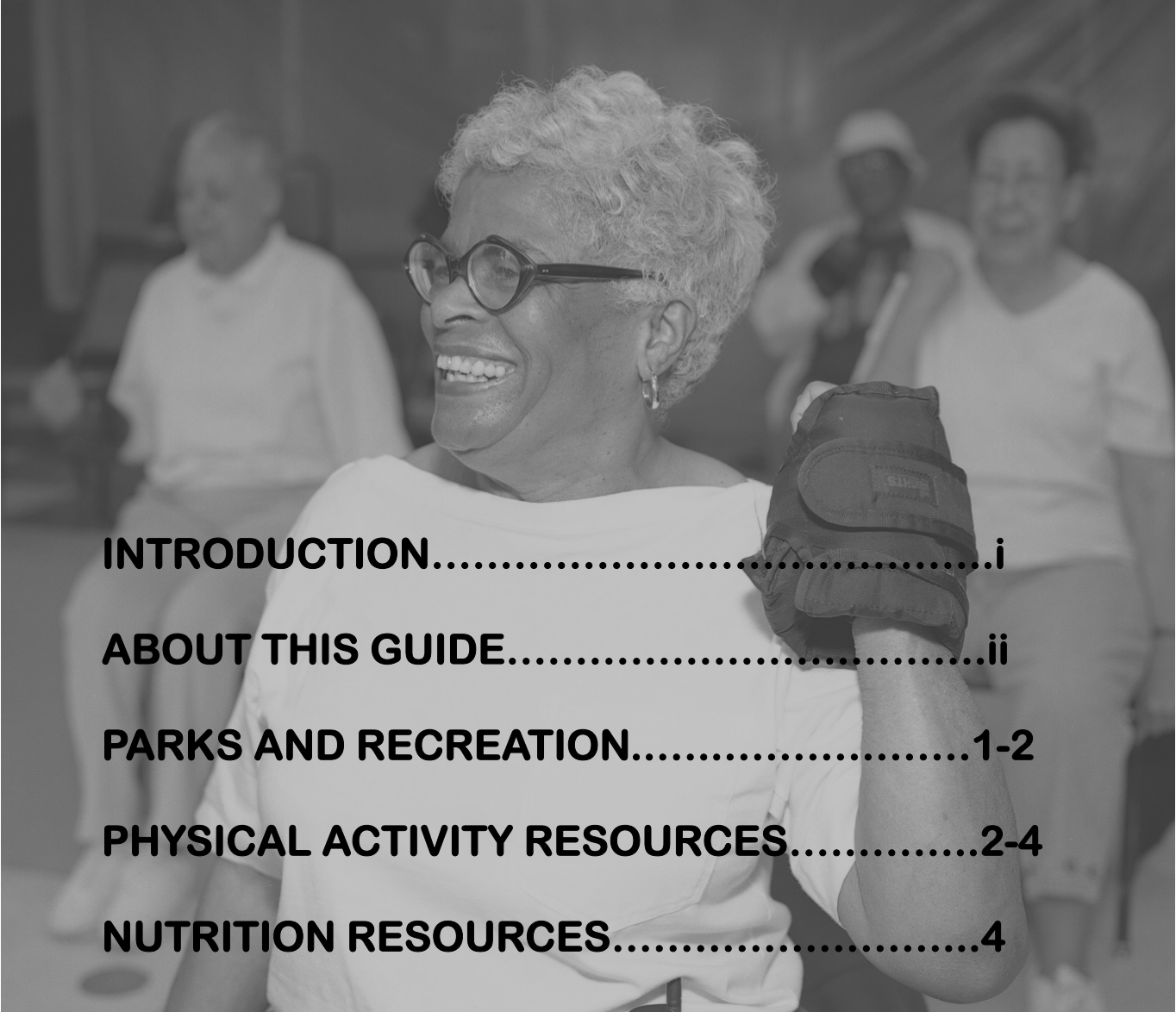


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INTRODUCTION

Welcome to the Physical Activity and Nutrition Resource Guide!

