

HEALTHY CONNECTIONS

EMPOWERING OUR COMMUNITY ONE "BODY" AT A TIME

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

APEDF Wellness Program Launches Free Aerobics Classes

Tuesday, February 1st 2005 marked the grand opening of our aerobics exercise classes held at the All People's TyRon Lewis Community Gym. APEDF is offering these classes free to the community for a six month introductory period, and will continue classes at a low cost after this.

Tuesday's class was a high intensity class that included ten women of different sizes and fitness capacities performing several step, aerobics, and resistance training routines. Aerobics instructor Barbara Odom led the class and kept the students motivated from the beginning until the end of the session. "The class was fun. Barbara was energetic and very helpful. Although it was challenging, she prepared a routine that was easy to learn," said Shauntae Steele, a member of the gym and participant of the aerobic class.

The class began with a 10 minute warm up consisting of basic choreographed steps to increase the heart rate and loosen up stiff muscles. After that, participants grabbed their individual steps and began the step aerobic routine for about 20 minutes without rest.

After the 20 minute cardio routine, the participants took a break for 3 minutes and then returned for the resistance training session. This
(Continued on page 6)



**Tuesdays, Thursdays & Fridays
6:30 pm - 7:30 pm
Saturdays 11:00 am - noon**

**Sign Up Now! Call 727-824-5670 or stop by:
All People's TyRon Lewis Community Gym
1327 Dr. ML King Jr. Street So., St. Pete**

**APEDF would like to thank
these special donors who have helped
make the Aerobics program possible:**

**Allegany Franciscan Foundation
Sportsmith Equipment
Tuflex Rubber Products
Power Systems Equipment**

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Uhuru Basketball Reaches For the Top

Some of our 12 & under team at the St. Pete Martin Luther King, Jr. Parade on January 17, 2005

Clockwise from top left: Jay, Devonte, Jamey, Larisa, Cendra, and Jonithan



This year is starting out to be one of the best for the Uhuru Basketball program!

This year we now have expanded to four different teams. 10 and under, 12 and under, 14 and under, and 16 and under. Each team has a coach: Lucky, Tarri, Marquell, and Tam with assistant coach Candy, along with other parents and volunteers.

Check out our new uniforms. By working hard and consistently doing fundraisers, the teams were able to purchase new uniforms and other accessories. We have sold candy, BBQ, held carwashes and cookouts, and staffed food booths at Circus McGurkis Festival and Uhuru Breakfast Oasis at the downtown Saturday Market. We are also planning to make Uhuru Basketball t-shirts by next month.

Come to our games, practices and tournaments. Most of the games we play are on Friday nights and Saturday mornings at 1500 16th St. No. We will have the new game schedules posted and available soon at the TyRon Lewis Gym (1327 ML King St. So.) and Uhuru Furniture & Collectibles store (945 Central Ave.). Our practice times are Monday and Wednesdays from 6:00 - 8:30pm, and Sundays 10:00am at Bartlett Park, 2000 7th St. So. We are playing in several tournaments this year sponsored by PAL. Our 14 and under team usually dominate these leagues!

If you would like more info or to volunteer, call (727) 821-2437. Contributions are always appreciated. Please mail to: APEDF/Basketball, 1245 18th Avenue So. #4, St. Pete, FL 33705.

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



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

Meet Alice

By Elaine Chambliss

All People's TyRon Lewis Community Gym

Meet Alice. She is a retired LPN. She decided to make the transition from working in a nursing home caring for others to taking care of herself through a healthy lifestyle with a nutritional diet and exercise.

Alice has been a member of All Peoples TyRon Lewis Gym for about a year. She joined soon after entering retirement. Before joining, her workout included an hour of walking. She knew that making a transition from an active working life style to retirement, walking for an hour would not be enough to maintain her slender figure with a height of 6'1".



As a result of her new healthy lifestyle she has had to give 30 outfits away! She is so inspired by her own results that she now walks to the Gym, works out and walks back home.

What motivates her is her strong desire to see her grandchildren graduate. The youngest is 7 years old.

Alice has set a new goal for herself. She will be leaving for vacation in April or May. Her focus is to reduce the size of her abdomen by including more exercises that target the stomach, along with more intense cardio vascular exercises. Her plan is to lose about 10 to 15 more pounds before she leaves. And with the new aerobics classes at the gym, Alice can certainly make her goal!

