

# HEALTHY CONNECTIONS

EMPOWERING OUR COMMUNITY ONE "BODY" AT A TIME

Wellness Program of the African People's Education & Defense Fund, Inc. May 2006  
1327 Dr. ML King (9th) Street South, St. Petersburg, FL 33705 (727) 821-2437 [www.apedf.org](http://www.apedf.org)

## Magic Diet Pills? Here's Some Info — Nothing Works Like Exercise and Proper Nutrition!

America has become a nation of pill-popping junkies. We take calcium to prevent osteoporosis, fish oil to stave off heart disease and statins to lower cholesterol, so why not take a few tablets to prevent obesity, right?

Diet drugs are not the ideal way to approach weight loss. There are side effects, and often no studies on long-term effects. There is just no substitute for exercise and proper nutrition! It may take time, but it will make lasting changes in your lifestyle. Come to the All People's TyRon Lewis Community Gym today to start taking control of your health!

Here is some information on popular diet pills.

### **Acomplia**

**How It Works:** Currently under review by the Food and Drug Administration (FDA), Acomplia turns off certain pleasure sensors in the brain, reducing your urge to overeat. More studies need to be done on this drug that may cause side effects ranging from dizziness to diarrhea.

### **Meridia**

**How It Works:** One of only two prescription medications approved by the FDA for long-term weight loss, Meridia suppresses appetite by altering feel-good brain chemicals including serotonin and norepinephrine.

Meridia can cause blood pressure to spike, so if you have hypertension or are at high risk for heart disease, steer clear.

### **Xenical**

**How It Works:** Unlike most other diet medications, Xenical works in the gut, inhibiting the absorption of fat. In fact, the drug blocks 30 percent of the fat and calories that a person takes in. Xenical is the second FDA-approved diet drug.

Xenical is expensive, it's not covered by many insurance plans and it can cause embarrassing side effects like gas and diarrhea. And, if you're on a very low fat diet, the drug may prevent the absorption of important fat-soluble vitamins A, D and E.

### **Zantrex-3**

**How It Works:** With metabolism-boosting ingredients like caffeine, guarana, green tea leaf, yerba mate and ginseng, Zantrex-3's claim to fame is that it's ephedra-free.

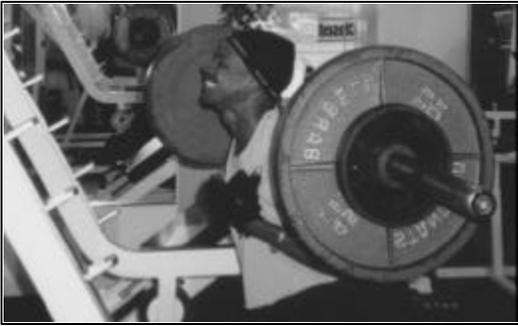
Zantrex-3 may cause rapid heart rate, jitters and serious insomnia. What's more, Zantrex-3 does not have scientific backing and claims about melting fat and cellulite are unfounded.

### **Hoodia**

**How It Works:** After frequent appearances on 'Desperate Housewives,' interest in Hoodia has skyrocketed. The substance originates from a cactus-like plant in South Africa and Namibia and has been long praised for its ability to help tribes make long treks through the desert with little food.

There are no peer-reviewed human studies on the supplement, so side effects and long-term effects are unknown. It sounds too good to be true -- and it probably is.

# ALL PEOPLE'S TYRON LEWIS COMMUNITY GYM



## GREAT EQUIPMENT

- State of the art FLEX machines
- Free Weights
- Cardiovascular equip

- Steam room and shower

## FRIENDLY, SUPPORTIVE ATMOSPHERE

- Free orientation & personal fitness plan
- All ages, levels of training welcome in a



**1327 ML KING ST. SO.  
ST. PETERSBURG, FL**

## CONVENIENT HOURS:

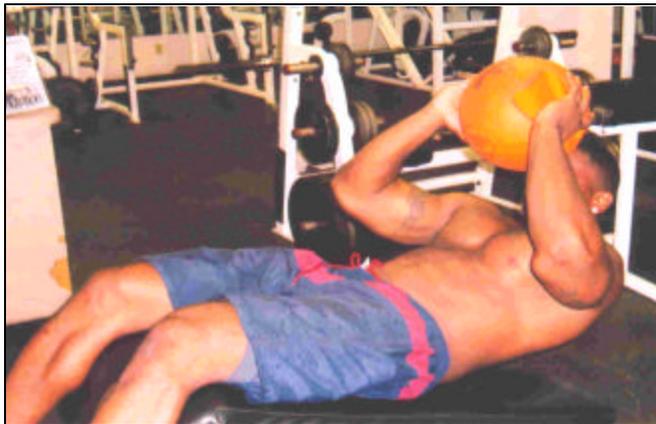
Monday - Friday 6 AM - 9 PM

Sat 8 AM-4 PM Sun. 12-4 PM

**FREE ONE WEEK  
GYM MEMBERSHIP**

with this flyer. One per person.

## APEDF Wellness Program Abdominal Exercise Classes



**Mondays,  
Wednesdays,  
& Fridays  
8:00 - 9:00 pm**

FREE FOR MEMBERS!! \$3<sup>.00</sup> per class or \$25/month non-members

**All People's TyRon Lewis Community Gym  
1327 Dr. ML King Jr. Street So., St. Petersburg, FL 727-824-5670**