Physical activity and nutrition are **vital** for keeping a high quality of life and independence. Becoming more physically active and eating a well-balanced diet are recommended by many experts, including:

U.S. Surgeon General,
American Heart Association,
American Diabetes Association,
Centers for Disease Control and Prevention,
and others.

Be healthy. Be active.

30 minutes a day
at least 10 minutes at a time
5 days a week

Even small increases in physical activity can improve health. Moderate physical activity, like brisk walking, 30 minutes a day, 10 minutes at a time, 5 days a week can reduce your risk for developing disease and disability.

A diet that includes a variety of fruits, vegetables, whole grains and milk products can also improve your overall health and well being. It is recommended that you eat *at least* 2 cups of fruit (4 servings), 2.5 cups of vegetables (5 servings), and 3 or more servings of whole-grain products each day (for a 2,000 calorie diet). Eating a diet low in **saturated fat** and processed foods lowers your risks of diabetes, high blood pressure, cancer, stroke and several other diseases.

This resource guide will help you find physical activity and nutrition programs in your community. We have included the costs of the services. Please note that prices and availability may change, therefore it is best to call before visiting.

We hope that this guide will help you to become more active and healthy!

ABOUT THIS PHYSICAL ACTIVITY and NUTRITION GUIDE

- All of the information in this guide is for use *after* talking about physical activity and nutrition with your health care provider. The material is not meant to replace recommendations from a doctor or other health care provider.
- This guide includes the addresses, phone numbers, websites (if applicable), and activities of facilities in Orangeburg county that offer physical activity and nutrition programs (many are free or have a reduced rate).
- Resources are listed alphabetically. Physical activity and nutrition facilities, as well as parks, are listed under separate subheadings. Please see to the table of contents for overall categories.
- Some facilities may provide transportation. We recommend that you call sites directly to ask about this service.
- We do not endorse any organization in this guide. Also, not including an organization is not intentional and does not mean that the program is not valuable.



AT LEAST 30 MINUTES A DAY
10 MINUTES AT A TIME
5 DAYS A WEEK

"The victory is not always to the swift, but to those who keep moving."

-Author Unknown

Orangeburg County Parks and Recreation

Adden St Park

1620 Middleton St.
Orangeburg, SC 29115
Telephone: 803-533-6020 (Orangeburg
Department of Parks and Recreation)
Activities: Basketball courts
Hours: Open during daylight hours everyday
Fee: Free

Albergotti Park

Riverside Dr.
Orangeburg, SC 29115
Telephone: 803-533-6020 (Orangeburg
Department of Parks and Recreation)
Activities: Tennis courts
Hours: Open during daylight hours everyday
Fee: Free

City Gymnasium

Broughton St.
Orangeburg, SC 292115
Telephone: 803-533-6020 (Orangeburg
Department of Parks and Recreation)
**Activities: Indoor/outdoor basketball
courts**
Hours: Open during daylight hours everyday
Fee: Free

Culler Park

Park Street
Orangeburg, SC 29115
Telephone: 803-533-6020 (Orangeburg
Department of Parks and Recreation)
Activities: Walking trails
Hours: Open during daylight hours everyday
Fee: Free

Duncan Street Park

Magnolia St.
Orangeburg, SC 29115
Telephone: 803-533-6020 (Orangeburg

Department of Parks and Recreation)
Activities: Walking trails
Hours: Open during daylight hours everyday
Fee: Free

Edisto Memorial Gardens

Located within the Orangeburg City limits
on U.S. Highway 301, just 4 blocks from
the heart of the city
Telephone: 803-533-6020 (Orangeburg
Department of Parks and Recreation)
Website: [www.orangeburg.sc.us/gardens/
edisto.htm](http://www.orangeburg.sc.us/gardens/edisto.htm)

**Activities: Walking paths, hiking trails,
tennis courts, volleyball courts, nature
trails**
Hours: Open during daylight hours everyday
Fee: Free

