NO CONTRACTS

- \$25/month, \$10/week, \$5/day, \$250/year
- Group Rates and Special Discounts available
- Sliding scale/free to those who qualify

**1327 DR. ML KING ST. SO.
ST. PETERSBURG, FL 33705
(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.



Exercise Cannot Make Up For A Poor Diet

By Elaine Chambliss, TyRon Lewis Community Gym

Are you that someone who tries to stay in shape, so you go to the gym about 4 or 5 times a week to shape your physique? But what do you do after a good workout? Do you go through the drive -thru at the fast food joint on the way home? Or after a shower, do you start feeling good because you've burned some calories — so you reward yourself with a huge bag of chips, or a few hot wings and soda? (And undo all the good you just did!)

Many people are under the assumption that since they work out multiple times a week, they can eat anything they want because they are going to burn it off at the gym anyway. Don't laugh if this is you. Sorry, but unfortunately it doesn't work that way. This is a common problem among many of us. **The bottom line is exercise cannot make up for a poor diet!**

The following is a list of expensive foods. These foods should be restricted or eliminated from the your diet and replaced with more healthier and beneficial foods. Yeah, they might taste good when you eat them, but you will pay later. The long-term effects of a poor diet have been proven costly: loss time from work, doctor's fees, over the counter medicine or costly prescriptions, weight gain, and strain on the heart to name a few.

Brothers and sisters, I want to challenge you to replace the bad foods with foods from the best food list. At the end of 7 days or even 4 days, notice the difference in your body. If you can do Atkins for weeks, I know you can change your eating habits for 7 days. Diets don't work. It's a temporary fix to a lifetime of problems.

Exercise cannot make up for a poor diet. I encourage you to take it to the next level. Notice the increase in energy. Notice a better, stronger, longer workout. Do something good for yourself, or if not for yourself then for the people that love you. The long-term benefits are a more enjoyable. Isn't that our purpose for working-out anyway? This is what we strive for. The total package.

RESTRICT OR ELIMINATE:

Bacon
Breakfast sandwiches
Cakes
Candy
Chicken, buffalo wings
Fried chicken or fish sandwich
Potato or corn chips
Cinnamon buns

Cookies

Cream cheese
Doughnuts
French-fries
Gravy
Hamburger, fast food
Hot dogs

Ice cream
Lunchmeat
Mayonnaise

Milk, whole

Nachos w/cheese
Onion rings
Pastries

Pies
Potpie
Refried beans

Sausage
Shrimp, fried

Soft drinks

Spareribs

REPLACE WITH (EAT MORE):

Beans
Bananas
Blueberries
Bran
Broccoli
Berries
Cabbage
Cantaloupe
Carrots
Cereal, whole -grain
Chicken breast
Citrus, fruits &juices

Corn
Cottage cheese
Cranberry juice
Egg whites
Fsh (cold water: Salmon)
Garlic, Fresh
Grape juice
Kale
Lima beans
Mangoes
Milk, non-fat
Oatmeal
Onions
Pasta w/marinara sauce

Peppers

Prunes
Rice, brown
Salsa
Shellfish (steamed)
String beans
Spinach
Sweet potatoes (baked)
Tea (green or black)

Tofu
Tomatoes sauces
Turkey breast

Vegetable juices
Vegetables

Water
watermelon
Wine, red
Yogurt
Zucchini

Aerobic Exercise Is Crucial, Continued from Page 5

Train Using Variety

There are no rules that say you have to do the same type of workout every time you do cardio. When considering a cardio workout, you should evaluate it using three criteria:

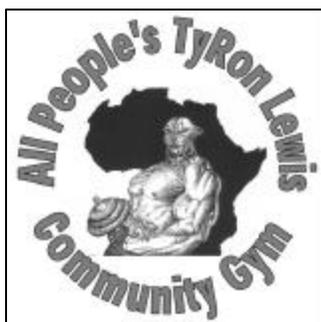
1. Its capacity to burn body fat.
2. Its effect on your cardio conditioning. (Will you reach your targeted heart rate?)
3. Whether or not it can keep you engaged and challenged. (Something you enjoy)

Keep in mind these crucial principals to get maximum cardio gains. Use aerobics/cardio to take your health and fitness to the next level!

- Work out three times a week, for minimum of 20 minutes per session. Alternate with weight training program.
- Train with a purpose. Come prepared and focused with a goal. Use a variety of cardio to capture your interest.
- Perform your cardio workouts on an empty stomach, preferably first thing. Drink water before, during, and after your work out.
- Always warm up and cool down. Train in your target heart rate zones.
- Don't let excuses prevent you from performing cardio workouts with intensity.



