

african american wellness walk

African American Wellness Walk: Nourishing Body, Mind, and Spirit

Introduction:

Are you looking for a way to connect with your community, prioritize your well-being, and celebrate Black culture? An African American wellness walk might be just what you need! This isn't just a stroll in the park; it's a powerful movement combining physical activity with social connection, cultural appreciation, and a focus on the unique health needs and experiences of African Americans. This comprehensive guide delves into the benefits, planning, and impact of organizing and participating in an African American wellness walk, providing you with all the information you need to get involved or even start your own. Let's step into a healthier, happier, and more connected future together.

1. The Significance of Community and Wellness Walks for African Americans:

For generations, community has been a cornerstone of African American culture. Wellness walks leverage this strength, creating opportunities for shared experiences that extend beyond physical exercise. These walks offer a safe and supportive space where individuals can connect with others who share similar cultural backgrounds and understand the specific challenges faced by the African American community when it comes to health disparities. These disparities, including higher rates of chronic diseases like diabetes and heart disease, often stem from a complex interplay of socioeconomic factors, access to healthcare, and systemic inequalities. Wellness walks address these challenges head-on by fostering a sense of collective responsibility and empowerment.

1. Physical and Mental Health Benefits of Participating:

Beyond the social benefits, participating in an African American wellness walk provides significant physical and mental health advantages. Regular walking improves cardiovascular health, strengthens muscles and bones, manages weight, and reduces the risk of chronic diseases. The physical act of walking releases endorphins, which have mood-boosting effects, reducing stress and anxiety. Further, the social interaction during the walk provides a sense of belonging and purpose, combating feelings of isolation and loneliness. This is particularly important for African Americans who may face additional stressors due to systemic racism and discrimination.

1. Planning and Organizing Your Own African American Wellness Walk:

Organizing a successful African American wellness walk requires careful planning and attention to detail. Consider these key steps:

Define your goals: What do you hope to achieve with the walk? Is it primarily focused on fundraising, community building, or raising awareness about a specific health issue?

Choose a location and route: Select a safe, accessible, and scenic route suitable for all fitness levels. Consider parks, walking trails, or even neighborhood streets.

Set a date and time: Choose a date and time that is convenient for your target audience. Consider weekends or evenings to maximize participation.

Promote the event: Utilize social media, local newspapers, community centers, and churches to spread the word. Create engaging visuals and highlight the benefits of participation.

Secure necessary permits and insurance: Check with your local authorities to ensure you have the necessary permits and insurance coverage.

Gather volunteers: Recruit volunteers to help with registration, route management, and first aid.

Provide refreshments and resources: Offer water, healthy snacks, and information on relevant health resources.

1. Incorporating Cultural Elements into Your Walk:

To truly make your walk an African American wellness experience, consider incorporating cultural elements. This could include:

Music: Playing uplifting gospel, R&B, or Afrobeat music along the route.

Storytelling: Sharing stories and experiences of community members related to health, resilience, and cultural pride.

Food: Offering traditional African American cuisine at the start or end of the walk.

Guest speakers: Inviting health professionals, community leaders, or motivational speakers to share their expertise and stories.

1. The Broader Impact of African American Wellness Walks:

Beyond individual health benefits, African American wellness walks have a broader positive impact on the community. They foster a sense of collective empowerment, promote healthy lifestyle choices, and raise awareness about health disparities within the community. These walks create a platform for dialogue and action, inspiring participants to take control of their well-being and advocate for positive change.

Conclusion:

African American wellness walks are more than just physical exercise; they are powerful community-

building events that prioritize health, celebrate culture, and address critical health disparities. By fostering social connection, promoting physical activity, and highlighting the unique needs and strengths of the African American community, these walks contribute to a healthier, happier, and more equitable future for all. So, lace up your shoes, gather your community, and embark on a journey towards wellness – together.

FAQs:

1. Are African American wellness walks only for African Americans? While these walks are specifically designed to cater to the needs and interests of the African American community, anyone who supports the cause and values community wellness is welcome to participate.
1. What if I'm not in great shape? Wellness walks are designed to be inclusive and adaptable to various fitness levels. You can choose a route and pace that suits your abilities. The focus is on participation and enjoyment.
1. How can I find an African American wellness walk near me? Search online using keywords like "African American wellness walk [your city/state]" or check local community centers, churches, and social media groups for upcoming events.
1. Can I organize a wellness walk in a small community? Even small communities can benefit from a wellness walk. Start by reaching out to local organizations and leaders to build support and participation.
1. What kind of funding can I seek for my African American wellness walk? Consider applying for grants from local health organizations, foundations focused on community wellness, or sponsorships from local businesses that align with your goals.

