

Vision & Mission Statement

As partners in health initiatives, we offer family-friendly fitness services directed toward reducing obesity and chronic disease in the community.



What is Eat Smart Move More?

Eat Smart Move More is a health and fitness initiative promoted by the state of South Carolina, with national affiliation. The local walking and wellness club is FREE and designed by Semper Fit to accommodate ALL fitness levels.

Brought to you by
Semper Fit
Health Promotion
& Physical Fitness.

For more information
on this or any of our
other programs, please call
228-7010 or visit our web site:

www.mccssc.com

For additional resources,
please visit:

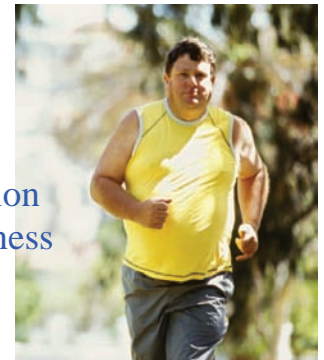
www.mypyramid.gov

www.eatsmartmovemoresc.com



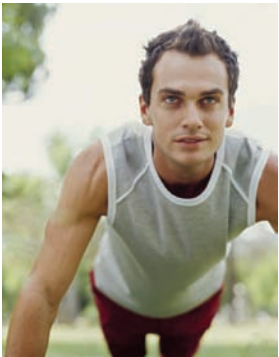
*A Community Initiative
to Promote an
Active & Healthy Lifestyle*

To join the
program,
please call
Semper Fit
Health Promotion
& Physical Fitness
at
843-228-7010





*A Community Initiative to Promote
an Active & Healthy Lifestyle*



THE EAT SMART MOVE MORE program is a health and fitness initiative to promote an active and healthy lifestyle in our community. Founded in the principles of bringing total wellness to all, our local program includes a group fitness walk combined with interval training and yoga, led by a qualified fitness instructor. This combination of activities aims to get your heart pumping and promote a healthy cardiovascular system through walking combined with strength training exercises to tone and build strength in the muscles, and yoga to increase flexibility, balance, and an enhanced sense of wellbeing.

SOCIAL INTERACTION is an integral part of total wellness, and joining the program gives participants an opportunity to network, meet new friends, and bond together as part of our community. These friendships provide essential support to participants, keeping them motivated and having fun, as each individual strives to meet their own personal fitness goals. Family participation is encouraged, as all walk routes are stroller accessible. All fitness levels are welcome to join.

WHEN YOU JOIN the Eat Smart Move More program, you will receive free fitness and nutrition log books to keep track of your completed exercises and food intake, as well as a pedometer and an initial assessment with a personal trainer. Follow-up assessments with a personal trainer will be completed on a regular basis and recognition incentives will be awarded along the way, as personal fitness goals are met. In addition to the regularly scheduled walks, program members may also participate in optional health information sessions and guided nature walks and hikes.

To become a member, please call the Semper Fit main office at (843) 228-7010 prior to attending your first session.

*Chronic Disease & How Exercise
Can Reduce Your Risk*

Heart Disease & Cancer

Heart disease is the Number One killer of Americans today. Cancer is the second leading cause of death. Daily exercise, proper nutrition rich in fruits and vegetables, and maintaining a healthy weight can help reduce your risk.

Obesity

Obesity is another serious health concern, and a leading chronic disease that is a national epidemic. Obesity is linked to heart disease and cancer.

Type II Diabetes

Type II diabetes is a disease in which the body makes insulin but the cells of the body cannot use the insulin properly for energy. People with Type II diabetes are often overweight. Studies show that many people with pre-diabetes can prevent or delay the onset of diabetes through lifestyle changes, possibly preventing the complications associated with this disease.

How to Reduce Your Risk

Regular exercise, proper nutrition and a healthy weight may greatly reduce the risk of chronic illnesses and disease. Current recommendations are that you get at least 30 minutes of exercise (brisk walking, jogging, swimming, stair-climbing, etc.) most days of the week. Adopting healthier lifestyles such as avoiding tobacco use, reducing stress, and restricting alcohol consumption can significantly reduce your risk as well.

