

Pick up the pace, Sumter!

Improve your fitness level
and your health!



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—five 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. Pick up the pace, Sumter and call to enroll!

Lorraine Washington-Dennis is Human Resources Director for Sumter County Government and a spokeswoman for Step Up. Step Out! Lorraine says she has a 4-year-old at home that keeps her moving, but she also manages to squeeze in time to walk everyday. She says exercise is an important part of a healthy life and Step Up. Step Out! can help get you on the right track.

To Enroll Call:

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


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