african american wellness walk: The Unapologetic Guide to Black Mental Health Rheedea Walker, 2020-05-01 An unapologetic exploration of the Black mental health crisis—and a comprehensive road map to getting the care you deserve in an unequal system. We can't deny it any longer: there is a Black mental health crisis in our world today. Black people die at disproportionately high rates due to chronic illness, suffer from poverty, under-education, and the effects of racism. This book is an exploration of Black mental health in today's world, the forces that have undermined mental health progress for African Americans, and what needs to happen for

African Americans to heal psychological distress, find community, and undo years of stigma and marginalization in order to access effective mental health care. In *The Unapologetic Guide to Black Mental Health*, psychologist and African American mental health expert Rheedra Walker offers important information on the mental health crisis in the Black community, how to combat stigma, spot potential mental illness, how to practice emotional wellness, and how to get the best care possible in a system steeped in racial bias. This breakthrough book will help you: Recognize mental and emotional health problems Understand the myriad ways in which these problems impact overall health and quality of life and relationships Develop psychological tools to neutralize ongoing stressors and live more fully Navigate a mental health care system that is unequal It's past time to take Black mental health seriously. Whether you suffer yourself, have a loved one who needs help, or are a mental health professional working with the Black community, this book is an essential and much-needed resource.

african american wellness walk: Reclaiming Our Health Michelle A. Gourdine, 2011-04-26 "An interactive and empowering book" to help African American men and women create a new vision of better health and navigate the health care system (BET.com). According to the federal Office of Minority Health, African Americans "are affected by serious diseases and health conditions at far greater rates than other Americans." In fact, African Americans suffer an estimated 85,000 excess deaths every year from diseases we know how to prevent: heart disease, stroke, cancer, high blood pressure, and diabetes. In this important and accessible book, Dr. Michelle Gourdine provides African Americans with the knowledge and guidance they need to take charge of their wellbeing. *Reclaiming Our Health* begins with an overview of the primary health concerns facing African Americans and explains who is at greatest risk of illness. Expanding on her career and life experiences as an African American physician, Dr. Gourdine presents key insights into the ways African American culture shapes health choices—how beliefs, traditions, and values can influence eating choices, exercise habits, and even the decision to seek medical attention. She translates extensive research into practical information and presents readers with concrete steps for achieving a healthier lifestyle, as well as strategies for navigating the health-care system. This interactive guide with illustrations is a vital resource for every African American on how to live a healthier and more empowered life, and an indispensable handbook for health-care providers, policy makers, and others working to close the health gap among people of color. Says Gourdine, "I wrote this book to empower our community to solve our own health problems and save our own lives."

african american wellness walk: Black Men Walking Testament,, 2018-03-21 A compelling, surprising new show that turns a spotlight onto Britain's missing histories. Dedicated to the Black Men's Walking Group. Thomas, Matthew and Richard walk. They walk the first Saturday of every month. Walking and talking. But this walk... Maybe they should have cancelled, but they needed the walk today. Out in the Peaks, they find themselves forced to walk backwards through two thousand years before they can move forwards.

african american wellness walk: Walk with Ease Arthritis Foundation, 2002 A basic easy guide to creating your own walking fitness plan, including how to get started and stay motivated.

african american wellness walk: Walking Well Michael J. Gelb, Bruce Fertman, 2024-09-03 Walking is good for you. It can regulate weight, improve sleep, elevate mood, transform stress, and boost creativity. Most people want to walk more. But what if the key isn't just to walk more, but to walk better? *Walking Well* presents a three-part journey that will guide you to discover more comfort, vitality, and inspiration in every step. Filled with simple, practical guidance from authors with over a hundred years of collective experience in teaching people how to move well, this book not only improves how we walk but reveals how much is possible for us once we know how to walk well.

african american wellness walk: Black Toledo Abdul Alkalimat, Rubin Patterson, 2017-11-13 The African American experience since the 19th century has included the resettlement of people from slavery to freedom, agriculture to industry, South to North, and rural to urban centers. This book is a documentary history of this process over more than 200 years in Toledo, Ohio. There are

four sections: the origin of the Black community, 1787 to 1900; the formation of community life, 1900 to 1950; community development and struggle, 1950 to 2000; and survival during deindustrialization, 2000 to 2016. The volume includes articles from the Toledo Blade and local Black press, excerpts of doctoral and masters theses, and other specialist and popular writings from and about Toledo itself.

