

save **BIG** at
BIG CITY PRODUCE

In Store Specials This Week:

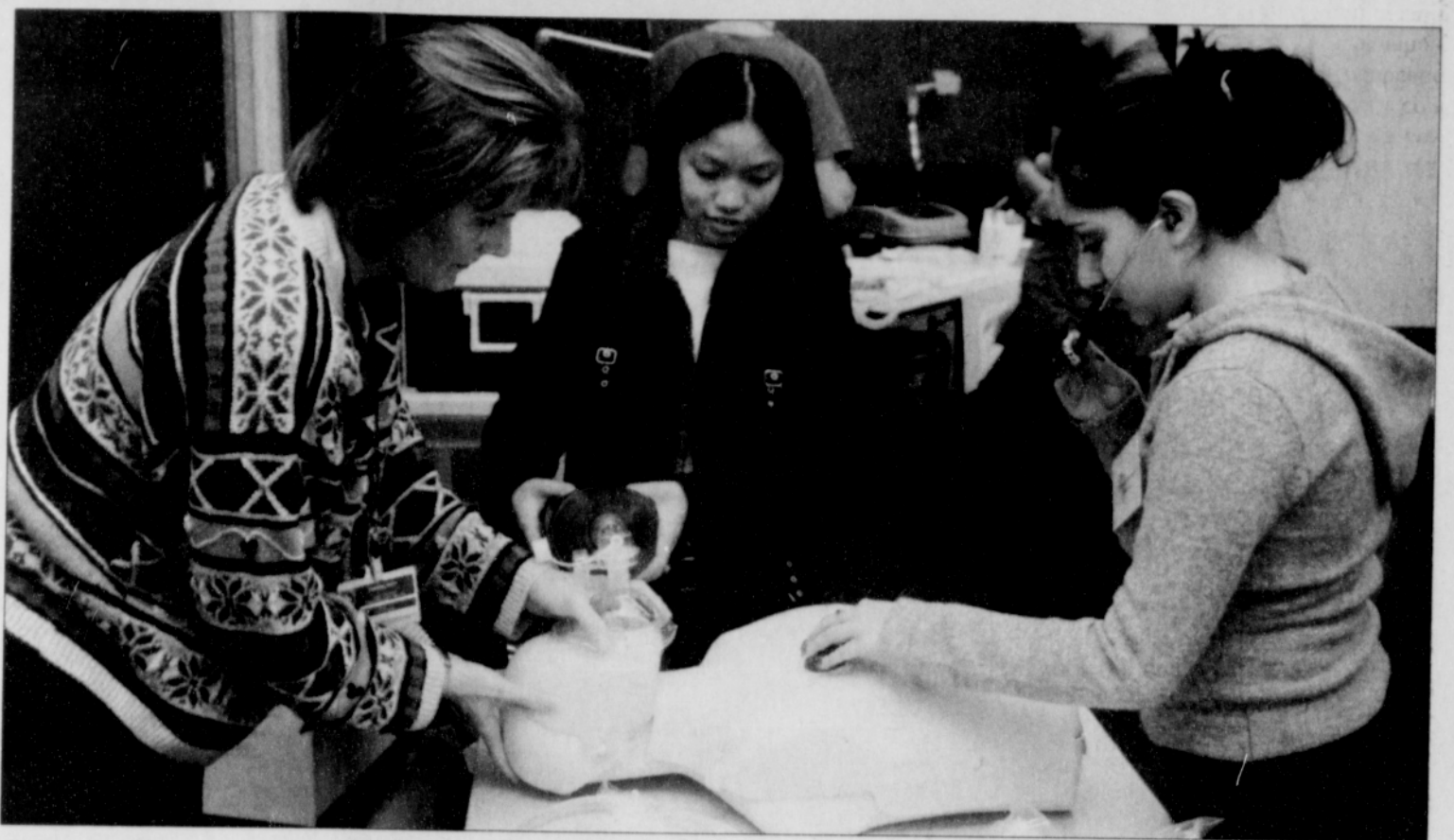
- Sweet Honey Tangerines, 69 cents per lb.
- US #2 Russet Potatoes 15 lbs. Bags only 99 cents each
- Organically Grown Bananas, 59 cents per lb.
- Extra Large Sweet juicy Red Globe Grapes, 99 cents per lb

BIG CITY PRODUCE
722 N. Sumner, PDX
503 460 3830

prices effective 2/25/04 thru 3/02/04

Local Produce For Local Folks
Discount Groceries Now Too!

Open Monday-Friday 7:30 am till 6:00 pm
Sunday 9am till 7pm; Saturday 9 am till 7pm

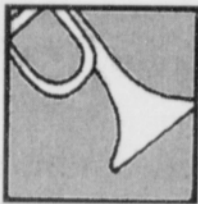


Respiratory therapist Dawn O'Brien (from left) works with high school students Diana Cajal and Vanessa Villanueva, to show them how to help a patient breathe using an oxygen mask during career day at Providence St. Vincent Medical Center. The recent event was held to help young people learn about a variety of health care opportunities.

REAL RADIO



TALK RADIO WEEKDAYS 7:30-9AM
WITH REAL PEOPLE
FROM YOUR COMMUNITY



R&B, SOUL & HIP HOP
WEEKDAYS 7-9PM

JAZZ, AFROTAJNMENT, HIP HOP & MORE
SATURDAYS 4-11PM



OFFICE: 503-231-8032
CALL THE DJ! 503-231-8187
WWW.KBOO.FM

Promoting Careers and Good Health



Krystal White (left) and Ivy Huff, students at Jefferson High School, are shown a model of the human heart by Liz Archer of Providence St. Vincent Medical Center. The recent "Heart Watch" session also gave students a real-life dose of medical reality as they observed a live open-heart surgery. The program is part of the hospital's effort to raise awareness about what it takes to save a life and the teamwork involved in open-heart surgery.

