



Sumter County Active Lifestyles (SCAL)

www.sumtercountyactivelifestyles.org

Spring 2009



New walking track
at
Salterstown Park



Basketball half-court
under construction at
Salterstown Park

Salterstown Park Project Underway

The Salterstown Community Center is engaged in empowering its community — socially and physically. In the Salterstown community, recreational and physical activity opportunities have been minimal. Thus, the center's Community Improvement Committee applied for 2007-2008 community mini-grant funds offered by the University of South Carolina Prevention Research Center and SCAL. They received \$15,000 to construct Salterstown Park on the corner of Highway 401 and Salterstown Road.

The park is still under construction, but it already has an asphalt walking track and basketball half-court in place. "The walking track is used daily by community members. The walkers are encouraging each other with healthy changes that are promoting physical activity," says Jacqueline Session, project coordinator. Benches, picnic tables, grills, a bicycle rack, a park entrance sign and informational signs throughout the park will soon be added to complete the project.

Ms. Session wants SCAL and others to know that residents are excited about the park being within their community. She is speaking on behalf of her community when she says, "The Salterstown community thanks SCAL for granting us this opportunity to empower our community to share in better health!"

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BIKE to WORK DAY Friday, May 15

Sumter County Active Lifestyles

encourages you to

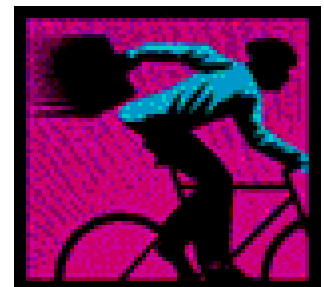
participate in

Bike to Work Day.

To register,

call 436-2248 or

email trails@sumtercountysc.org by April 30.



"There isn't time to let the dust settle!"

Greetings from the Director



**Heritage Health Walk
leaders en route**



**Wednesday Walkers
from
Thompson Industries**



Thompson Industries
pictures
courtesy of
Chris Moore/*The Item*

Many people observe springtime with “spring cleaning” to remove the dust and cobwebs that have accumulated over the winter months. Not so with SCAL — things stay so busy for us, there isn't time to let the dust settle!

The dust was still flying as SCAL began its 2008-2009 fiscal year on October 1, 2008. This fiscal year marks the tenth year of partnership between SCAL and the University of South Carolina Prevention Research Center on our project, Policy and Environmental Change to Promote Physical Activity: A Participatory, University-Community Partnership. What an accomplishment! We are planning to celebrate with a banquet and other activities in the coming months. (Stay tuned.)

In November, five community members were trained as neighborhood walk leaders as part of the Heritage Health Walk project. Three walk groups have been formed, whose members are getting more physically active to improve their health.

In December, SCAL reached a major milestone in our ten-year history by being designated by the Internal Revenue Service as a tax-exempt, 501(c)(3) organization, retroactive to June 17, 2005. This designation helps us in achieving sustainability as an organization by opening up opportunities to receive additional funding and financial donations.

Our fifth Wednesday Walkers worksite-based community walking program kicked off on March 18 with the highest number of participating worksites (25) and registered walkers (299) since the inaugural program in 2006. SCAL is very proud of how Wednesday Walkers has grown and appreciates the co-sponsorship of many agencies and organizations in Sumter to make it successful.

Finally, SCAL has mapped out two downtown historical walks. If you'd like a copy of the map, please contact our office at 774-3860. As always, I encourage you to...

...Get Active! Get Healthy! Get Involved!

Linda Pekuri, Executive Director

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TV Turnoff Week, April 20-26, <http://tinyurl.com/cudnb8>

Earth Day, April 22, <http://www.earthday.net/earthday2009>

Walk At Lunch Day, April 29, <http://tinyurl.com/3fucz2>

Bike to Work Day, May 15, <http://www.bike2work-day.com/>

Bike to Work Week, May 11-15, <http://www.bikeleague.org/programs/bikemonth/>

Gardening Exercise Day, June 6, <http://tinyurl.com/ccmear>

New! National Physical Activity Guidelines

Physical activity is important for all Americans. On June 20, 2008, the U.S. Department of Health and Human Services (DHHS) released the report of the Physical Activity Guidelines Advisory Committee. According to DHHS Secretary Mike Leavitt, this report includes guidelines, similar to a roadmap, for daily physical activity. “The evidence is clear- regular physical activity over months and years produces long-term health benefits and reduces the risk of many diseases. The more physically active you are, the more health benefits you gain.”