african american wellness walk: Focus on Federal Employee Health and Assistance Programs , 1995

african american wellness walk: What About Me D. John Jackson, 2021-02-08 Have you ever felt unseen, unheard, misjudged, or misunderstood? In What About Me: Walking the Tightrope as a Black Man in America, D. John Jackson, a Fortune 50 corporate leader with over thirty years of engineering and business leadership, shares a simple, powerful message: Your life matters. Your dreams matter. And you can achieve them, no matter who you are or where you're starting out. Through the stories and lessons of his own personal journey, Jackson proves time and again that what you say and do can change the trajectory of your life. Written specifically for young Black men and boys in America today, What About Me speaks to, and for, all marginalized or underrepresented voices with a call of courage and perseverance. When young Black men and boys are fully appreciated, when we all come together through stories of success and hope, this country will finally reach its true potential.

african american wellness walk: Intervention Research Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN, Dianne Morrison-Beedy, PhD, RN, WHNP, FNAP, FAANP, FAAN, 2012-04-23 2012 First Place AJN Book of the Year Award Winner in Nursing Research! This is a resource for success and should be a part of any researcher's library.--Doody's Medical Reviews This book is a practical, user-friendly guide for health care researchers across multiple disciplines who are involved in intervention research. It provides all of the essential elements needed for understanding how to design, conduct, analyze, and fund intervention studies that are replicable and can withstand the scrutiny of the Institutional Review Board and peer review. Developed from an annual continuing education workshop on intervention studies conducted by Dr. Melnyk, this text is the most comprehensive body of information available on this topic. Contributors address the design of interventions that are ethically considerate and sensitive to culture, race/ethnicity, and gender, minimizing threats to external and internal validity, measurement, and budgeting. The guide explores such implementation issues as subject recruitment and retention, data management, and specialized settings, cost analysis, and explaining intervention effects. The text also guides readers in writing grant applications that fund , and addresses how to move intervention study findings into the real world. A unique addition to the book is the availability of digital examples of progress reports, final reports, and research grant applications that have received funding from the National Institutes of Health and other relevant organizations. This text is a valuable resource for all health care professionals conducting research and for doctoral students in health care studies. Key Features: Presents the essential tools for designing, conducting, analyzing, and funding intervention studies Designed for use by health care professionals conducting intervention research Provides comprehensive, accessible guidelines for doctoral students across all health care disciplines Instructs readers on writing grant applications that fund Includes digital examples of funded research grants, progress reports, and final reports

african american wellness walk: The Art of Flaneuring Erika Owen, 2022-10-04 A fun and practical guide to cultivating a more mindful and fulfilling everyday life by tapping into your inner flaneur—perfect for fans of Marie Kondo and The Little Book of Hygge. Have you ever been walking home from work and unexpectedly took a different path just to learn more about your neighborhood? Or have you been on a vacation and walked around a new city just to take it all in? Then chances are, you're a flaneur and you didn't even know it! Originally used to describe well-to-do French men who would stroll city streets in the nineteenth century, flaneur has evolved to generally mean someone who wanders with intention. Even if you've already embraced being a flaneur, did you know that flaneuring has benefits beyond satisfying your craving for wanderlust? In The Art of

Flaneuring, discover the many ways flaneuring can spark creativity, support a more mindful mentality, and improve your overall well-being, including: -How flaneuring your mundane daily routine can boost your mental health -Why flaneuring isn't just for jet-setters—you can flaneur anywhere! -How to manage your stress at the office by doing fun flaneur-inspired activities -How to use flaneuring to connect on a deeper level with your friends and partner -And so much more! With this practical and engaging guide, you can learn how to channel your inner flaneur and cultivate a more creative, fulfilling, and mindful everyday life.

african american wellness walk: *Communities in Action* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

african american wellness walk: *The Pursuit of Happiness* Bianca C. Williams, 2018-02-08 In *The Pursuit of Happiness* Bianca C. Williams traces the experiences of African American women as they travel to Jamaica, where they address the perils and disappointments of American racism by looking for intimacy, happiness, and a connection to their racial identities. Through their encounters with Jamaican online communities and their participation in trips organized by Girlfriend Tours International, the women construct notions of racial, sexual, and emotional belonging by forming relationships with Jamaican men and other girlfriends. These relationships allow the women to exercise agency and find happiness in ways that resist the damaging intersections of racism and patriarchy in the United States. However, while the women require a spiritual and virtual connection to Jamaica in order to live happily in the United States, their notion of happiness relies on travel, which requires leveraging their national privilege as American citizens. Williams's theorization of emotional transnationalism and the construction of affect across diasporic distance attends to the connections between race, gender, and affect while highlighting how affective relationships mark nationalized and gendered power differentials within the African diaspora.

