

# Health Bulletin

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

#85 in a series of Health Bulletins on issues of pressing interest to all New Yorkers



WANT TO GET HEALTHIER?

## MAKE NYC YOUR GYM

Find a free exercise class, join a sports league or start your own fitness group.

**BeFitNYC.org**

Or call 311, or visit [nyc.gov](http://nyc.gov)



- Available in Spanish and Chinese: call 311 or visit [nyc.gov/health](http://nyc.gov/health)
- Disponible en español: llame al 311 o visite [nyc.gov/health](http://nyc.gov/health)
- 需要中文服務 - 可電 311 或造訪網址: [nyc.gov/health](http://nyc.gov/health)



## Physical activity is powerful!

It has huge health benefits – and it feels really good.

- Physical activity helps you maintain a healthy weight, improves mood, strengthens bones and muscles and helps you sleep better.
- Regular physical activity helps prevent early death, and lowers the risk of obesity and many problems, including:
  - Heart disease
  - High blood pressure
  - Diabetes
  - Stroke
  - Colon and breast cancer
  - Depression
  - Arthritis
  - Osteoporosis



### Get a Day's Workout a Little at a Time

- › Get off the subway a stop early .....10 min.
- › Walk briskly to and from lunch .....20 min.
- › Bike to the farmers' market.....15 min.
- › Chase the kids around the playground .....15 min.

Adds up to a **60 min.** workout!

- › Walk briskly to run errands.....20 min.
- › Take the stairs instead of the elevator .....5 min.
- › Park your car a few blocks from work .....5 min.

Adds up to a **30 min.** workout!



## How much exercise do you need?

### It may be less than you think.

- Adults should get at least 30 minutes of physical activity, such as brisk walking or biking, at least 5 days a week.
- Children and adolescents need at least 60 minutes of physical activity every day.
- Any amount of exercise is better than none. Just *walking* for 10 minutes a day can make a real difference – especially if you’re starting from zero.

### It’s fine to spread it out.

- You don’t have to get all your exercise at once. It’s okay to break it up into 10- or 15-minute segments.
- For example, biking for 15 minutes, twice a day, is fine.  
(See **Get a Day’s Workout a Little at a Time.**)

## Make NYC your gym!

### Take advantage of everyday activities.

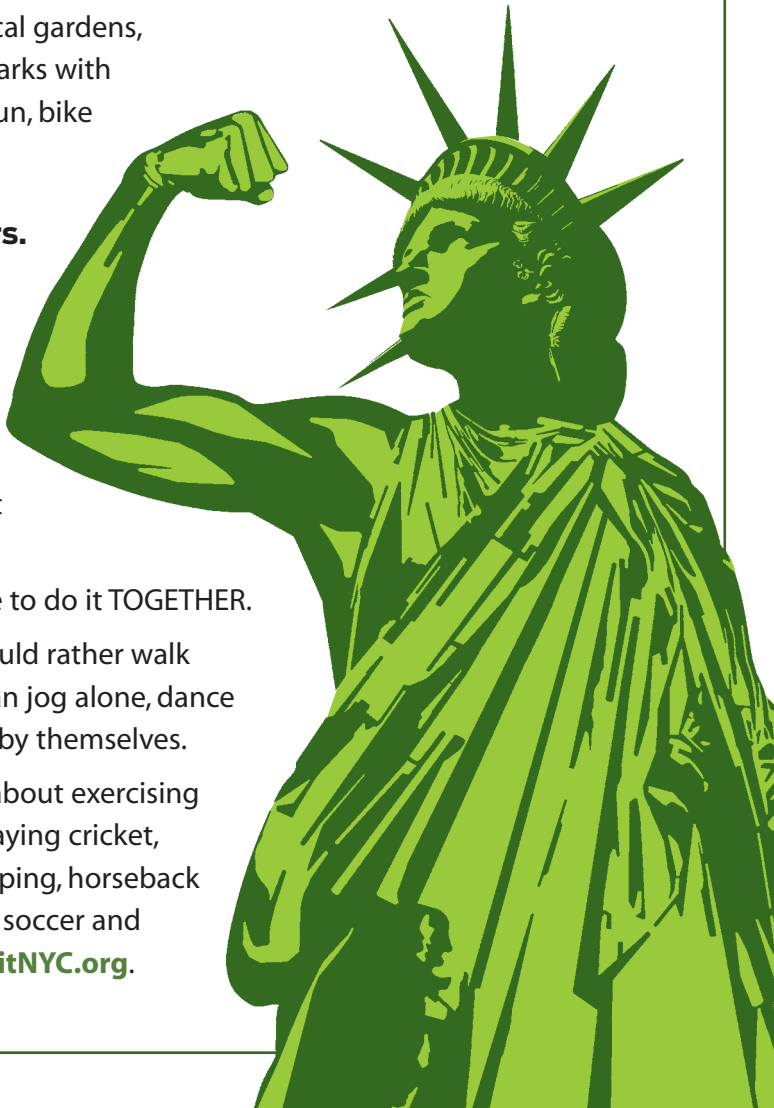
- Physical activity doesn't have to be expensive or inconvenient.
- You don't have to join a health club or buy a lot of fancy equipment. Everyday life offers plenty of opportunities for exercise:
  - Walk or bike to work or school.
  - Walk or bike to do errands.
  - Take public transit more often (instead of driving).
  - Get off the bus or subway a stop or two early.
  - Take the stairs instead of the elevator.

### Get out and enjoy New York City!

- We now have more than 700 miles of on-street bike lanes and park space for bicycling.
- We have hundreds of landmarks to visit (see **Walking NYC Landmarks**).
- We have thousands of miles of sidewalks, walkways, and green spaces.
- We have botanical gardens, and dozens of parks with places to walk, run, bike and play sports.

### Do it with others.

- Most people say they enjoy physical activity. So if we like it so much, why don't all of us do it?
- The trick may be to do it TOGETHER.
- Most people would rather walk with a friend than jog alone, dance in a crowd than by themselves.
- For more ideas about exercising with others – playing cricket, hiking, hula-hooping, horseback riding, kayaking, soccer and more – visit **BeFitNYC.org**.





## Walking NYC Landmarks

- ▶ Brooklyn Bridge ..... **1.1 miles**
- ▶ Yankee Stadium (circumference) ..... **1.0 mile**
- ▶ Split Rock Golf Course in the Bronx ..... **3.8 miles**
- ▶ Museum Mile in Manhattan ..... **1.1 miles**
- ▶ Coney Island Boardwalk ..... **2.5 miles**
- ▶ Washington Square Park (perimeter) ..... **0.5 mile**
- ▶ Staten Island Mall (indoor lap) ..... **0.7 mile**
- ▶ New York World's Fairgrounds (perimeter) ..... **1.3 miles**

## Make NYC Your Gym with BeFitNYC.org

- Find and participate in free or low-cost fitness activities, such as lunchtime walking groups, after-work runs, yoga meet-ups and Zumba classes.
- Create your own fitness activity and invite friends and family to join you using Facebook.
- Locate fitness opportunities near you, *including*:
  - **Shape Up New York**  
(free adult fitness classes taught by expert instructors at parks and other community sites)
  - **Walk NYC**  
(free all-ages walking program – meet at park locations around the city)
  - **Summer Streets and Weekend Walks**  
(street closures for walking, cycling and other activities)

**BeFitNYC.org or call 311**

**DIAL  
311**

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