

Pick up the pace, Sumter!

Improve your fitness level
and your health!

**CALL TODAY!
LAST DAY TO ENROLL IS NOVEMBER 12**

USC Arnold School of Public Health Prevention Research Center, Sumter County Active Lifestyles and Sumter County Recreation and Parks Department invites you to join Step Up. Step Out!, a research project to encourage women to exercise on their own 30 minutes a day—5 days a week.

You qualify for Step Up. Step Out! if you:

- Are a woman living in Sumter County between the ages 34-54
- Exercise some but less than 30 minutes a day—five days a week
- Are ready to begin a lifestyle pattern of fitness

When you enroll, you'll receive a free start-up kit including tote bag, pedometer, weekly exercise diary AND you may be eligible for monthly drawings for gift certificates at local merchants.

To Enroll Call:

Ericka Burroughs
Coordinator
Burrouge@gwm.sc.edu
Phone (803) 436-2182



Nancy Bishop is the Director of Learning Resources at Central Carolina Technical College and spokeswoman for the Step Up. Step Out! project. Nancy says she enjoys the many parks and trails in Sumter with her three sons. Whether biking, walking or running, Sumter has beautiful areas to enjoy.


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