african american wellness walk: *Power Walk!* Patricia Vicary, 2021-12-07 Power walking, also known as fitness or speed walking, is gaining popularity as an aging population looks for workout options that are good for their bodies and good for their wallets. This book includes expert tips and techniques for starting or expanding a power walking practice. Covering the author's journey from non-athlete to dedicated power walker, it is entertaining, motivational and jam-packed with information. Here, power walking practice is contextualized through the author's goal to complete a half marathon in each of the United States as she approaches 60 years old. The journey includes encounters with sketchy porta-potties and terrifying mini-planes, confessions of dubious road-trip food choices and tales of finish lines reached through sheer determination--all told with wit and wisdom. Part travelogue, part power walking guidebook, this engaging text will entertain, motivate and enlighten readers who are looking to start a fitness program or change up their workout routine.

african american wellness walk: *A Widow's Walk* Marian Fontana, 2011-12-13 On September 11, I dropped my son off at his second full day of kindergarten. The sky was so blue it looked as if it

had been ironed. I crossed the street, ordered coffee, and sat to wait for my husband to meet me. It was our eighth wedding anniversary and Dave and I were about to begin a new chapter in our seventeen years together. Sipping coffee, I watched as a line of thick black smoke crept across the sky from Manhattan, oblivious to the fact that my life was about to change forever. On September 11, 2001, Marian Fontana lost her husband, Dave, a firefighter from the elite Squad 1 in Brooklyn, in the World Trade Center attack. A Widow's Walk begins that fateful morning, when Marian, a playwright and comedienne, became a widow, a single mother, and an unlikely activist. Two weeks after 9/11, the city attempted to close Squad 1, which had suffered the loss of twelve men. Known for her feisty spirit and passionate loyalty, Marian, who was still reeling from her profound loss, began to mobilize the neighborhood to keep the firehouse open. From this unlikely platform the 9/11 Widows and Victims' Families Association grew. Over the next twelve months, Marian struggled with the tragedy's endless ripple effects, from the minute and deeply personal—she wonders who will play Star Wars with her son, Aidan, and carry him on his shoulders; to the collective: she works to get families and widows necessary information about the recovery effort and attends private meetings with Governor Pataki, Mayor Giuliani, Senator Clinton, and Mayor Bloomberg. Through it all, Marian's irrepressible humor is her best armor, as well as evidence of her buoyant strength. Written with great heart and humanity, *A Widow's Walk* is a timely opportunity for remembrance and a timeless testament to love's loss and the resilience of the human spirit.

african american wellness walk: What Is the What Dave Eggers, 2009-02-24 *What Is the What* is the story of Valentino Achak Deng, a refugee in war-ravaged southern Sudan who flees from his village in the mid-1980s and becomes one of the so-called Lost Boys. Valentino's travels bring him in contact with enemy soldiers, with liberation rebels, with hyenas and lions, with disease and starvation, and with deadly murahaleen (militias on horseback)—the same sort who currently terrorize Darfur. Eventually Deng is resettled in the United States with almost 4000 other young Sudanese men, and a very different struggle begins. Based closely on true experiences, *What Is the What* is heartbreaking and arresting, filled with adventure, suspense, tragedy, and, finally, triumph.

african american wellness walk: Black Joy Bedford Palmer, 2nd, 2022-02-20 While watching a Black Lives Matter protest on the news, Joy notices that her parents are wearing the same t-shirts as the protesters. She looks at her father and asks, Daddy, why are we Black when our skin is brown? This question sparks a family conversation where Joy's father explains the origins of race, as the family is transported into the protest march, and they walk through their community looking at the murals that they pass. *Black Joy: A healthy conversation about race is a follow-up to Daddy Why Am I Brown? A healthy conversation about skin color and family.* We pick up two years after Joy talks to her dad about skin color. Through *Black Joy*, we continue that conversation by directly addressing the concept of race from an age-appropriate perspective. Joy learns about the social rationale for inventing the idea of race. She also learns why it is important for Blackness to be transformed from a sign of oppression to an identity built of strength and resilience.

african american wellness walk: Walking with the Wind John Lewis, Michael D'Orso, 2015-02-10 Forty years ago, a teenaged boy stepped off a cotton farm in Alabama and into the epicenter of the struggle for civil rights in America, where he has remained to this day, committed still to the nonviolent ideals of his mentor Martin Luther King and the movement they both served. of photos.

