

Take the Next Step Sumter!

If you're a woman between the ages of 35 and 54 and you exercise less than 30 minutes a day, five days a week, there's a new research program specifically designed to help you take your activity level a step further!

The University of South Carolina's Prevention Research Center, Sumter County Active Lifestyles and the Sumter County Recreation & Parks Department are conducting a new study to encourage you to exercise

regularly on your own. This study is open to women of all shapes and sizes who meet the age and activity level requirements.

Who Can Participate:

- > Are you a woman between the ages of 35 and 54 living in the Sumter area?
- > Do you exercise some, but less than 30 minutes a day, five days a week?
- > Are you able to commit to exercising at moderate intensity for 30 minutes each day, 5 days a week for six months?
- > Are you ready to look great, feel better and begin a lifelong pattern of regular exercise?

If you answered yes to these questions, you're ready to take the next step.

Ready To Take The Next Step?

To learn more about qualifying to participate in Step Up. Step Out! please email Ericka Burroughs, Project Coordinator at burrouge@gwm.sc.edu or call 803-436-2182.



STEP UP. STEP OUT!

30 mins a day ■ 5 days a week