

## You can help your neighbors become healthier too!

If you find that there are issues preventing other community members from being able to take advantage of the open spaces and parks, here are some organizations and people to reach out to as you become an advocate for a healthier community!

- **NYC Department of Transportation**— for issues regarding traffic safety around parks and public spaces, call the Bronx DOT commissioner (212) 748-6680 or click the “Contact DOT” link on their website: [www.nyc.gov/dot](http://www.nyc.gov/dot)
- **NYC Department of Parks and Recreation**— for issues around city park safety patrol, cleanliness, and maintenance of facilities, visit: [nycgovparks.org/contact-parks](http://nycgovparks.org/contact-parks)
- **Partnership for Parks**— helps communities work together to make NYC parks thrive! Active and involved communities are essential to a healthier city. To get involved with your neighborhood park, call (212) 369-1357 or visit [www.partnershipforparks.org](http://www.partnershipforparks.org)



<http://www.bronxnewsnetwork.org>

Bronx Health REACH works with the Bronx community to improve health and get access to better health care. If you have any questions about Bronx Health REACH, please contact us at (212) 633-0800 ext. 1232 or visit [www.bronxhealthreach.org](http://www.bronxhealthreach.org)



April is Minority Health Month

## Using Outdoor Spaces and Parks for our Health



With 7,000 acres of park space in the Bronx alone, you and your family and friends can benefit from being active in the open green spaces at no cost.

So let's get moving!

## What can you do in the park?

You don't have to purchase a gym membership or carry around heavy equipment to get your daily exercise. In addition to taking strolls or playing games with your family and friends, you can use the parks as your free outdoor gym!



### Benefits of Sunlight and the Outdoors

- No membership fees for physical activity outside
- Free dose of Vitamin D (Good for your bones!)
- Improved health and healing

### Benefits of Physical Activity

- Boost of energy and endurance
- Control weight
- Improved mental health and concentration
- Improve your mood and sleep
- Build strong muscles
- Improve flexibility, balance and coordination
- Stay younger in body, mind and spirit
- Prevent and manage high blood pressure, diabetes, heart disease, osteoporosis, cancer

## 3 Simple Moves to Try at the Park! How many of these can YOU do?



Push-Ups



Pilates Crunch



- Place hands shoulder-width apart on bench or wall, feet hip-width apart
- Keep back and neck straight; tummy tight; bend elbows and lower chest

- Raise back; do not lock your elbows or bend at hips
- Repeat 8-12 times

**Tip:** Do strength training 2-3 days/week



- Sit on edge of bench; raise 1 leg with knee bent and keep lower leg parallel to ground
- Switch legs 8-12 times

- Hold both legs in bent position and pump your hands up and down 2 inches for 100 counts

**Tip:** Stretch after cardio & strengthening activities when muscles are warm!!



Dips



- Place hands on either side of hips, feet hip-width apart and slide hips off bench.
- Elbows tucked against sides, bend arms to lower buttocks towards ground.

- Straighten arms to starting position locking elbows
- Repeat 8-12 times

For tips and instructions on more moves including yoga poses, search the web using keywords: Fitness Guide to Fort Tryon Park

Source: Nancy Bruning's Fitness Guide to Fort Tryon Park