african american wellness walk: Memoirs of Elleanor Eldridge Elleanor Eldridge, 1838

african american wellness walk: Mobilizing African American Communities to Address Disparities in Cardiovascular Health, 2002

african american wellness walk: Black Genius Dick Russell, 2009-02-02 In search of distinctly African-American qualities of genius, Russell has conducted interviews and historical research that explore the roots of black achievement in America. of photos.

african american wellness walk: Runner's World, 1993

african american wellness walk: The Silent Shore Charles L. Chavis Jr., 2022-01-11 The definitive account of the lynching of twenty-three-year-old Matthew Williams in Maryland, the

subsequent investigation, and the legacy of modern-day lynchings. On December 4, 1931, a mob of white men in Salisbury, Maryland, lynched and set ablaze a twenty-three-year-old Black man named Matthew Williams. His gruesome murder was part of a wave of silent white terrorism in the wake of the stock market crash of 1929, which exposed Black laborers to white rage in response to economic anxieties. For nearly a century, the lynching of Matthew Williams has lived in the shadows of the more well-known incidents of racial terror in the deep South, haunting both the Eastern Shore and the state of Maryland as a whole. In *The Silent Shore*, author Charles L. Chavis Jr. draws on his discovery of previously unreleased investigative documents to meticulously reconstruct the full story of one of the last lynchings in Maryland. Bringing the painful truth of anti-Black violence to light, Chavis breaks the silence that surrounded Williams's death. Though Maryland lacked the notoriety for racial violence of Alabama or Mississippi, he writes, it nonetheless was the site of at least 40 spectacle lynchings after the abolition of slavery in 1864. Families of lynching victims rarely obtained any form of actual justice, but Williams's death would have a curious afterlife: Maryland's politically ambitious governor Albert C. Ritchie would, in an attempt to position himself as a viable challenger to FDR, become one of the first governors in the United States to investigate the lynching death of a Black person. Ritchie tasked Patsy Johnson, a member of the Pinkerton detective agency and a former prizefighter, with going undercover in Salisbury and infiltrating the mob that murdered Williams. Johnson would eventually befriend a young local who admitted to participating in the lynching and who also named several local law enforcement officers as ringleaders. Despite this, a grand jury, after hearing 124 witness statements, declined to indict the perpetrators. But this denial of justice galvanized Governor Ritchie's Interracial Commission, which would become one of the pioneering forces in the early civil rights movement in Maryland. Complicating historical narratives associated with the history of lynching in the city of Salisbury, *The Silent Shore* explores the immediate and lingering effect of Williams's death on the politics of racism in the United States, the Black community in Salisbury, the broader Eastern Shore, the state of Maryland, and the legacy of modern-day lynchings.

african american wellness walk: Black Girl Dangerous Mia McKenzie, 2014 Essays
reprinted from the website Black girl dangerous.

african american wellness walk: Organizing Black America: An Encyclopedia of African American Associations Nina Mjagkij, 2003-12-16 With information on over 500 organizations, their founders and membership, this unique encyclopedia is an invaluable resource on the history of African-American activism. Entries on both historical and contemporary organizations include: * African Aid Society * African-Americans for Humanism * Black Academy of Arts and Letters * Black Women's Liberation Committee * Minority Women in Science * National Association of Black Geologists and Geophysicists * National Dental Association * National Medical Association * Negro Railway Labor Executives Committee * Pennsylvania Freedmen's Relief Association * Women's Missionary Society, African Methodist Episcopal Church * and many more.

african american wellness walk: Walking with the Muses Pat Cleveland, Lorraine Glennon, 2016-06-14 New York in the sixties and seventies was glamorous and gritty at the same time, a place where people like Warhol, Avedon, and Halston as well their muses came to pursue their wildest ambitions, and when the well began to run dry they darted off to Paris. Though born on the very fringes of this world, Patricia Cleveland, through a combination of luck, incandescent beauty, and enviable style, soon found herself in the centre of all that was creative, bohemian, and elegant. A walking girl, a runway fashion model whose inimitable style still turns heads on the runways of New York, Paris, Milan, and Tokyo, Cleveland was in high demand. Ranging from the streets of New York to the jet-set beaches of Mexico, from the designer retailers of Paris to the offices of Diana Vreeland, here is Cleveland's larger-than-life story. One minute she's in a Harlem tenement making her own clothes and dreaming of something bigger, the next she's about to walk Halston's show alongside fellow model Anjelica Huston. One minute she's partying with Mick Jagger and Jack Nicholson, the next she's sharing the dance floor with Warhol. One moment she's idolizing the silver screen sensation Warren Beatty, years later, she's deciding whether to resist his considerable amorous

charms. In New York, she struggles to secure her first cover of a major magazine. In Paris, she's the toast of the town. A page-turning memoir of a life well lived, *Walking with the Muses* is a book you won't soon forget.

