

Pick up the pace, Sumter!

30 minutes a day • 5 days a week

“Walking is wonderful! Everyone should do it!” These words of encouragement come from Juanita Williams, who has discovered the health benefits of taking regular walks. “Walking helps with weight control, it gives me a healthier perspective and it helps relieve stress” says Juanita. “I can be stressed out at the beginning of my walk, and before long, I am more relaxed.”

Juanita Williams is an administrative specialist at the Sumter County Department of Health and Environmental Control (DHEC), a mother, grandmother and a spokeswoman for the Step Up. Step Out! program. Juanita walks at Dillon Park or at the “Y” in Sumter, where she also takes aerobics classes. “Walking clears my mind and gives me a

different perspective on life – a calmer perspective. I wish everyone would walk.” 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 Prevention Research Center, Sumter County Department of Recreation and Parks and Sumter County Active Lifestyles.



Juanita’s Exercise Tips:

- Take those first steps. “Walk around the block with the kids for the first week. When you see how much better you feel, you’ll soon be walking more. That’s how I got started!”
- Get out of your rut. “If you’re feeling isolated, get out and start walking; it makes you feel better and gets you out into the world.”
- Set goals to stay motivated. “If I see something I want, I’ll tell myself that I can have it, but only if I walk for at least 30 minutes, five days a week. My reward could be something as simple as an ice cream cone!”



STEP UP. STEP OUT!

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