

Pick up the pace, Sumter!

30 minutes a day • 5 days a week

Ever wonder why we exercised for fun when we were kids, but now we call it a workout?

Nancy Hart, who has been exercising her entire life, says she's never considered it a chore. "I just think of it as play, and I say to myself, 'I gotta go play,'" she says. "Exercise is not only great for me physically, it's also a great de-stresser." Like a kid at play, she describes her exercise routine as, "Whatever I want to do that day!"

Nancy Hart is a Social Studies teacher and yearbook advisor at Sumter High School, and a spokeswoman for the Step Up. Step Out! project. Nancy varies her routine – swimming, biking, rollerblading, and walking with friends in Dillon Park – so she never gets bored. Step Up. Step Out! is a

project to get people in Sumter County, especially women, to exercise more. It 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.



Nancy's Exercise Tips:

- Exercise early in the day. "It's a good way to start the day – shake out the cobwebs!"
- If you're just starting to exercise, walk with a buddy or get a Walkman to keep you moving forward.
- Do something you enjoy. "Exercise should be fun! The most important thing is to just do something – get off the couch and move."


STEP UP. STEP OUT!
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