

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.

Healthy Connections

AUGUST 2009

Beginner's Guide to Exercise

Start low and go slow. Many beginners make the mistake of starting out too aggressively, only to give up when they end up tired, sore, or injured. Some get discouraged because they think an aggressive workout will produce instant results.

Before beginning any fitness routine, it's important to warm up, then do some light stretching. Save the bulk of the stretching for after the workout.

Once you're warmed up, experts recommend three different types of exercise for overall physical fitness: cardiovascular activity, strength conditioning, and flexibility training. These don't all have to be done at once, but doing each on a regular basis will result in balanced fitness.

Cardiovascular activity. Start by doing an aerobic activity, like walking or running, for a sustained 20-30 minutes, four to five times a week. To ensure you're working at an optimum level, try the "talk test": Make sure you can carry on a basic level of conversation without being too winded. But if you can easily sing a song, you're not working hard enough.

Strength conditioning. Start by doing one set of exercises targeting each of the major muscle groups. Use a weight at which you can comfortably perform the exercise eight to 12 times in a set. When you think you can handle more, gradually increase either the weight, the number of repetitions, or number of sets. To maximize the benefits, do strength training at least twice a week. Never work the same body part two days in a row.

Flexibility training. Do slow, sustained static stretches three to seven days per week. Each stretch should last 10-30 seconds.

To learn how to perform certain exercises, consider hiring a personal trainer for a session or two, or take advantage of free sessions offered when you join a gym.

How do I get past the barriers to being physically active? If you're not active, it's likely that you have at least one reason why. Perhaps you've never been very active. Maybe you're afraid you'll get low blood glucose. Think about what's keeping you from being active and then look into ways to overcome the barriers.

From: BlackHealthMag.com

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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 18th Ave. S.

St. Petersburg, FL.

Contact us: 727-824-5670

Classes Now On!