Joe Miller Park

At the intersection of Main Street and Harlin
Street.
Elloree, SC 29047
(Take I-26 to exit #136. Follow SC #6 east
35.9 kilometers, thru Saint Matthews and into
the town of Elloree. Joe Miller Park will be
on the left.)
Website: [http://sciway3.net/outdoors/park-
miller.html](http://sciway3.net/outdoors/park-miller.html)
Activities: Tennis courts and gymnasium
Hours: Open during daylight hours every day
Fee: Free

Santee State Park

(25 miles outside of the city)
251 State Park Road
Santee, SC
29142
(Off SC 6, 3
miles north-
west of San-
tee and I-95)
Telephone:
803-854-
2408



BE ACTIVE!

Website: [www.southcarolinaparks.com/
stateparks/parklocator.asp](http://www.southcarolinaparks.com/stateparks/parklocator.asp)

Activities: Biking/hiking/walking/nature trails, fishing, tennis courts

Hours: Mon-Sun: 6:00am-10:00pm (year round)

Fee: \$2.00 for adults, \$1.25 for seniors, and free for children 15 and younger

Orangeburg County Physical Activity Resources

Bethune-Bowman Middle/High School

4857 Charleston Highway
Bowman, SC 29133

Telephone: 803-516-6011

Activities: Trackfield

Hours: Open to the public anytime after 3:30pm

Fee: Free

Curves for Women

136 Associate Pkwy
Orangeburg, SC 29118

Telephone: 803-539-0011

Website: www.curves.com

Activities: Cardio/strength training high circuit program (alternate machines for 30 minutes)

Hours: Mon-Thurs: 8:00am-7:00pm, Fri: 8:00am-6:00pm, Sat: 8:00am-12:00pm

Fee: \$29.00 per month fee

Membership Fee: \$149.00

HealthPlex Regional Medical Center

3000 St. Matthews Rd.

Orangeburg, SC 29115

(located within the hospital)

Telephone: 803-395-2804

Website: [http://www.trmchealth.org/rmc.nsf/
View/03042005--GetFitwithHealthPlex](http://www.trmchealth.org/rmc.nsf/View/03042005--GetFitwithHealthPlex)

Activities: cardiovascular fitness, weight training, exercise classes, wellness education,

occupational therapy, physical therapy, speech therapy, aquatic therapy, massage therapy, spine rehabilitation, sports medicine, industrial medicine and pediatric therapy as well as fitness assessments and personal training sessions.

Hours: Mon-Thurs: 5:30am-8:00pm,

Fri: 5:30am-7:00pm, Sat: 7:00am-2:00pm

Fee: \$30.00 (individual) per month

\$40.00 (family) per month

Hunter-Kinard-Tyler High School

(Close to Norfield Medical Center)

7066 Norway

Neeses, SC 29107

Telephone: 803-263-4832

Activities: Trackfield

Hours: Open to the public before 8:00am and after 3:30pm

Fee: Free

Ladies Fitness Express

1223 Brickle St.

Orangeburg, SC 29115

Telephone: 803-536-0585

Activities: Water aerobics, step classes, Tae-Bo, regular aerobics, yoga, sauna, jacuzzi, steam room

Hours: Mon-Fri: 5:00am-9:00pm and

Sat: 9:00am- 2:00pm

Fee: \$25.00-\$39.00 per month fee

Nautilus Health and Fitness

1223 Brickle St

Orangeburg, SC 29115

Telephone: 803-536-0583

Activities: Indoor track, 130 piece exercise equipment, racquetball court, basketball court, sauna, certified nutritionist, massage therapist

Hours: Mon-Fri: 5:00am-9:00pm,

Sat: 9:00am-2:00pm, and Sunday 1:00pm-5:00pm

Fee: \$35.00 per month

*"You don't stop exercising because you grow old. You grow old because you stop exercising."
-Anonymous*



AT LEAST 30 MINUTES A DAY
10 MINUTES AT A TIME
5 DAYS A WEEK

"...It means to me, to keep myself active, to keep my body, my bones and everything working like they should be and like I want them to be. And I feel so much better after exercising. Keeps me young."

