

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

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

NYC
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 early10 min.
- › Walk briskly to and from lunch20 min.
- › Bike to the farmers' market.....15 min.
- › Chase the kids around the playground15 min.

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

- › Walk briskly to run errands.....20 min.
- › Take the stairs instead of the elevator5 min.
- › Park your car a few blocks from work5 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.

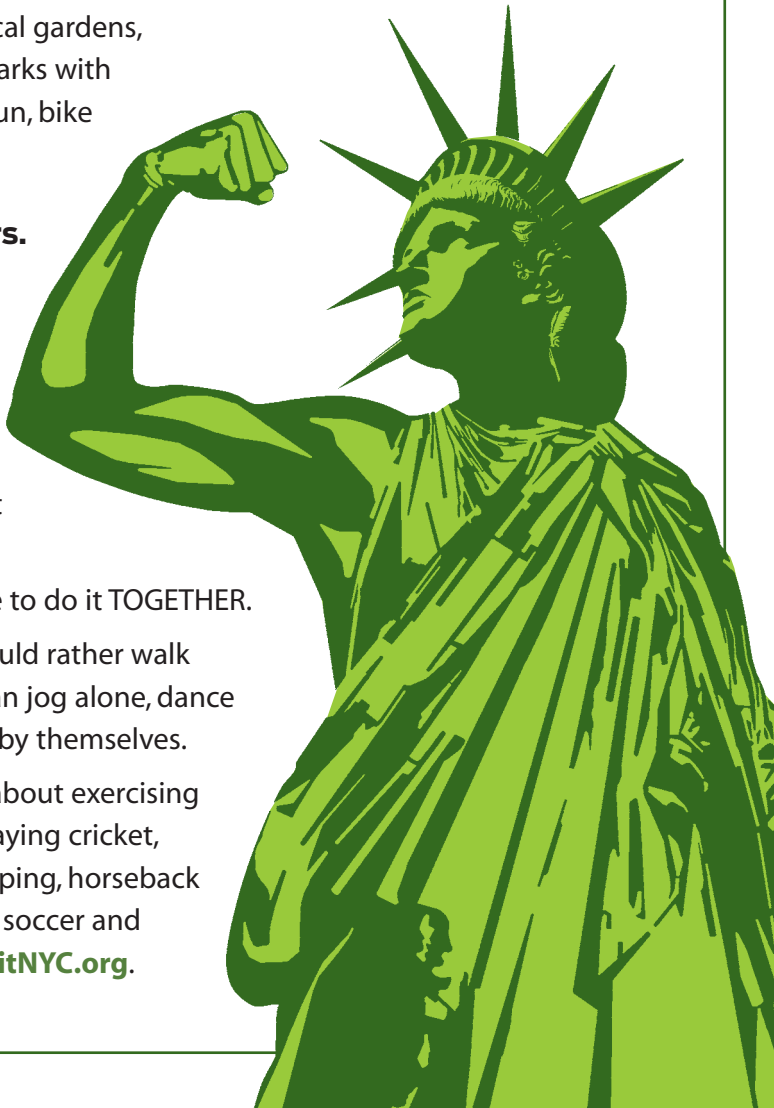
- Physical activity doesn't have to be expensive or inconvenient.
- You don't have to join a health club or buy a lot of fancy equipment. Everyday life offers plenty of opportunities for exercise:
 - Walk or bike to work or school.
 - Walk or bike to do errands.
 - Take public transit more often (instead 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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