

AFRICAN PEOPLE'S
EDUCATION AND
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.

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Healthy Connections

OCTOBER 2007

Reduce Salt and Sodium in Your Diet

A key to healthy eating is choosing foods lower in salt and sodium. Most Americans consume more salt than they need.

The current recommendation is to consume less than 2.4 grams (or 2,400 mg) of sodium a day. That equals 6 grams (about 1 teaspoon) of table salt a day. The 6 grams include

ALL salt and sodium consumed, including that used in cooking and at the table. For someone with high blood

pressure, the doctor may advise eating less salt and sodium, as recent research has shown that people consuming diets of 1,500 mg of sodium had even better blood pressure lowering benefits. These lower-sodium diets also can keep blood pressure from rising and help blood pressure medicines work better.



Colonialism is Bad for Your Health!

Listen Live Online, Every Sunday from 2-4pm

www.UHURURADIO.com

Your host Iyapo Ngina discusses critical and lifesaving topics on health issues that most important to the African Community. She also conducts dynamic interviews with the leading specialists in the fields of Alternative Medicine.

Check out the archived shows at
www.uhururadio.com.



Iyapo Ngina

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Top Ten Reasons to Lift Weights



Weight training is a great addition to any lifestyle regime

Weight training strengthens your bones and reduces the risk of getting osteoporosis



1. Increased Metabolic Rate.

Strength training increases the body's metabolic rate, causing it to burn more calories throughout the day.

2. Increasing and Restoring Bone Density.

Inactivity and aging can lead to a decrease in bone density and brittleness. Studies have clearly proven that consistent strength training can increase bone density and prevent osteoporosis.

3. Increased Lean Muscle Mass and Muscle Strength, Power, and Endurance.

Everyone can benefit from being stronger. We can work harder, we can play more, we can workout longer, and we can be more alive.

4. Injury Prevention.

A wide variety of sports-related or life-related injuries can be prevented by strengthening muscles and joints.

5. Improved Balance, Flexibility, Mobility and Stability.

Stronger and more resilient

muscles improves our balance, which means more comfortable living & fewer falls or accidents.

6. Decreased Risk of Coronary Disease.

Participation in a consistent strength-training program has a wide variety of affiliated health benefits including decreasing cholesterol and lowering your blood pressure.

7. Aids Healing and Recovery.

One of the best ways to heal many types of injuries is to strengthen muscles surrounding the injured area. The stronger your muscles, the quicker the healing process.

8. Enhanced Performance in Sports or Exercise.

No matter what your favorite sport or physical activity, with the proper strength training program, your performance can unquestionably be improved, and in some cases dramatically so.

9. Aging Gracefully.

There is no more important reason to

making a strength training a consistent part of your life, than to ensure you age gracefully. Physical activity keeps us alive and vibrant. Strength training ensures we are strong enough to participate in aerobic activities, outdoor recreation, and sports.

Strong seniors fall down less. If they do fall down, their stronger bodies are more resilient, are injured less by the fall, and are able to heal more quickly after an injury.

10. Feeling Better and Looking Better.

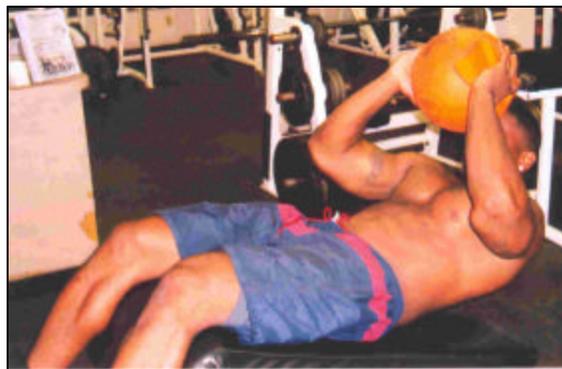
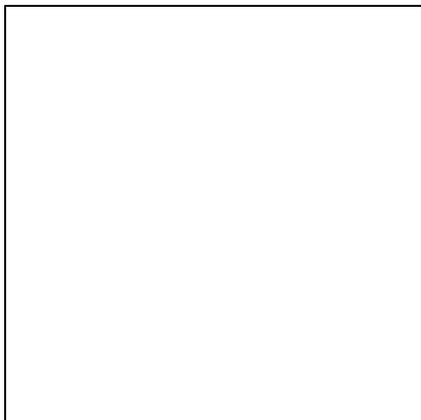
As painful as strength training can sometimes feel, there is nothing more satisfying than the feeling after a good solid work-out.

Stronger muscles and joints can have a dramatic impact on posture and leaner toned muscles tend to make everyone feel better about their appearance. This all leads to improved self-esteem and increased self-confidence.

longfellowclubs.com/strengthtraining.html

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That Was Then, This Is Now



**An Interview with Nate Washington,
Certified Personal Fitness Trainer
All People's TyRon Lewis Community Gym**

By Neshia Seymore, Membership and Promotions Coordinator

When did you realize the importance of good health and fitness in your life?

Six years ago I had high blood pressure and I was overweight too.

Was there a healthy influence that made you want to change your exercise habits?

Just looking back at some of my old photos when I was younger, I was more in shape.

At first was there much opposition?

I never thought that I couldn't do it I just took it one day at a time.

What do you feel is the most important factor of good health and continued fitness?

A longer life span, lower health risks, and feeling good.

How important do you think it is for men and women alike to be involved?

I think that males and females should be equally involved in daily exercise.

Are there any differences in men's and women's responses to good health and fitness?

Yes, men tend to lose weight faster than women.

Are you happy with the great results that you have accomplished?

(Smiling) Yes, I am very happy!

Overall how do you feel your health habits have changed your life?

It's made me more confident and a better role model.

Any words of wisdom for individuals who'd like to change their health and fitness?

I think that everyone should be involved in some type of exercise program. If not for their own personal reasons just do it for a better lifestyle.

Thank you Nate for your time and most importantly your great advice. Take care of your health you deserve it!

Our Mission
The African Peoples Education & Defense Fund strives to develop and institutionalize programs to defend the human civil rights of the African community, and to address the grave disparities in education, health, healthcare, and economic development faced by the African community.

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& Defense Fund
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Recipes: Curry & Herb Marinade

3 cups orange or yellow pepper,
destemmed, deseeded, and diced
3/4 cup white wine or white grape juice
1/3 cup shallot, finely chopped
1/3 cup lemon juice
1/3 cup olive oil

3 T. Bragg Liquid Aminos or tamari
4 t. curry powder
1/4 t. salt
1/8 t. pepper
1/3 cup freshly chopped basil
1/3 cup freshly chopped parsley

In a blender, place all of the ingredients, except the chopped basil and parsley, and blend for 1-2 minutes or until thoroughly combined. Add the herbs and blend an additional 10 seconds. Transfer marinade to a bowl. Use as a marinade for vegetables or soy products.
Yield: 3 Cups
From: www.veganchef.com