Fitness Tidbit: Eating right to attain a slim mid-section

If you're not eating right, you will not attain a "six-pack" unless you visit your local convenience store. If you cut 500-1000 calories from your daily food intake, you should burn up to two pounds of fat per week (a pound of fat equals 3,500 calories). This is a realistic fat-loss goal – more than two pounds per week may not be healthy or realistic.

You can begin by recording everything you eat to get a sense of how many calories and the kinds of calories you are eating- carbohydrates, proteins, and fat. Then strive to eat fewer calories per week.

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.



Effective Supplements & Their Key Functions

By Damon Reio, Manager

All People's TyRon Lewis Community Gym

Below is a list of supplements that are inexpensive and provide a solution to your everyday health needs. If you are on medication or have a concern about any of the following, consult a doctor or nutritionist first.

Supplements for daily nutrition, general health, and immune function

1. Protein powders (milk, whey, casein, egg, soy)- Provide vital amino acids and other functional health benefits. Consume 20- 200 grams daily.
2. Essential fatty-acids (DHA & EPA)- provide essential fat for those on low fat diets. 5-30 g daily.
3. Fiber (Bran, Oat fiber)- intestinal health, regularity, cholesterol level, and immune function. 10-30 g daily from diet and supplements.
4. Flaxseed oil- anti-carcinogenic, cardiovascular health, excellent source of essential fatty-acids.

Vitamins/Minerals

1. Multivitamin and mineral- supply 100% of Reference Daily Intake.
2. Vitamin C- decrease upper-respiratory infections. Consume 500-3000 mg daily.
3. Vitamin E- antioxidant. Consume 400-800 IU
4. Calcium- Strengthen bones, teeth and improves muscle function. Consume 1.2 g daily
5. Zinc- a deficiency can result in low testosterone levels. Consume 15 mg daily.
6. Potassium- A deficiency can result in cramping and declining nerve function. Consume 2.5 g daily

Muscle/Strength/Recovery

1. Creatine- Increase power, strength, recovery and body weight. Consume 2-20 g daily.
2. L-Glutamine- Prevent muscle breakdown. Support immune system. 5-20 g daily.
3. Branched chain amino-acids- prevent muscle breakdown and decrease fatigue. 5-10 g daily
4. HMB- Increase lean body mass, prevent muscle breakdown. 3-5 g daily

Weight Loss

1. Co-enzyme Q10 - anti-oxidant. 400 mg daily.
2. Yohimbe- enhance male performance. 1-5 mg daily
3. L-Carnitine- fat metabolism, improve aerobic performance. 2-4 g daily
4. Chromium- Aid in sugar metabolism. Increase lean body mass. 100-400 mcg daily

Mental Function/Mood/Sleep

1. Melatonin- Sleep aid, improve immune function. Take 1-3mg at bedtime
2. L- Theanine- mental relaxation. 1 g daily
3. Tyrosine- improve mood. Decrease exertion. Consume 2-4 g daily
4. St. John's wort- improve mood, decrease depression. 750-100 mg daily
5. Ginkgo biloba- improve concentration, brain oxygenation. 80-100 mg daily

Just for Women

1. Cranberry extract- urinary tract health. 400 mg 2X daily for treatment; 400 mg daily for prevention
2. Acidophilus- intestinal health, prevent and control yeast infections. 1-2 capsules 1-3x daily
3. Black cohosh root- PMS symptoms, menstrual cramps. PMS: 40 mg 2x daily, 7-10 days before period. Cramps: 40 mg 3-4x daily



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*

APEDF Launches Free Aerobics Classes

(Continued From Page 1)

consisted of moderate repetitious exercises using light weights to work the chest, shoulder, arms, and leg muscles. After the resistance training, everyone warmed down and the class ended. Instructor Barbara Odom received applause and thank yous from everyone who thought the class was a success.

The free Aerobic classes are now held four days a week for one hour on Tuesdays, Thursdays, and Fridays at 6:30pm, and Saturdays at 11:00am. Class size is limited, so call the gym at 727-824-5670 to reserve your spot. We are looking to add more classes as soon as possible, and we are looking for instructors and volunteers to help with this effort to bring more of our community out to improve our health. Please call Damon Reio at 727-824-5670.