african american wellness walk: *Walking the Nile* Levison Wood, 2016-01-12 The explorer and author of *Walking the Americas* and *Walking the Himalayas* delivers "a bold travelogue, illuminating great swathes of modern Africa" (Kirkus Reviews). Starting in November 2013 in a forest in Rwanda—where a modest spring spouts a trickle of clear, cold water—writer, photographer, and explorer Levison Wood set forth on foot, aiming to become the first person to walk the entire length of the fabled river. He followed the Nile for nine months, over 4,000 miles, through six nations—Rwanda, Tanzania, Uganda, South Sudan, the Republic of Sudan, and Egypt—to the Mediterranean coast. Like his predecessors, Wood camped in the wild, foraged for food, and trudged through rainforest, swamp, savannah, and desert, enduring life-threatening conditions at every turn. He traversed sandstorms, flash floods, minefields, and more, becoming a local celebrity in Uganda, where a popular rap song was written about him, and a potential enemy of the state in South Sudan, where he found himself caught in a civil war and detained by the secret police. As well as recounting his triumphs, like escaping a charging hippo and staving off wild crocodiles, Wood's gripping account recalls the loss of Matthew Power, a journalist who died suddenly from heat exhaustion during their trek. As Wood walks on, often joined by local guides who help him to navigate foreign languages and customs, *Walking the Nile* maps out African history and contemporary life. "Woods emerges as a dutiful and brave guide."—Los Angeles Times "Many have attempted this holy grail of an expedition—so I admire Lev's determination and courage to pull this off."—Bear Grylls "A brilliant book."—Financial Times

african american wellness walk: *Afropean* Johny Pitts, 2019-06-06 Winner of the Jhalak Prize 'A revelation' Owen Jones 'Afropean seizes the blur of contradictions that have obscured Europe's relationship with blackness and paints it into something new, confident and lyrical' Afua Hirsch A Guardian, New Statesman and BBC History Magazine Best Book of 2019 'Afropean. Here was a space where blackness was taking part in shaping European identity ... A continent of Algerian flea markets, Surinamese shamanism, German Reggae and Moorish castles. Yes, all this was part of Europe too ... With my brown skin and my British passport - still a ticket into mainland Europe at the time of writing - I set out in search of the Afropeans, on a cold October morning.' Afropean is an on-the-ground documentary of areas where Europeans of African descent are juggling their multiple allegiances and forging new identities. Here is an alternative map of the continent, taking the reader to places like Cova Da Moura, the Cape Verdean shantytown on the outskirts of Lisbon with its own underground economy, and Rinkeby, the area of Stockholm that is eighty per cent Muslim. Johny Pitts visits the former Patrice Lumumba University in Moscow, where West African students are still making the most of Cold War ties with the USSR, and Clichy Sous Bois in Paris, which gave birth to the 2005 riots, all the while presenting Afropeans as lead actors in their own story.

african american wellness walk: *Rhetorical Healing* Tamika L. Carey, 2016-10-04 Reveals the rhetorical strategies African American writers have used to promote Black women's recovery and wellness through educational and entertainment genres and the conservative gender politics that are distributed when these efforts are sold for public consumption. Since the Black women's literary renaissance ended nearly three decades ago, a profitable and expansive market of self-help books, inspirational literature, family-friendly plays, and films marketed to Black women has emerged. Through messages of hope and responsibility, the writers of these texts develop templates that tap into legacies of literacy as activism, preaching techniques, and narrative formulas to teach strategies for overcoming personal traumas or dilemmas and resuming one's quality of life. Drawing upon Black vernacular culture as well as scholarship in rhetorical theory, literacy studies, Black feminism, literary theory, and cultural studies, Tamika L. Carey deftly traces discourses on healing within the writings and teachings of such figures as Oprah Winfrey, Iyanla Vanzant, T. D. Jakes, and Tyler Perry, revealing the arguments and curricula they rely on to engage Black women and guide them to an idealized conception of wellness. As Carey demonstrates, Black women's wellness campaigns

indicate how African Americans use rhetorical education to solve social problems within their communities and the complex gender politics that are mass-produced when these efforts are commercialized.

