**Health Bulletin**

New York City Department of Health and Mental Hygiene

Gotham Center, 42-09 28th Street
L.I.C. New York 11101-4134

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Prepared in cooperation with:

Division of Health Promotion and Disease Prevention,
Bureau of Chronic Disease Prevention

**For Non-Emergency NYC Services**

Telephone Interpretation in More Than 170 Languages

**BeFitNYC.org**

Or call 311, or visit nyc.gov

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

**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)
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  - Summer Streets and Weekend Walks (street closures for walking, cycling and other activities)

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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

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.

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.

Add 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.

Add up to a 30 min. workout!
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