Dear Step Up, Step Out Participant,

Welcome to the Step Up, Step Out Program! This program is part of research study conducted by the University of South Carolina’s Prevention Research Center in partnership with Sumter County Active Lifestyles and the Sumter County Recreation & Parks Department. The purpose of this study is to encourage women 35-54 years of age to exercise regularly on their own.

You have volunteered to participate in a project that will help you in tracking your own exercise, so that you can set goals and monitor your progress. You will also receive encouragement and tips to help you meet your goals.

You will participate in this study for six months. During this time, we will ask you to monitor your exercise and complete a weekly postcard and return it to us. Every week you return this postcard, you will be entered into a monthly drawing for a $50 gift certificate. At the end of six months, we will mail you a survey asking you about your experience.

Included in this registration kit is everything you will need to get started and participate in the program. If you ever have any questions, please call Ericka Burroughs, Project Coordinator, at 436-2182.

Thank you for participating and good luck!
We suggest that you wear the pedometer while you exercise to track the intensity of your exercise. Do not wear your pedometer when swimming or bathing – water will damage the pedometer. You can also wear the pedometer all day, putting it on when you first get up and recording your steps at the end of the day.

Attach the pedometer to your belt or waistband right above your kneecap or about halfway between your side and middle of your body. Take care in attaching and removing the pedometer to prevent the clip from wearing out and breaking. Do not wear the pedometer on thick belts. Some people have found they can wear the pedometer on their underclothes. Make sure the pedometer is level to the ground and is not tilted to one side or the other. The pedometer will not give accurate counts if it is tilted.

Put your pedometer on first and then reset the count. This will help you get an accurate step count. You can check your step count throughout the day to see how you are doing.

After you have recorded the number of steps you have taken during exercise and/or for the whole day, you can press the yellow reset button, which sets the count back to “0.”
The goal of this project is to get you more active. The recommended level of moderate exercise is 30 or more minutes per day on 5 or more days per week; or if you are doing vigorous exercise, such as running, you need 20 or more minutes on 3 days per week. This is the goal and this is minimum amount for you to have health benefits. However, we realize that no one is perfect and we encourage you to keep up your exercise even if you don’t meet your goal every week. You are eligible to be entered in the drawing every time you mail in your completed exercise card regardless of how much you were able to exercise that week. For that reason, please give us honest and accurate responses. Your complete records are very important to the research, so please don’t forget to mail them in within one week of completion. The following guidelines will ensure that all participants have equal opportunity to win a prize.

• If you complete and return your exercise postcard for the week, you automatically become eligible for the monthly drawing.
• Please do not leave blanks on your postcard. Use a “0” for any days you missed for whatever reason. To be fair to everyone, we cannot enter incomplete postcards into the drawing.
• Please mail each week’s postcard by Tuesday of the next week after the week being recorded. This will help to ensure that you do not miss your opportunity to be entered into the drawing.
• To be fair to everyone, we cannot accept postcards that have been filled out in advance or postcards that have been “saved.”
• The drawings will be held at the USC Prevention Research Center on the dates that are listed on the prize calendar.
• The winner will be contacted by telephone and the prize mailed within two weeks of the drawing.
• Even if you win, you are still eligible to win again if you continue to submit your exercise postcards.
• Don’t forget that your Participant # and the beginning date of the Monday of each week are needed on the postcards.

