

Health Tip of the Month

Make NYC Your GYM!

Physical activity can be easy and inexpensive. You don't have to set aside special time to exercise.

Instead, try getting a day's workout a little at a time.

Get off the subway a stop early and walk ...10 minutes
Walk up the stairs, don't ride the elevator ... 5 minutes
Take a brisk walk during your lunch break ...15 minutes

All you need is 30 minutes of moderate exercise most days to help you stay healthy.



- Lose yourself on 700 miles of bike paths.

- Explore hundreds of landmarks.

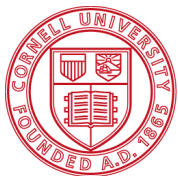
- ◆ Brooklyn Bridge = 1.1 miles
- ◆ Coney Island Boardwalk = 2.5 miles
- ◆ Central Park = 58 miles of pedestrian paths
- ◆ Staten Island Mall (indoor lap) = 0.7 miles
- ◆ Yankee Stadium (circumference) = 1.0 mile

- Visit zoos and botanical gardens.

- Join free yoga and zumba classes.

Visit BeFitNYC.org or call 311 for more ideas on how to enjoy New York City.

Resource: "Make NYC Your Gym" Vol.10 No.2 NYC Department of Health and Mental Hygiene Health Bulletin HPD09251-0E-5.11



Cornell University
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Worksite Wellness Initiative: by Nili Block Dietetic Intern
Teachers College, Columbia University 31: 5/13
More Health Tips? visit <http://nyc.cce.cornell.edu>