

AFRICAN PEOPLE'S  
EDUCATION AND  
DEFENSE FUND,  
INC.

1245 18TH AVE. S.  
ST. PETERSBURG,  
FL 33705  
727-821-2437  
WWW.APEDF.ORG

## 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

JULY 2009

## Beat Your Physical Activity Roadblocks!

Regular, moderate-intensity physical activity can be fun and help you feel great. When you share physical activity with your friends and family, it can also be a social event.

Make it your goal to try to do at least 30 minutes of moderate-intensity physical activity on most, preferably all, days of the week. You may need to be physically active for more than 30 minutes a day to help you lose and keep off extra weight. Beat your physical activity roadblocks!

### If you . . .

*Do not have child care.*

*Do not have time or are too busy to be physically active.*

*Do not like or do not want to exercise.*

*Do not feel safe being physically active in your neighborhood.*

### Then try . . .

Sharing physical activities such as walking, biking, or playing tag with your child each day. Join a gym with childcare.

Doing 10 minutes of moderate-intensity physical activity three times a day, or putting more energy than normal into activities like housework, yard work, and playing with the kids.

Doing something you enjoy, like dancing to the radio or planning active outings with a friend, family member, or group.

Joining or forming a group of people to walk, jog, or bike together, working out with videos in your home, or walking in a shopping mall.

*From: "Improving Your Health: Tips for African-American Men and Women"  
Weight Control Information Network, [www.win.niddk.nih.gov](http://www.win.niddk.nih.gov)*

## Join the APEDF Wellness Committee! APEDF Wellness Center, 1327 ML King St. So., St. Pete

- \* Help write articles & take photos for the Healthy Connections Newsletter!
- \* Help plan and promote free monthly health education seminars!

**Call 727-821-2437**

Volunteer • Donate • 727-821-2437 • [www.apedf.org](http://www.apedf.org)



*Come Join the All People's Tyron Lewis Community Gym for an Ab Sculpting Class!*

If you want wash board abs, want to be healthier or just want to lose a few pounds, the Ab Class can help you out. Size, age and experience do not matter! We meet you where you are. The All People's Tyron Lewis Community Gym is not just any gym! It is a gym of our own!

**Free Ab Sculpting Class!!!**



**Get your Stomach Right This Summer!!!**



**SIGN UP NOW!**

At the All People's Tyron Lewis Community Gym  
1327 ML King Jr. St. So.  
St. Petersburg, FL  
Monday - Friday 5 AM - 9 PM  
Saturday 8 AM - 4 PM

The Ab Sculpting Class is free to all Members of the All People's Tyron Lewis Community Gym!

\$5 to the General public

Ab Class is held every Tuesday and Thursday 6:15-7:15pm

Location of Classes: Uhuru House

1245 18<sup>th</sup> Ave. S.

St. Petersburg, FL.

Contact us: 727-824-5670

**Classes Now On!**