Please call Ericka Burroughs at (803) 436-2182 if you have any questions.
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<tr>
<th>Weeks</th>
<th>Drawing Date</th>
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<td>May 24 – June 20</td>
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Prizes include gift certificates in the amount of $50 from Wal-Mart Supercenter, Sumter Chamber of Commerce, and Sumter Mall.
Safety Tips

• Start off slowly. After getting used to a certain level of activity, increase the intensity or duration (or both) of your exercise. Don’t overdo it! Too much too soon could hurt you, especially if you have not been exercising at all. Build up your endurance.
• Always warm-up and stretch before you begin exercising to prevent injury.
• Cool-down and stretch after 30 minutes of exercise.
• Stretching is important to staying flexible and avoiding injury. Avoid bouncing or jerking movements. Make movements smooth and steady. Avoid “locking” your joints. Always have a small amount of bending in joints while stretching.
• Wear proper clothing. Wear comfortable, loose-fitting layers that can be removed or added depending on the weather.
• Be sure to wear sunscreen or wear protective clothing or hats, even in winter.
• Wear proper fitting shoes that provide support and cushioning.
• Proper hydration is very important! Drink water before, during, and after exercise. Drink a glass of water for every 15 minutes of exercise and at least a pint after activity. Drinking plenty of water on hot days is even more important. You should avoid caffeine and alcohol when exercising, they further dehydrate you.
• During the summer, exercise in the morning or evening or indoors to avoid extreme heat. If you feel ill while exercising in the heat, find shade to cool-down in and drink water.
• Use bug repellent, especially at dusk.
• Don’t hold your breath while exercising.
• Find a partner or group for fun and safety.
• Be aware of your surroundings and watch out for traffic and obstacles in your path.
• If exercising at dusk or after dark, wear reflective clothing or carry a flashlight. Avoid biking at night.
• Listen to what your body tells you. If soreness persists more than a few days or you have dizziness or chest pain, contact your doctor immediately.
Walking Routes and Tracks

**Sumter Mall**
1057 Broad Street
775-6387
The mall is open for walking
- Monday – Friday, 7am – 9pm
- Sunday – Noon – 6pm
Join Heart and Soles, a free walking program, to be eligible to win monthly prizes!
Call the Mall office for information.

**Crosswell Park**
Adjacent to Crosswell Elementary School
301 Crosswell Drive
Crosswell Park is open 7am – Dusk
It has a paved walking track that is approximately 1/3 mile long.

**Alice Drive Middle School Track**
40 Miller Road
775-0821
The track is located in behind the school. Walkers are encouraged to walk before 8:30 am or after 4:00 pm Monday-Friday. The track is open on weekends for use anytime. The track is closed during track and field practice and events.

**Bates Middle School Track**
715 Estate Street
775-0711
The track is located in front of the school. Walkers are encouraged to walk before 8:30 am or after 4:00 pm Monday-Friday. The track is open on weekends for use anytime. The track is closed during track and field practice and events.

**Downtown Area/Historic District**
Refer to the SCAL map in this packet for locations and distances. SCAL has walking measured out routes in the downtown area historic district, and at Swan Lake. The downtown routes are marked with the SCAL logo.

**Birnie Hope Center**
210 South Purdy Street
436-2645
The Birnie Hope Center offers free aerobics classes Monday and Wednesday mornings at 9am-10:30 am. Their gym is also available for walking 8 am - 7 pm Monday-Friday.
Places to Walk and Exercise

North Hope Center
905 North Main Street
436-2691
The North Hope Center offers free aerobics classes Monday and Wednesday mornings at 9 am–10:30 am and Tuesday and Thursday evenings 6 pm–6:45 pm. Their gym is also available for walking 8 am – 7 pm Monday–Friday.

South Hope Center
1125 South Lafayette Boulevard
436-2653
The South Hope Center has a morning walkers club that meets 8am–noon Monday – Friday. Their gym is available for individual walking 8am – 7 pm Monday–Friday. They also have a self-paced aerobics class with a video that you can borrow free of charge.

County and State Parks
All county and state parks have at least one walking trail. Visit HYPERLINK “http://www.discoversouthcarolina.com” www.discoversouthcarolina.com for more information each of the state parks’ amenities.

Dillon Park
1210 Clara Louise Kellogg Drive
(off Pike Road, next to the National Guard Armory)
436-2248
Dillon Park is open sun-up to midnight.
It has a one-mile paved walking track and is lit.