North Middle School

512 Cromer Avenue
North, South Carolina, 29112
Telephone: 803-247-2541

Activities: Trackfield

Hours: Open to the public after 3:20 pm.
Fee: Free

Orangeburg Athletic Club

1336 Corporate Dr.
Orangeburg, SC 29115
Telephone: 803-539-3900

Activities: Aerobics, treadmills, nautilus, free weights, racquetball court, basketball court, personal trainer, sauna, locker rooms, steam room

Hours: Mon-Thrus: 6:00am-9:00pm, Fri: 6:00am-8:00pm, and Sat: 8:00am-5:00pm
Fee: \$30.00-\$57.00 per month fee
Application Fee: \$55.00

Orangeburg County Council on Aging

2570 St. Matthews Rd.
Orangeburg, SC 29118 or
P.O. Box 1301
Orangeburg, SC 29116
Telephone: 803-531-4663

Activities: Aerobics class (taught by a certified personal trainer Tues. and Fri. from 9:30am-10:30am only), exercise room with equipment

Hours: Exercise Room-Mon-Fri: 8:00am-4:00pm
Fee: Voluntary Contribution

Orangeburg Family YMCA

1050 Chestnut Street
(Chestnut Square Shopping Center)
P.O. Box 2508
Orangeburg, SC 29116
Telephone: 803-268-YMCA (9622)
Website: www.orangeburgymca.org/

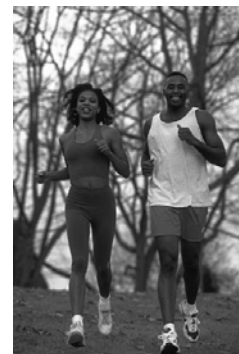
Activities: Life skills training, cardio and

strength training equipment, aerobics classes, YMCA yoga program, Kuk Sool Won martial arts classes

Hours: Mon-Fri: 5:30am-9:00pm; Sat: 8:00am-2:00pm; Sun: 1:00pm-6:00pm

Fee: \$25.00-\$35.00 per month fee

Application Fee: \$25.00



Orangeburg-Wilkinson High School

601 Bruin Parkway
Orangeburg, SC 29118
Telephone: 803-534-6180

Activities: Trackfield

Hours: Open to the public after 6:30 pm
Fee: Free

Prince of Orange Shopping Mall

2390 Chestnut St., Box 04
Orangeburg, SC 29115
Telephone: N/A

Activities: Walking (2½ times around the mall = 1 mile)

Hours: Mon-Sat: 6:00am-9:00pm
Sun: 12:00pm-6:00pm
Fee: Free

S.C. State University

South Carolina State University
300 College Street, NE
Orangeburg, South Carolina 29117-0001
Telephone: (803) 536-7185

Website: www.scsu.edu/

Activities: Trackfield

Hours: Open to the public before 8:00am and after 3:30pm
Fee: Free

BE ACTIVE!

William J. Clark Middle School

919 Bennett Ave
Orangeburg, SC 29115
Telephone: 803-531-2200

Activities: Trackfield

Hours: Open to the public before 8:00am
and after 3:30pm

Fee: Free

Orangeburg County Nutrition Resources



Family Health Centers, Inc.

3310 Magnolia Street
Orangeburg, SC 29115
Telephone: 803-531-6900
Website: <http://www.myfhc.org/11721.html>

**Services: Health education and
diabetes support classes (referral by clinic pro-
vider)**

Hours: Monday-Friday: 8:00am-5:00pm

Fee: Call clinic for more information

Orangeburg County Farmers Market

Orangeburg County Fairgrounds
Boulevard S.E.
Orangeburg, SC 29115

Contact: Harry Roberts
Telephone: 803-536-0969

**Services: Fresh produce (open-air/seasonal
market)**

Hours: Wed and Sat: 7:00am-Sell Out

WIC Coupons Accepted