

AFRICAN PEOPLE'S  
EDUCATION  
& DEFENSE FUND,  
INC.

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### Our Mission

- Develop and institutionalize programs addressing the grave disparities in education, health, healthcare, and economic development faced by the African community.

- Defend the human and civil rights of African people.

# Healthy Connections

HEART HEALTH ISSUE

MAY 2007

## **Heart Health**

### **Thurs, May 31 6:30pm**

**Free Educational Seminar**  
**APEDF Wellness Center**  
**1327 MLKing St. So., St. Pete**

- \* Life-saving dietary and lifestyle info
- \* FREE blood pressure & glucose checks

***Presented by Minority Health Office, Pinellas Co. Health Dept.***

# High Blood Pressure Month



*African people in the US are more likely to develop high blood pressure than any other racial or ethnic group and tend to develop it earlier and more severely than any other ethnic group in the U.S.*

55 which means they have a 90 percent likelihood of developing high blood pressure in their lifetimes.

- African people in the US are more likely to develop high blood pressure than any other racial or ethnic group and tend to develop it earlier and more severely than others.

- 20 million Americans have diabetes which increases their chances of developing high blood pressure.

- 142 million American adults are overweight or obese which increases their chances of developing high blood pressure.

### **Risky business**

Anyone can develop high blood pressure. But these factors increase the risk:

being overweight or obese, being physically inactive, high salt and sodium intake, low potassium intake (due to not eating enough fruits and vegetables), excessive alcohol consumption, and diabetes.

### **Why should you care about high blood pressure?**

- High blood pressure can lead to numerous other life-threatening conditions, including heart disease, stroke, and kidney failure, the #1, #3, and #9 causes of death in the U.S.

- High blood pressure is a factor in 67 percent of heart attacks in the U.S.

- High blood pressure is a factor in 77 percent of strokes—the #3 cause of death in the U.S.

- High blood pressure precedes 74 percent of cases of heart failure in the U.S.

- High blood pressure is the second leading cause of chronic kidney failure in the U.S.—responsible for 26 percent of all cases.

- High blood pressure causes more visits to doctors than any other condition—just a 10 percent decline in the number of visits would save \$450 million each year.

- High blood pressure affects circulation—creating a higher risk for mental deterioration and Alzheimer's.

- High blood pressure and its complications cost the U.S. economy more than \$100 billion a year.

## Colonialism is Bad for Your Health

[www.uhururadio.com](http://www.uhururadio.com)

Listen Live on the Internet  
Every Sunday from 2p-4p



Host Iyapo Ngina

# Swim for Heart Health

For years, experts have been saying that swimming is great for your health and simply one of the best exercises out there. Yet, many of the benefits of swimming are unclear to the average person.

- **Swimming uses almost all the major muscle groups, and places a vigorous demand on your heart and lungs.**
- **Swimming develops muscle strength and endurance, and improves posture and flexibility.**
- **Swimming is especially useful for people who are overweight, pregnant, or with leg or lower back problems.**
- **Swimming is a great sport for people of all ages and all proficiency levels.**
- **Swimming provides most of the aerobic benefits that running does, with many of the benefits of resistance training thrown in.**
- **Swimming does not put the strain on connective tissues that running, aerobics and some weight-training regimens do.**

The buoyancy factor makes swimming the most **injury-free** sport there is. Water exercises benefit seniors, pregnant women, arthritis

sufferers, or anyone with an injury.

One of the biggest advantages is flexibility. In water, body weight is 1/10 of what it would be on land. For example, if you weigh 150 pounds on land, you weigh 15 pounds standing in chin-deep water, hence, range of motion in water is much easier. Also, fitness exercise in water can be done more often because of the low incidence of high-impact injuries and is more effective because movement in water has 12 times greater resistance than movement in air.

For pregnant women, water exercise strengthens and tones the muscles used during childbirth.

For the elderly, water fitness is safe, fills the need for exercise, increases a body's range of motion and is a low-impact exercise.

For those with weight problems, water helps the body naturally rid itself of excess water and salt. As physical therapy, it gradually and gently rehabilitates and relaxes muscles and joints that have stiffened or atrophied.

Beginning swimmers need to know that ones resting heart



rate decreases 10 beats per minute in water, and maximum heart rate decreases by 10 to 30 beats. The heart puts out just as much blood as in other exercises because it pumps more volume with each stroke, but more slowly.

No one is certain why heart rate decreases in water, but the lower temperature and lesser pull of gravity in water may be the cause. In any case, if you know what your exercise heart rate should be, that number should be lower by at least 10 beats when you swim.

Swimming is a good sport to take up if you would like to increase your muscle and strength endurance. It is also good for increasing your stamina and improving your cardiovascular system by improving the bodies' use of oxygen and allowing the heart to work less strenuously.

<http://www.new-fitness.com/swimming.html>

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# Shape up for summer!



**Convenient Hours:**  
Monday - Friday  
6 AM - 9 PM  
Sat 8 AM-4 PM  
Sun. 12-4 PM

**Building a strong community one body at a time!**  
**All People's TyRon Lewis Community Gym**  
**1327 ML King Jr. St. So., St. Pete, FL 727-824-5670**