Cypress Park
North Wise Drive, across from the Caterpillar Plant
436-2248
Cypress Park is open sun-up to sun-down.
It has a natural-surface walking trail that is approximately 1/4 mile in length.

Mill Creek County Park
7975 Milford Plantation Road
Pinewood, SC
436-2248
Natural-surface trails.

Poinsett State Park
6660 Poinsett Park Road
Wedgefield, SC
494-8177
The park is open Sunday–Saturday, 9am – 6pm; 9am – 9pm during Daylight Savings Time.
Admission: $2 adults; $1.50 SC seniors; age 15 & younger free
Natural-surface trails.
Places to Walk and Exercise

Woods Bay State Natural Park
11020 Woods Bay Road
Olanta, SC
843-659-4445
The park is open Thursday - Monday, 9 am - 6 pm; Closed Tuesday and Wednesday
Admission: $2 adults; $1.50 SC seniors; age 15 & younger free
Natural-surface trails.

Manchester State Forrest
6740 Headquarters Road
Wedgefield, SC
494-8196
Visit "www.state.sc.us/forest/refman.htm" for more information.
All trails are open on Sunday only until ice storm damage is cleared; Dawn - Dusk.
Trails closed Sept. 15-Dec. 30, except for Sunday
Admission: Permits required for motorcycles. $5 fee - horse, bike and Palmetto trails. $25/year for age 16+; age 15 and younger must be accompanied by a person with a permit.
Natural-surface trails Sumter County Walking Trails

Cypress Trail
The county is developing the Cypress Trail that will eventually go throughout the county. Currently, two segments are open.
Dillon Park connection: runs from the Wise Drive entrance/exit of Dillon Park and continues to Cypress Park. It is approximately 3 miles long.
YMCA connection: runs adjacent to the YMCA near Miller Road. It is a paved walking track that is approximately 1/2 mile.

Palmetto Trail
The Palmetto Trail runs through the entire state. Approximately 25 miles of the Palmetto Trail runs through Manchester State Forrest and Poinsett State Park in Sumter County. Visit www.sctrails.net for more information. The Palmetto Trail can be accessed through five trailheads in Sumter County:
- Pax Landing — Pax Landing Road, Pinewood, SC
- Sparkleberry Landing — Sparkleberry Lane off Camp McRae Road
- Manchester Forrest Headquarters (address above)
- Mill Creek County Park (address above)
- Poinsett State Park (address above)
Places to Walk and Exercise

Biking Trails

Sumter’s bike trails are located in Manchester State Forrest.
6740 Headquarters Road
Wedgefield, SC
494-8196
All trails are open on Sunday only until ice storm damage is cleared; Dawn – Dusk.

Killer Three Bike Trail is 10 miles long.

Hard Core Trail is 2.5 miles long, but is now closed until the ice storm damaged is cleared.

Fitness Centers

M.H. Newton Family Life Enrichment Center Gymnasium
415 Manning Avenue
934-9527

Hours of Operation:
Monday-Friday, 7am-7pm
Saturday-Sunday, Closed

Membership Fee:
None

Amenities:
Treadmill
Weight and rowing machine
Walking area

Sumter has three private fitness centers and the YMCA.

Curves for Women
526 Broad Street
773-7333

Hours of Operation:
Monday – Friday, 8 am-7 pm
Saturday – 8 am – noon
Sunday – Closed

Membership Fee:
$149 service charge (waived for some cooperations) + $29 monthly fee through automatic draft from your checking account.
Memberships are established annually only.

Amenities:
One-on-one training available
Various exercise machines available for individual workouts
No aerobics classes
Places to Walk and Exercise

Lady Fitness, Inc.
342 West Liberty Street
773-8888

Hours of Operation:
- Members have 24-hour access. The center is staffed Monday – Friday 8 am - noon; 4 pm – 8 pm
- Nursery is open Monday – Friday in the morning only.