What's Keeping You from Being Fit and Fabulous

Sisters offer comebacks to common excuses

"I'm too tired." "I don't have time." "I can't find a babysitter." Sound familiar?

As we ease into spring, Sisters Together: Move More, Eat Better has a few challenges when it comes to health and fitness.

Right now, nearly 70 percent of African American women are overweight or obese. And a recent survey by the American Council on Exercise found that 92 percent of black women do not work out regularly.

It's time to make a change and get serious about improving your health. So, when you hear yourself making those same, old, tired excuses, keep these comebacks in mind:

I'm too tired. You won't be afterwards. Regular physical activity not only helps you feel great, but will energize you. It may be hard to stick to the routine at first, but once you begin to exercise regularly, you'll realize the pros far outweigh your initial reasons for not being active.

I'm too busy. What's more important than your health? If time is a factor, try doing 10 minutes of physical activity three times a day, or planning activities

that get your family moving like a softball game, biking or a walk through the zoo. Finding time for activity today may also help you avoid diseases tomorrow, like type 2 diabetes, high blood pressure, heart disease, stroke, and some forms of cancer.

I just don't feel like it. Call a friend. If you don't like to exercise alone, bring friends together to walk, jog, or bike; take a class together at a nearby community or fitness center. If you still can't convince a buddy to join you, try taking a class like dance or yoga.

I don't like the way healthy foods taste. Spice 'em up. While fried foods and fatty meats may taste good, they put too much saturated fat into your diet if you eat them often or in large amounts. Add a little flavor to healthier foods by using herbs, spices, lemon, lime or vinegar. For baked potatoes, add salsa, low-fat sour cream or garlic for a different twist and for the old standard—collard greens—cook with onions, garlic, chicken broth or smoked turkey, turkey bacon or turkey ham.

I work long days and often have to eat after 8 p.m. Strive for balance. It's how much you eat during the whole day and how much exercise you get that determines if you gain or lose weight. Most women need to eat about 1,600 calories per day, with no more than 30 percent—about 480 calories—from total fat. Balance your meals through-

out the day. If you have a high fat or high-calorie breakfast or lunch, make sure you eat a low-fat dinner.

I'm always on the go and often have to eat fast foods. Choose wisely. With a little know-how, fast food can be a part of a healthy weight-loss program. Choose salads and grilled foods instead of fried foods, which are high in fat and calories, and only use high-fat, high-calorie toppings in small amounts. Don't supersize! If you do order fried foods like French fries, try to split an order with a friend or order a smaller portion.

My hair will be ruined. Find a style that works. If you don't exercise because it will ruin your hairstyle, consider wearing a natural style that holds up to frequent shampoos, like braids, twists or locks. If natural isn't your thing, try a short haircut that's easy to wash and wear or a style that you can pull back with a headband or scrunchie. Whatever you do, don't let your hair keep you from a fitness program.

Sisters Together: Move More, Eat Better is a program that encourages Black women to maintain healthier lifestyles by becoming more active and eating healthy foods. For more health tips, you may order free copies of Sisters Together publications by visiting www.niddk.nih.gov/health/nutrit/nutrit.htm or calling 1-877-946-4627.



AAHC African American Health Coalition, Inc.

Presents for your health,

Wellness Within REACH Activity Calendar

Aerobics

Mallory Ave. Christian Church
Mon, Wed, Fri, 6-7am, Pierce • 5:30-6:20pm, Granville • 6:30-7:30pm, Nickerson
Humboldt Elementary
Tue, Thu, 6-7pm, Keller

Low Impact Aerobics

Daniel's Memorial Church
Tue, 7:15-8:15pm, Granville

Water Aerobics (Contact AAHC)

Salvation Army
Matt Dishman

African Dance

Matt Dishman
Sat, 10-11am, Addo

Body Conditioning

Wild Oats Market
Sat, 9:30-10:30am, Nickerson

Pilates

Matt Dishman
Mon, 12:15-1:15pm, Jenkins

Daniel's Memorial Church, 1234 NE Killingsworth

(12th & Killingsworth)

Humboldt Elementary, 4915 N Gantenbein

Mallory Avenue Christian Church (Gym), 126 NE Alberta

Salsa

Salvation Army
Mon, 6:30-7:30pm, Henry

Stretching/Body Sculpting

Matt Dishman
Tue, Thu, 7-8am, Lois

Tai Chi

Salvation Army
Wed, 6:30-7:30pm, Lyles

Walking Group

Peninsula Park
Sat, 12:30pm, Woods

Weight Mgmt./Conditioning

U. of Portland Indoor Track
Tue, Thu, 9-10am, Hasan

Yoga

Wild Oats Market
Tue, Thu, 7:30-8:30pm, O'Rourke

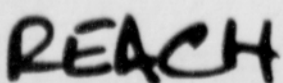
Matt Dishman, 77 NE Knott

Peninsula Park, 700 N Portland

Salvation Army, 5325 N Williams

U. of Portland Indoor Track, 500 N Willamette
Wild Oats Market, 3535 NE 15th

**Must be 21 or older to participate. Please contact AAHC before showing up to the first class and for more information at 503-413-1850 or kdempsey@aahc-portland.org. Please receive approval from your doctor before beginning exercise class.



Racial and Ethnic Approaches to Community Health
A Program of the African American Health Coalition, Inc.
Sponsored by the Centers for Disease Control and Prevention (CDC)



Contact AAHC at 503-413-1850 or visit our web site at www.aahc-portland.org