From this report, the document *Physical Activity Guidelines for Americans* describes the major research findings on the health benefits of physical activity. They are:

- Regular physical activity reduces the risk of many adverse health outcomes.
- Some physical activity is better than none.
- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency and/or longer duration.
- Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity.
- Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial.
- Health benefits occur for children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group.
- The health benefits of physical activity occur for people with disabilities, and the benefits of physical activity far outweigh the possibility of negative outcomes.

Physical activity recommendations are provided for specific groups as shown below. For information about your group, go to the DHHS website at <http://www.health.gov/PAGuidelines/>. Additional resources are available at <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.htm>

- Children and adolescents, aged 6-17
- Adults aged, 18-64
- Older adults, aged 65 and older
- Adults with disabilities
- Children and adolescents with disabilities
- Pregnant and postpartum women
- People with chronic medical conditions

Turn to page 4 to see how SCAL members are physically active →

SCAL thanks Marsha Stepp, USC PRC, for contributing to this article on new guidelines.

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Wednesday Walkers, Wednesdays, through May 6. Call 774-3860 or 774-3861.

Earth Day, April 25, 9am-2pm, Swan Lake Iris Gardens, Garden Street, <http://www.sumtersc.gov>.

Bike to Work Day, Friday, May 15. Call Wayne @ 436-2248 to register.

SCAL 10th Anniversary Celebration, Friday, June 12, 6-7:30pm, Swan Lake Visitors Center. Call 774-3860 or 3861.

SCAL Members Exercise Because...

S CAL Members Know!

- Adults need at least two hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (e.g., brisk walking) every week **and...**
- Muscle-strengthening activities are needed on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).
- You can get your exercise in various increments of time. Ten minutes at a time is fine!
- It's best to spread out your activity during the week.
- Exercise must be at a moderate or vigorous effort for at least 10 minutes at a time.
- Exercise can be done through many methods in almost any location.
- Aerobic activity or "cardio" gets you breathing harder and your heart beating faster.
- Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. From pushing a lawn mower, to taking a dance class, to biking to the store— all types of exercises count. Just make sure you're doing them for at least 10 minutes at a time.
- Muscle-strengthening exercise is when you work all of the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders and arms). This can be done by lifting weights, working with resistance bands, sit-ups and push-ups, heavy gardening, yoga and through other activities.

S CAL Members Know You Can Exercise Almost Anywhere!

At work: Alvin , Ericka, Catherine and Suzette **climb stairs**. Wayne **rides his bicycle to work**. O.J. and Linda **walk during their lunch hours**. Suzette **parks her car a long distance** from her office. O.J. **walks to all of his downtown meetings**.

At home: Alvin , Judy, Suzette, Linda , J'Vawna and Jean Butel do **weight bearing exercises**. Linda **jogs on her treadmill**. Suzette uses **DVD exercise programs** to guide her exercise at home. Catherine **walks in place, using weights**, while watching television.

In the garden: Charlie, Phil, Catherine and Linda **do yard work**.

In the neighborhood: Charlie, Judy, Renata , Jean Drake, Alvin , J'Vawna and Jean Butel **walk**. Wayne and Catherine **walk their dogs**.

In the community: John **walks at the mall**. Suzette participates in the Soulfully Fit **exercise classes** at her church. Catherine **dances weekly** with the Sumter Shag Club. Renata **swims** at the YMCA. Jean Drake **attends aerobic classes** at various locations. Before coaching sports teams, Phil **exercises**. Suzanne and Janet **go bicycling with Sumter Easy Riders and Sumter Chain Gang**. Judy **walks to the grocery store, meetings and hospital for volunteer work**.

At recreational areas: Jean Butel and Wayne go canoeing. Wayne **mountain bikes and kayaks**. Charlie **hikes weekly**.