african american wellness walk: The 1619 Project: Born on the Water Nikole Hannah-Jones, Renée Watson, 2021-11-16 The 1619 Project's lyrical picture book in verse chronicles the consequences of slavery and the history of Black resistance in the United States, thoughtfully rendered by Pulitzer Prize-winning journalist Nikole Hannah-Jones and Newbery honor-winning author Renée Watson. A young student receives a family tree assignment in school, but she can only trace back three generations. Grandma gathers the whole family, and the student learns that 400 years ago, in 1619, their ancestors were stolen and brought to America by white slave traders. But before that, they had a home, a land, a language. She learns how the people said to be born on the water survived. And the people planted dreams and hope, willed themselves to keep living, living. And the people learned new words for love for friend for family for joy for grow for home. With powerful verse and striking illustrations by Nikkolas Smith, Born on the Water provides a pathway for readers of all ages to reflect on the origins of American identity.

african american wellness walk: Soul Care in African American Practice Barbara L. Peacock, 2020-05-05 Spiritual director and pastor Barbara Peacock illustrates how the practices of spiritual formation are woven into African American culture and lived out in the rich heritage of its faith community. Using the examples of ten significant men and women, Barbara helps us engage in practices of soul care as we learn from these spiritual leaders.

african american wellness walk: From Equity Talk to Equity Walk Tia Brown McNair, Estela Mara Bensimon, Lindsey Malcom-Piqueux, 2020-01-22 A practical guide for achieving equitable outcomes From Equity Talk to Equity Walk offers practical guidance on the design and application of campus change strategies for achieving equitable outcomes. Drawing from campus-based research projects sponsored by the Association of American Colleges and Universities and the Center for Urban Education at the University of Southern California, this invaluable resource provides real-world steps that reinforce primary elements for examining equity in student achievement, while challenging educators to specifically focus on racial equity as a critical lens for institutional and systemic change. Colleges and universities have placed greater emphasis on education equity in recent years. Acknowledging the changing realities and increasing demands placed on contemporary postsecondary education, this book meets educators where they are and offers an effective design framework for what it means to move beyond equity being a buzzword in higher education. Central concepts and key points are illustrated through campus examples. This indispensable guide presents academic administrators and staff with advice on building an equity-minded campus culture, aligning strategic priorities and institutional missions to advance equity, understanding equity-minded data analysis, developing campus strategies for making excellence inclusive, and moving from a first-generation equity educator to an equity-minded practitioner. From Equity Talk to Equity Walk: A Guide for Campus-Based Leadership and Practice is a vital wealth of information for college and university presidents and provosts, academic and student affairs professionals, faculty, and practitioners who seek to dismantle institutional barriers that stand in the way of achieving equity, specifically racial equity to achieve equitable outcomes in higher education.

african american wellness walk: When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America Ira Katznelson, 2006-08-17 A groundbreaking work that exposes the twisted origins of affirmative action. In this penetrating new analysis (New York Times Book Review) Ira Katznelson fundamentally recasts our understanding of twentieth-century American history and demonstrates that all the key programs passed during the New Deal and Fair Deal era of the 1930s and 1940s were created in a deeply discriminatory manner. Through mechanisms designed by Southern Democrats that specifically excluded maids and farm workers, the gap between blacks and whites actually widened despite postwar prosperity. In the words of noted historian Eric Foner, Katznelson's incisive book should change the terms of debate

about affirmative action, and about the last seventy years of American history.

african american wellness walk: *Sleepwalk with Me* Mike Birbiglia, 2012-08-21 Offers a humorous memoir about first love, denial, sleepwalking, and the author's perils and pitfalls of being himself.

african american wellness walk: *The Relationship between Perceived Wellness and Stages of Change for Exercise among Rural African American Women* Imani C. Goodwin, 2010-05-28

african american wellness walk: *Diabetes Mellitus in Developing Countries and Underserved Communities* Sam Dagogo-Jack, 2016-11-23 Adopting a truly global perspective and a practical approach to diabetes—including pathophysiology, genetics, regional peculiarities, management, prevention and best practices—this book is an excellent resource for clinicians and policy-makers working with patients in more austere settings. The global prevalence of diabetes is estimated to increase from 422 million in 2014 to 592 million in 2035. Sadly, low- and middle-economy countries are projected to experience the steepest increase, but even in developed economies, vulnerable demographic subgroups manifest disparities in diabetes prevalence, quality of care, and outcomes. This book extends coverage to those underserved and minority communities in the developed world. In a consistent chapter format, it discusses classification, pathophysiology, genomics, diagnosis, prevention and management of diabetes in economically challenged regions as well as underserved populations in affluent nations. Suggestions regarding future directions in the organization of diabetes care delivery, prevention and research priorities are also provided. The detailed identification of barriers to optimal care and the practical approach to the management and prevention of diabetes make *Diabetes Mellitus in Developing Countries and Underserved Communities* a valuable resource for clinicians, researchers and health policy leaders.