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!

**2 MILE TRAIL TUESDAYS AND THURSDAYS
6:30 AM AND 6:30 PM
BARTLETT PARK, 2000 7TH STREET SO., ST. PETE**

For details call 727-824-5670

JOIN TODAY!

Before or After Work Outs — When to Eat?

When To Eat!

Sports nutrition fuels your body and motivation while you are participating in physical activities. Therefore, it is very important that you eat before, during and after exercising or participating in competition.

- Eating a rich carbs meal before a workout session will give you the motivation to start and the energy to continue with enthusiasm throughout.
- Eating during a workout session can increase your endurance, reaction time and speed.
- Eating after a workout session can help you recover more quickly.

Any recommendation for food and fluid intake before, during, and after an exercise session will vary with different sports activities and different individuals, hence the need for individual sports nutrition advice. It is extremely important to eat a nutritious and balanced diet every day of your life.

Eating Before the Workout or Competition

- Eat 2 to 4 hours before your workout. Eat complex carbohydrate, low fat and low protein foods. Carbohydrates digest quickly while proteins and fats are slow to digest. Quick carbohydrate foods are bananas, bagels or fruit juices. These foods are broken down quickly and provide glucose to the muscles.
- Too much protein, fiber and fats can cause heartburn, nausea, diarrhea or even constipation.
- Do not eat bulky foods; such as raw fruits and vegetables, beans and peas. They may make you feel full and sluggish.
- Eat about 500 to 800 calories at this meal. This should fuel your system to workout comfortably.
- Chew well and never eat your meal hurriedly.
- Drink about 2 cups of water or sports drink 1-2 hours before your event.
- Do not try a meal to which you are not accustomed before a competitive event.

Eating During the Workout or Competition

- Have a snack of carbohydrates 1/2 hour into your workout and every hour or more if the session goes beyond 90 minutes. Carbohydrates will replenish your used-up energy. This applies to continuous events like cycling, running, and hiking, and stop-and-go sports like soccer and weight lifting.

The intake of carbohydrates during workout sessions increases the length of time and the intensity with which you could perform before becoming exhausted. Research has shown that



carbohydrates help maintain your blood sugar level, and so help your brain and muscles to access the stored glycogen. In turn this ready access to the stored fuel delays fatigue.

- Drink about 1/2 cup of water every 15 to 20 minutes of activity. Drink whether or not you feel thirsty. Dehydration causes your blood to thicken; thus, preventing it from transporting air and nutrients to your brain and muscles.
- If you are involved in a strenuous activity over a long period of time on a hot day, be sure to consume sodium. Use a sodium containing food; such as soda crackers or a sports drink.

Eating After the Workout or Competition

- Eat foods containing both carbohydrates and proteins within the first hour after your workout. They will quickly replenish glycogen stores and speed up your recovery for your next event or tomorrow's performance. Proteins help to repair damaged muscle and boost your immunity.
- Drink enough water to replace fluids that your body has lost. For every pound of sweat lost, drink 2 cups of water. Drink enough water until your urine runs pale yellow to clear.
- Do not use caffeinated beverages.
- After long-endurance activities consume foods containing potassium or sodium to replace these minerals lost during that period of time. Best potassium sources are fruits, milk, meat, whole wheat bread, wild rice. You get sodium by eating salty foods.

If you do not replace depleted carbohydrates, protein, and fluids after a strenuous workout session or competition, the level of your next activity or your next day's performance could decrease.

YOUR HEALTHY CONNECTIONS IS HERE!

NONPROFIT ORG
US POSTAGE PAID
ST. PETERSBURG FL
PERMIT #2286

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

**THE BENEFITS OF
AEROBIC EXERCISE**
Free Introductory Seminar

Monday, Jan. 31st 5:30pm
APEDF Wellness Center
1327 ML King Jr. St. So.
St. Petersburg, FL
Info: 727-824-5670

**UHURU FURNITURE
& COLLECTIBLES**
945 CENTRAL AVE. • ST. PETE, FL 33705
WE PICK UP
DONATIONS FAST!
727-896-4577
SHOP • DONATE • VOLUNTEER
A Tax Exempt Project Of The African People's Education And Defense Fund
www.apedf.org



**UHURU
BREAKFAST
OASIS**

Fresh and Delicious Gourmet

**@ St. Petersburg's
Saturday Market
Central Ave. & 1st St.
9 am - 1 pm Saturdays**

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