



Activate South Carolina is a FREE year-round healthy living awareness program that targets youth and adult obesity and related diseases.

The program encourages participants to accumulate at least 30 minutes of moderate intensity physical activity five days per week by completing their daily activity log online. Participants will receive Healthy Living information about nutrition, exercise and health education weekly on the website. Participants also take part in weekly and monthly weigh-ins and counseling, as well as attend, "Health Talks," a series of lectures by wellness and medical experts that focus on topics related to health and wellness.

The website provides participants with a confidential login so that they can privately monitor their weight lost and physical activity during the program – www.activatesouthcarolina.org.

Regular physical activity reduces the risk of coronary heart disease, stroke, and high blood pressure. It helps control weight and contributes to healthy bones, muscles, and joints. It helps relieve the pain of arthritis and reduces the symptoms of anxiety and depression. People of all ages who are generally inactive can improve their health and well being by becoming active at a moderate-intensity on a regular basis.

We are making a difference! Activate South Carolina is proud to report that over 40,000 pounds have been lost since January. Incorporating at least 30 minutes of moderate intensity physical activity five days a week has paid off by placing South Carolina in the President's Challenge Top 20. Please look for Active South Carolina as it continues to grow and help change lifestyles in the Upstate.

As of June 2008:

Total Participants: 17048
Total Female Participants: 12865
Total Male Participants: 3426
Total Pounds Lost: 40426

Log onto www.activatesouthcarolina.org to get active today!