

Pick up the pace, Sumter!

30 minutes a day • 5 days a week

Kit Polutta has a message for folks in Sumter, “Hit the trail!” Kit walks or bikes the trail at Cypress Park regularly and finds it good for her body and soul. “Being in the fresh air and the beauty of creation is a wholesome experience that is good for your health and reduces stress. You may even see a group of deer or something special in nature – and that’s good family entertainment!”

Kit Polutta is the Sumter County Trails Coordinator and a spokeswoman for the Step Up. Step Out! project. She says her goal in life is to challenge herself physically. “I like to get up and be active first thing in the morning. Try going for a 30-minute walk or bike ride every day, either by yourself or with

family and friends.” 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 Prevention Research Center, Sumter County Department of Parks and Recreation and Sumter County Active Lifestyles.



Kit’s Exercise Tips:

- Get up and be active first thing in the morning. “Our bodies were meant to move.”
- Turn the TV off. “Try to go a week without sitting in front of the TV – that’s when you want to eat.”
- Be consistent, working out at least 30 minutes, five days a week to gain health benefits.


STEP UP. STEP OUT!
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