“SCAL... helps to create opportunities for all people to be active”

Leona Green, SCAL Board Member

Leona Green, a Charleston, South Carolina native and Sumter County resident since 1968, is a woman who gets things done. She began participating in her Cherryvale neighborhood’s COP (Community Oriented Policing) program at its inception because she wanted to make things better. Through COP, she heard about SCAL and the University of South Carolina Prevention Research Center’s mini-grant opportunities. On behalf of COP and the Cherryvale Community Center, she submitted a mini-grant application in 2007. The project was awarded \$3,200 to provide benches, signs and a bicycle rack for a walking track that was being constructed at the community center, where the COP meetings are held.

The results of Mrs. Green’s “getting things done” are visible. With grant funding and assistance through the USC Prevention Research Center and the Sumter County Department of Recreation and Parks, a walking track was built at the Cherryvale Community Center. When the weather is good, walkers are using the track daily. They can also stop to take a rest on the benches.



Leona Green

Mrs. Green is a member of SCAL and serves on the board of directors as a member at large. To this position she brings a wealth of wisdom and experience. She was married to Benjamin Green, whose career was in the Air Force. Before retirement, Mr. Green’s last assignment was at Shaw. Prior to working at Shaw, he and Mrs. Green lived in many locations around the world. During these times, she worked on her education, eventually receiving a master’s degree in individualized instruction in American history during the colonial period. When the couple moved to Sumter County, they settled in the Cherryvale neighborhood, and Mrs. Green taught history and social studies at Lincoln High School and Sumter High School. This was one of the few times that they did not live in base housing.

Living in base housing had afforded the couple easy access to opportunities provided on the military bases, and she made use of these resources (gyms, walking and running tracks, pools and other amenities). When they lived off base, she became acutely aware of the need for an environment that better supported physical activity. “I like SCAL because it helps to create opportunities for all people to be active. Crime is increasing in my neighborhood, as well as in other neighborhoods, and I thought that by providing more places where people can exercise, it might make my community a safer and healthier place to live.”

(SCAL offers its condolences to the Green family upon the recent death of Mr. Benjamin Green.)

Hikes, Bikes & Canoes

Hike: Saturday, April 4, 10:00 a.m., History in the Swamp, call 843-567-4480

email hellholecenter@palmettoconservation.org

Hike: Saturday, April 11, 9:00 a.m., Hike the High Hills, call 803 436-2248 or email trails@sumtercountysc.org

Hike: Saturday, April 11, 10:00 a.m., Piazza Rock, call 843-567-4480, email hellholecenter@palmettoconservation.org

Bike: Saturday, April 18, 9:30 a.m., 3-D Bike Ride, call 843-567-5580, email hellholecenter@palmettoconservation.org

Canoe/Kayak: Saturday, April 25, 10:00 a.m., The Jungle, call 843-567-4480,

email hellholecenter@palmettoconservation.org

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Mission: To promote health and quality of life in Sumter County by advocating for a community environment that supports physically active lifestyles for all citizens.

President O.J. Papucci
Vice President John Howard
Secretary Catherine Blumberg
Treasurer Wayne Argabright
Member-at-Large Georganne Kirven
Member-at-Large Leona Green
Executive Director Linda Pekuri



CALENDAR OF EVENTS

SCAL 10th Anniversary Celebration

June 12, 2009, 6-7:30 pm

at Sumter Visitors Center, Swan Lake

Bike-Walk Committee Meeting

April 15 at noon, at Patriot Park Sportsplex

May 20 at noon, at Recreation Department

Accessibility and Outreach Committee Meeting

May 7 at noon, at Recreation Department

Additional Activities in the Sumter Area:

<http://www.meetup.com/The-Sumter-Cycling-Hiking-Adventure-Club/>



Contact Us

Linda Pekuri, (803) 774-3861, lpekuri@sumtercountysc.org

Catherine Blumberg, (803) 774-3860

cblumberg@sumtercountysc.org

FAX (803) 436-2400

**Sumter County Active Lifestyles
155 Haynsworth Street
Sumter, South Carolina 29150**