Aerobics and cardiovascular exercise is another aspect of physical fitness along with resistance

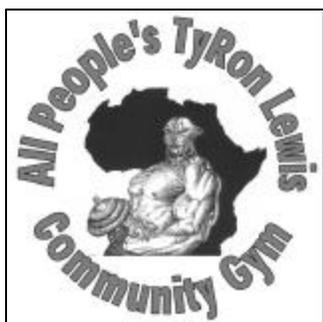
CARDIO VASCULAR EXERCISE

Free Informational Seminar

**Friday, Feb. 25th 5:30pm
APEDF Wellness Center
1327 ML King Jr. St. So.
St. Petersburg, FL
Info: 727-824-5670**

(weight) training and proper nutrition that targets your heart and the capacity to burn fat. Aerobics reduces obesity, helping you to lose weight and prevent heart disease. Aerobics also defines your legs and the rest of your physique while simultaneously lowering blood pressure, cholesterol and the onset of diabetes, osteoporosis and stress.

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!

Simple Everyday Foods to Protect Yourself This Winter From Colds or Flu

When we live a healthy lifestyle -- exercising regularly and daily receiving the vitamins, minerals, amino-acids, and fatty-acids our bodies require -- our immune system is a powerful force that is able to take care of almost every need and solve any problem that our bodies may encounter.

For instance, when bacteria enter our body, mechanisms of the immune system automatically release white blood cells through the blood stream to attack the bacteria. We get a fever and the body temperature rises because most bacteria cannot survive under temperatures over 99 degrees. We get a runny nose because our body is releasing these germs.

Did you know that we never get the same cold twice? There are thousands of different types of bacteria, all with different kinds of genetic make-ups. Once we get sick from one of these bacterium, our immune system will fight it, adapt, and never allow that same bacterium to make us sick again.

Our bodies also regulate the amount of sugar flowing through our blood stream by the use of insulin to prevent diabetes and other related complications. Who needs antibiotics when our immune system is capable of keeping our bodies self-sufficient?

Unfortunately, due to the lack of vitamins and minerals in our diets we do get sick -- some people more than others. The average American diet is one that lacks many nutrients to keep us strong and our immune system healthy. In order to receive the daily recommended amount of most of these nutrients, many of us should take a daily multi-vitamin.

But if you really want to stop the onset of a cold before it starts, you definitely have to eat right. The following foods are proven to boost your immune system and help you fight a few sniffles rather than spending an entire week in the bed.

Tea

All liquids, especially water, are beneficial when you're trying to prevent or recover from a cold. According to researchers at Boston Brigham and Women's Hospital, sipping 20 ounces of tea daily can

spur on the immune systems T cells to pump out large doses of interferon -- a cold and flu fighting compound that helps coat your cells and defend the against germs that make you sick.

Baked Sweet Potatoes

Your body needs large amounts of beta-carotene, a vitamin found in brightly colored orange and yellow fruits and vegetables, to keep your skin and mucous membranes healthy. Once swallowed, beta-carotene enhances macrophages, large immune system cells that surround foreign viruses and bacteria and destroys them.

Turkey

Protein is known to be an immune booster because it provides the body with amino-acids which aids in the production of T cells and other immune boosters. Glutamine is an amino-acid, broken down from protein that not only helps with muscle recovery, but also is used as fuel for the white blood cells and macrophages in killing germs and bacteria.

Colds and other infections often deplete our glutamine stores which leaves us victim to sickness. Eating turkey will replenish these stores during cold and flu season and help you stay healthy.

Fatty Fish

Fatty fish such as salmon and mackerel are high in omega-3 fatty-acids which aids in strengthening your immune system. The recommended consumption of these foods is at least two times per week.

It is important that you eat the right foods that are high in vitamins, minerals and other nutrients in order to fight against malnutrition and a poor immune system. During the winter, colds, flu and other infections run rampant and can easily attack us if we have a weak counter plan.

Taking multivitamins and eating foods high in nutrients will keep your immune system very strong this season. You may drastically cut down your doctor visits, sick days from work, and use of antibiotics, antihistamines, and other medicines.

Source: *Men's Fitness*, February 2005 pg. 50

YOUR HEALTHY CONNECTIONS IS HERE!

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**UHURU FURNITURE
& COLLECTIBLES
3rd Anniversary
Celebration**



**Saturday, March 5, 2005
945 Central Avenue, St. Petersburg, FL**

Program 10am - noon * All day sidewalk sale * Food * Music

We pick up donations FAST! 727-896-4577

Project of African People's Education & Defense Fund www.apedf.org