

Pick up the pace, Sumter!

Improve your fitness level
and your health!



Studies show that exercising 30 minutes a day, 5 days a week can help prevent heart disease, diabetes and some types of cancer in people of all ages. Step Up. Step Out! encourages you to get fit and healthy by stepping up your exercise routine.

Fitting time for exercise into your busy schedule is easier than you think! Try any of these activities and work your way to a healthier you:

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 (leisure, slow, light effort)
4-6 miles in 30 minutes

Stationary Bike

50-100 watts

Dancing

Shag, hip-hop, ballet, twist,
jazz, tap, jitterbug, belly, swing,
flamenco, 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

Juanita Britton is a spokeswoman for the Step Up. Step Out! campaign. She is postmaster for the Rembert Post Office and chairperson and founder for the Rembert Area Community Coalition. Like many working women, Britton struggles to make sure she gets in the recommended 30 minutes of exercise at least five days a week. Britton says she supports Step Up. Step Out! "because we women need to put more emphasis on being well. Exercise contributes to that. Better health means we can do more for others and ourselves."

Step Up. Step Out! is a project to get people in Sumter County, especially women, to exercise more. The project is sponsored by the University of South Carolina Arnold School of Public Health Prevention Research Center, Sumter County Department of Parks and Recreation and Sumter County Active Lifestyles.



STEP UP. STEP OUT!
30 mins a day ■ 5 days a week