Membership Fee:
- Generally, $30 per month. A set-up fee may be required.

Amenities:
- Various exercise machines available for individual workouts.
- Childcare available Monday – Friday in the morning for $2.00 per class.
- Classes include step aerobics, kickboxing, and ball.

Free Weight Gym & Fitness
2700 Thomas Sumter Highway (521 N)
469-3649

Hours of Operation:
- Members have 24-hour access. The center is staffed Monday – Friday 8 am-3 pm; 4 pm – 6 pm

Membership Fee:
- $12/month for women who only want cardio training and lightweights. $25/month for access to heavier weights.
- Membership fee is drawn through automatic draft from your checking account. 6 and 12-month contracts.

Amenities:
- One-on-one training available.

Sumter Family YMCA
50 Willow Drive
773-1404
http://www.ymcasumter.org

Hours of Operation:
- Monday – Thursday, 4 am – 9 pm
- Friday, 4 am – 8 pm
- Saturday, 6:30 am – 5 pm
- Sunday, 1 pm – 5 pm
- Children’s nursery hours vary. The nursery is closed on the weekend.

Membership Fee:
- $50 Set-up fee + $31 monthly fee through automatic draft from your checking account.
- Memberships can be terminated at anytime.
- Scholarships available to assist with membership fees.

Amenities:
- Various exercise machines for individual workouts
- Numerous group fitness classes including aerobics, water aerobics, yoga, spinning, and pilates.
- Pools
- Massage therapists available (additional fee)
- Childcare available Monday – Friday for $3.50 per hour.
Swimming

Aquatic classes are offered at the YMCA and the South Hope Center. Check both centers for class schedules and prices.

The Sumter County Recreation and Parks Department
Sumter County Recreation Department offers softball and karate sports for minimal costs. Call the Recreation Department at 436-2182 for more information.

Churches and worksites

Some area churches and employers may sponsor exercise classes or have recreational facilities, walking trails, or space you could use to put together your own aerobics or dance group or walking team. Be creative in finding places to exercise.

Your own neighborhood

A fine place to walk could be as close as your front door. You could map out your distance in a car if you like to keep track of distance. Be especially cautious of traffic if your neighborhood has no sidewalks.

Disclaimer: Inclusion of privately owned businesses in this list does not constitute endorsement by the University of South Carolina, Sumter County Active Lifestyles, or the Sumter County Department of Parks and Recreation. Participants are advised to get full information concerning the amenities offered at a fitness club and the credentials of the staff.

ALTERNATIVES FOR RAINY OR HOT DAYS

Don’t let the weather stop your exercise plans. Consider taking a walk indoors or staying at home for a 30-minute workout. Here are five activities you can do indoors.

Walk at the Sumter Mall; you may even find that your favorite store is having a super sale!

Join the aerobics classes or walk at the one of the Hope Centers; after all the classes are free!
Rent an exercise video. The Sumter County Library has over 100 exercise videos that you can borrow. In addition, Sycamore Video at 729 Broad Street has aerobics videos that rent for $1.50 for five days. There is no sign-up fee as long as you reside in Sumter County.

**Video Disclaimer:** Participants can choose from a variety of aerobic exercise videos to suit their exercise needs and fitness level. USC cannot endorse any particular video.

- Dance to your favorite music at home: Pop, Hip Hop, Salsa, Reggae, or Rock; whatever floats your boat!
- If you have a treadmill, dust it off and start walking while listening to your favorite music!
- Try riding a stationary bike or using a treadmill at the gym.
- Go on a cleaning binge! Who says spring-cleaning only has to be done only in the spring!

If you are outdoors during hot weather:

- Try exercising very early or late in the day when it’s cooler. Remember to drink plenty of water and wear lightweight clothing.
- Try swimming. Aquatic classes are offered at the YMCA and the South Hope Center.

March 15, 2004
Places to Walk and Exercise