



Making Health Equality a Reality

Opportunities in the Community

An important step when thinking about increasing your physical activity is finding places nearby that have sports or other activities that you would want to participate in.

Here is a list of places and resources to get you started:

1) **BeFitNYC.com**



This is the ultimate search engine to find free and low-cost activities in your neighborhood. Just type the activity you're interested in, such as "walking clubs in the Bronx" or "Zumba Class" in the search bar, and it will give you a list of related activities in your area.

2) **ShapeUp NYC**



Shape Up NYC offers free fitness classes every week at dozens of locations across the five boroughs. Class offerings are varied and include aerobics, yoga, pilates and zumba.

Visit: http://www.nycgovparks.org/sub_things_to_do/programs/shape_up_ny/shape_up_ny.html

3) **NYC Department of Parks and Recreation**

The recreation centers offer facilities such as indoor pools, weight rooms, basketball courts, and dance studios at affordable prices. Check out: <http://www.nycgovparks.org/facilities/recreationcenters>

Stay Active, Stay Alive!



Most of us know that being physically active is good for our health. But how many of us think about how unhealthy it is to be *inactive*?

Activities such as watching TV, working on a computer, and driving are part of our daily life, but all that sitting can harm our bodies. Taking a walk on our lunch break or getting off a subway stop early keeps our bodies moving and makes our lives healthier.

Keep reading to learn tips on staying active and avoiding a "chair-based lifestyle"

Bronx Health REACH works with the Bronx faith-based community to improve health and get access to better health care. If you have any questions about Bronx Health REACH, contact us at 212-633-0800 ext. 1232.

Three Types of Physical Activity

Flexibility

Let's face it. The older we get the less flexible we are. We can



Increase our flexibility by doing stretching exercises. This includes: neck rolls, hamstring stretches and any other activity that helps stretch our muscles!

Strengthening

Strengthening exercises make our muscles stronger by making them work harder.



Strengthening exercises include: chin-ups, lifting free weights or doing bench presses. Strong muscles make it easier to do other physical activities too!

Endurance/Aerobic

Endurance/aerobic exercises are great for your heart and lungs. as



Walking, swimming, dancing, biking and even mopping or scrubbing the floor are all great endurance/aerobic exercises because they involve using your whole body.

Preparing to Exercise

Using a calendar or an exercise diary can be very useful when we prepare to start a physical activity. Simply writing down when we plan to be active can help motivate us to actually get out and do it! Exercise diaries can also help us stick to our goals and monitor our progress.

Keep in mind:

- We need around 30 minutes of moderate-level physical activity most days of the week
- Some examples of moderate-level physical activities include: dancing fast, gardening, playing sports and going for a brisk walk.
- You can break up the 30 minutes throughout the day in blocks of 10 minutes. If you are already getting 30 minutes, you can get added benefits by doing more!

Some Advice for Exercise Problems

Problem

Advice

Irregular or very rapid heartbeat

Stop exercising. Check your pulse. Are the beats irregular? How fast is your heartbeat? Takes notes and bring to your physician.

Pain, tightness or pressure in the chest, jaw, arms or neck

Stop exercising. Contact your doctor and don't start again until your doctor says its okay to do so.

Excessive tiredness after exercise, especially if you're still tired 24 hours after you exercise.

Don't exercise so vigorously next time. Slow down the pace and cut back on the time spent on each workout.