african american wellness walk: *Daily Cornbread* Stephanie Stokes Oliver, 2011-09-14 Heart & Soul founding editor Stephanie Stokes Oliver shows African American women how to soothe the soul, satisfy the mind, and revive the body 365 days a year. Written in an affirming style that is prescriptive but never preachy, fun but not frivolous, *Daily Cornbread* is a day-by-day compendium of Oliver's creative ideas for leading an enjoyable and fulfilling life. On January 2, for example, Oliver suggests taking time out to get happy (do something that makes you happy an hour a day); to schedule a personal retreat; and to develop a strategic plan for the upcoming year. Reminiscent of Sarah Ban Breathnach's *Simple Abundance* and Iyanla Vanzant's *Acts of Faith: Daily Meditations for People of Color*, but with a special emphasis on nurturing the body as well as the mind, *Daily Cornbread* shows African American women how to make each day better.

african american wellness walk: *The Awkward Thoughts of W. Kamau Bell* W. Kamau Bell, 2018-08-07 You may know W. Kamau Bell from his new, Emmy-nominated hit show on CNN, *United Shades of America*. Or maybe you've read about him in the *New York Times*, which called him "the most promising new talent in political comedy in many years." Or maybe from *The New Yorker*, fawning over his brand of humor writing: Bell's gimmick is intersectional progressivism: he treats racial, gay, and women's issues as inseparable. After all this love and praise, it's time for the next step: a book. *The Awkward Thoughts of W. Kamau Bell* is a humorous, well-informed take on the world today, tackling a wide range of issues, such as race relations; fatherhood; the state of law enforcement today; comedians and superheroes; right-wing politics; left-wing politics; failure; his interracial marriage; white men; his up-bringing by very strong-willed, race-conscious, yet ideologically opposite parents; his early days struggling to find his comedic voice, then his later days struggling to find his comedic voice; why he never seemed to fit in with the Black comedy scene . . . or the white comedy scene; how he was a Black nerd way before that became a thing; how it took his wife and an East Bay lesbian to teach him that racism and sexism often walk hand in hand; and much, much more.

african american wellness walk: *African American Guide to Living Well with Diabetes* Constance Brown-Riggs, 2010 The book received the Favorably Reviewed designation from the American Association of Diabetes Educators (AADE). The designation of Favorably Reviewed by AADE assures health professionals that the educational content of the book has been carefully

evaluated by representatives of a variety of health professions based on set guidelines. More than 4 million African Americans have diabetes; thousands more have pre-diabetes or are at risk for the condition. But in 21 years as a registered dietitian and certified diabetes educator, Constance Brown-Riggs found few books that even vaguely addressed the unique health concerns of this population. This comprehensive guide includes: The latest medical treatments for diabetes-medications, insulin therapies, blood glucose monitors, plus the pros and cons of supplements, herbs, and alternative diets. What you can't eat--and what you can. Dozens of mouthwatering Caribbean and soul food recipes, with a two-week menu plan.

african american wellness walk: A Walking Life Antonia Malchik, 2019-05-07 For readers of On Trails, this is an incisive, utterly engaging exploration of walking: how it is fundamental to our being human, how we've designed it out of our lives, and how it is essential that we reembrace it. I'm going for a walk. How often has this phrase been uttered by someone with a heart full of anger or sorrow? Or as an invitation, a precursor to a declaration of love? Our species and its predecessors have been bipedal walkers for at least six million years; by now, we take this seemingly arbitrary motion for granted. Yet how many of us still really walk in our everyday lives? Driven by a combination of a car-centric culture and an insatiable thirst for productivity and efficiency, we're spending more time sedentary and alone than we ever have before. If bipedal walking is truly what makes our species human, as paleoanthropologists claim, what does it mean that we are designing walking right out of our lives? Antonia Malchik asks essential questions at the center of humanity's evolution and social structures: Who gets to walk, and where? How did we lose the right to walk, and what implications does that have for the strength of our communities, the future of democracy, and the pervasive loneliness of individual lives? The loss of walking as an individual and a community act has the potential to destroy our deepest spiritual connections, our democratic society, our neighborhoods, and our freedom. But we can change the course of our mobility. And we need to. Delving into a wealth of science, history, and anecdote -- from our deepest origins as hominins to our first steps as babies, to universal design and social infrastructure, A Walking Life shows exactly how walking is essential, how deeply reliant our brains and bodies are on this simple pedestrian act -- and how we can reclaim it.

african american wellness walk: Walk in Their Shoes Jim Ziolkowski, James S. Hirsch, 2013-09-17 Includes Simon & Schuster reading group guide.

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