Take the Next Step, Sumter!

Improve your fitness level and your health!

If you’re a woman between the ages of 35 and 54 and you exercise less than 30 minutes a day, five days a week, there’s a new research program specifically designed to help you take your activity level a step further!

Ericka Burroughs MA, MPH
Coordinator, Physical Activity Promotion Project
Ericka@wmu.sc.edu
Sumter County Recreation Department
55 Haynsworth Street
Sumter, SC 29150
Phone (803) 436-2182
Fax (803) 436-2400

Sponsored by
Sumter County Active Lifestyles
University of South Carolina
Arnold School of Public Health
Prevention Research Center
Sumter County Recreation & Parks Department
The Proven Benefits of Exercise. Why We Need To Step Up The Pace. Studies show that a regular, daily regimen of at least 30 minutes of moderate intensity exercise five days a week can help in the prevention of chronic diseases such as heart disease, diabetes and some types of cancer in people of all ages. It can also improve your mood, help relieve stress and enhance your quality of life.

You know you should exercise. You may even know that studies show people of all ages can improve their quality of life through a lifelong practice of moderate physical activity. When it comes to being active, you’re moving in the right direction. But to really improve your health, you need to be exercising more regularly – at least 30 minutes at a moderate intensity level, 5 days each week.

The University of South Carolina’s Prevention Research Center, Sumter County Active Lifestyles and the Sumter County Recreation & Parks Department are conducting a new study to encourage women of all shapes and sizes, ages 35–54, to exercise regularly on their own.

How much better will women feel when they increase their regular exercise routines from a few days to five days a week, working at a moderate intensity for at least 30 minutes each time? How will this increased regular activity affect their health in the long run? Does it help when women receive regular encouragement? These are the questions the research team wants to answer. And they need your help.

Join The Step Up. Step Out! Research Effort And Make Great Strides For Women In America.

More research on women and exercise is needed. If you qualify to participate, you can volunteer to help researchers learn more, while exercising on your own with the benefit of their encouragement, exercise tips, weekly monitoring guides and monthly incentives.

Who Can Participate:

- Are you a woman between the ages of 35 and 54 living in the Sumter area?
- Do you exercise some, but less than 30 minutes a day, five days a week?
- Are you able to commit to exercising at a moderate intensity for 30 minutes each day, 5 days a week for six months?
- Are you ready to look great, feel better and begin a lifelong pattern of regular exercise? If you answered yes to these questions, you’re ready to take the next step.

Join Us! Here’s Your Step-by-Step Plan:

- Sign up for Step Up, Step Out! at one of the designated locations.
- Receive your Step Up, Step Out! tips and encouragement kit full of information, weekly encouragement and a pedometer to help measure your steps.
- Fill out your exercise log daily.
- Mail in your exercise log each week to be entered into our monthly drawing for gift certificates from the Wal-Mart Supercenter, the Sumter Chamber of Commerce and Sumter Mall.
- At the end of six months, we’ll send you a survey about your experience. Complete it and send it back to us.

When you volunteer to participate in this study, you gain a support group to help you track your physical activity, so you can set goals and monitor your progress. You’ll receive advice, moral support and incentives along the way. You’ll feel great knowing you are helping researchers encourage women everywhere to take steps that can improve their health.

Ready To Take The Next Step?

To learn more about qualifying to participate in Step Up, Step Out!, please call Ericka Burroughs, Project Coordinator at 408-2183.

What is Moderate Intensity Exercise? Why A Little Walking Isn’t Enough.

To enjoy these health benefits, you need to exercise at a level of moderate intensity. Moderate intensity exercise makes your breathing and heart rate increase. Some people describe it as still being able to talk, but not sing. The activity chart shows how far or fast you should exercise to reach moderate intensity.

Step Up Your Exercise Routine

- If you’re already moving, that’s great! You’ll benefit even more when you increase the duration or time and the number of days per week you exercise.
- Plan your family time to include physical activity.
- Choose a work-out buddy to help you stay motivated and on-track each day.
- Join the Step Up, Step Out! research study in Sumter. If you qualify, it can be a great way to find the support you need to chart and meet your fitness goals.

Brisk Walking

| 1.5-2 miles in 30 minutes |
| 3500-4000 steps in 30 minutes |

Swimming

| General, Water aerobics |

Aerobics

| General or low-impact |

Tennis

| Doubles or singles |

Bicycling

| 8-12 mph (tireless, slow, light effort) |
| 6-8 miles in 30 minutes |

Stationary Bike

| 50-100 watts |

Dancing

| Step, hop, kick, twist, tap, jazz, top, jitterbug, hip hop, swing, tango, dancing fast, disco, folk, square, line dancing |

Yardwork

| Digging, using heavy tools, laying rock or sod, mowing lawn, Raking, shoveling, weeding, trimming |

Housework

| Heavy cleaning, sweeping, vacuuming |

Contact:

Ericka Burroughs, MA, MPH > Coordinator, Physical Activity Promotion Project  
Burroughs@law.sc.edu > Sumter County Recreation Parks Department > 55 Haynesworth Street > Sumter, SC 29150 > phone (803) 438-2183 > fax (803) 438-2400