

Plantation Storage at 4411 Hardscrabble Road is starting a walking club for anyone who is interested in getting healthier or just enjoys the social aspect of walking as a group.

Participating in regular physical activity can improve your health and reduce your risk of developing heart disease, stroke, diabetes and cancer. Walking is an easy and inexpensive way to add physical activity to your day. Walking can lower your stress levels, help to prevent fatigue and injury, and improve concentration.

We will walk around the Plantation Storage Facility because it is a safe environment, measurable (mileage wise) and best of all it's FREE!

ALL ages and activity levels are welcome

If you are interested or any of your friends would like to join you please e-mail us at phs@bellsouth.com with three (3) times during the day that work best for you (examples 10:00 a.m., 1:00 p.m. or 3:00 p.m.). We will start out walking two times a week and increase as we get going.

Why join a walking club?

It provides an opportunity to meet new people and get to know others better

Walking club members motivate and support each other

Walking in numbers is safer

It helps each of us work toward meeting the required 30-60 minutes of physical activity each day.

An active living program can improve overall life satisfaction, lift your mood and overall productivity.

It can also reduce fatigue and illness.

Important Points to Remember

Wear comfortable shoes

Dress for the weather - use layers for cooler temperatures, hat and gloves in cold weather

Be sun safe all year round - wear a wide-brimmed hat, sunglasses with UVA and UVB protection and a sunscreen with a sun protection factor (SPF) of at least 15

Call us at 803-865-8535 if you have any questions or comments. When we narrow down a time that works for the greatest number of people we will send out health waivers, directions and the first schedule.

Can't wait to see you!

George and Sarah Pierce
Management Team
Plantation Storage
4411 Hardscrabble Road
Columbia, SC 29229

phs@bellsouth.net

www.plantationstorage.com click on Locations > Hardscrabble