

**What physical
activities do
you enjoy?**

Activity 1 table sign What physical activities do you enjoy?

**¿Qué
actividades
físicas disfruta?**

Activity 1 table sign What physical activities do you enjoy?

Do you explore your local parks?



¿Explora usted sus parques locales?

Activity 1

Do you explore your local parks?

http://my.hsj.org/Schools/Newspaper/tabid/100/view/frontpage/schoolid/217/articleid/366684/newspaperid/193/Hundreds_Attend_Wu_Lao_Shis_Memorial.aspx

<http://s3.amazonaws.com/asnedia/8701372c-420a-4602-aa6d-22a37ba707e5-WynneWuMemorialPic.jpg>

Do you join your children when they scoot around the neighborhood?



¿Se une a sus hijos cuando ellos pasean en scooters por el vecindario?

Activity 1

Do you join your children when they scoot
around the neighborhood?

<http://beyondtheborder.net/category/blog/>

http://farm5.static.flickr.com/4116/4873083499_5b6b38093a.jpg

Do you like to cool off in the pool?



¿Le gusta a usted refrescarse en la piscina?

Activity 1

Do you like to cool off in the pool?

<http://www.nycgovparks.org/photo/photo-17830/Jackie-Robinson-Park>
http://www.nycgovparks.org/photo_gallery/full_size/17830.jpg

Community gardens are all around us.



Jardines comunitarios están a nuestro alrededor.

Activity 1

Community gardens are all around us!

<http://www.grownyc.org/openspace/gardens/bx/wanaqua>

<http://www.grownyc.org/images/ospace/plantalot/wanaqua11.jpg>

Enjoy taking your dog for a jog, or a walk?



¿Disfruta llevar a su mascota a correr o caminar?

Activity 1

Enjoy taking your dog for a jog, or a walk?

<http://www.nytimes.com/2008/12/21/jobs/21pre.html? r=1>

<http://graphics8.nytimes.com/images/2008/12/21/business/21pre.xlarge1.jpg>

Playing football on Rockaway Beach in Queens.
What do you like to do at the beach?



¿Qué te gusta hacer en la playa?

Activity 1

Playing football on Rockaway Beach in Queens.
What do you like to do at the beach?

<http://www.nycgovparks.org/photo/photo-2011/A-football-game-at-Rockaway-Beach>
http://www.nycgovparks.org/photo_gallery/full_size/2011.jpg

You don't have to be a super star.
Just have fun!



No tienes que ser una súper estrella.
¡Simplemente diviértete!

Activity 1

You don't have to be a super star?
Just have fun!

<http://outdoor-basketball.aboutbasketballs.com/outdoor-basketball/>
<http://outdoor-basketball.aboutbasketballs.com/images/outdoor-basketball-1.jpg>

New York City bike paths are everywhere!
Do you have a map?



¡Ciclovías de la ciudad de Nueva York están en
todas partes!
¿Tienes un mapa?

Activity 1

New York City bike paths are everywhere!
Do you have a map?

<http://wirednewyork.com/guide/biking/>

http://wirednewyork.com/images/parks/udson-river-park/udson_river_park_12june04.jpg

Tai Chi is for everyone!.



¡El Tai Chi es para todos!

Activity 1

Tai Chi is for everyone!.

<http://nyc3d.weebly.com/1/post/2012/04/free-tai-chi-classes-in-bryant-park.html>

Exercise doesn't have to
take your breath away!



¡El ejercicio no tiene por qué quitarle el aliento!

Activity 1

Exercise doesn't have to take your breath away!

<http://www.examiner.com/article/best-workouts-for-stronger-arms>

Just keep moving to the beat!



¡Solo muévete al ritmo!

Activity 1

Just keep moving to the beat!

Balloon photo by Tebbie Clift, Cornell University Cooperative Extension in NYC

Streamer photo by Evalina Irish Spencer, Cornell University Cooperative Extension

Anywhere, any time, just dance, dance, dance.



En cualquier lugar, a cualquier hora, solo baila, baila, baila.

Activity 1

Anywhere, any time, just dance, dance, dance.

[http://www.google.com/imgres?
q=images+dancing+in+the+park&hl=en&sa=X&tbo=d&rls=com.microsoft:en-us:IE-
SearchBox&rlz=1I7SUNA_en&biw=1015&bih=558&tbm=isch&tbnid=5IkXG6BE8D-
i6M:&imgrefurl=http://www.ourbusinessnews.com/will-the-music-stop-for-chinas-
growth&docid=ZldK66uPvpM6cM&imgurl=http://www.ourbusinessnews.com/wp-content/
uploads/2012/10/de140__121018064731-beijing-park-dance-story-top.jpg&w=640&h=360&ei=0-
lbUcS-G-
y40QH06oC4Bw&zoom=1&iact=hc&vpx=668&vpy=203&dur=6671&hovh=168&hovw=300&tx=197&
ty=106&sig=116848564725753382132&page=5&tbnh=153&tbnw=300&start=78&ndsp=22&ved=1t:
429,r:92,s:0,i:366](http://www.google.com/imgres?q=images+dancing+in+the+park&hl=en&sa=X&tbo=d&rls=com.microsoft:en-us:IE-SearchBox&rlz=1I7SUNA_en&biw=1015&bih=558&tbm=isch&tbnid=5IkXG6BE8D-i6M:&imgrefurl=http://www.ourbusinessnews.com/will-the-music-stop-for-chinas-growth&docid=ZldK66uPvpM6cM&imgurl=http://www.ourbusinessnews.com/wp-content/uploads/2012/10/de140__121018064731-beijing-park-dance-story-top.jpg&w=640&h=360&ei=0-lbUcS-G-y40QH06oC4Bw&zoom=1&iact=hc&vpx=668&vpy=203&dur=6671&hovh=168&hovw=300&tx=197&ty=106&sig=116848564725753382132&page=5&tbnh=153&tbnw=300&start=78&ndsp=22&ved=1t:429,r:92,s:0,i:366)

[http://www.google.com/imgres?
q=images+dancing+in+NYC&start=180&hl=en&tbo=d&rls=com.microsoft:en-us:IE-
SearchBox&rlz=1I7SUNA_en&biw=1015&bih=558&tbm=isch&tbnid=BbRSeYWjHw7MYM:&imgrefurl
=http://beautelicious.com/2011/05/beyonce-sneaks-students-dancing-nyc-school/
&docid=aw80LMAVdWzrWM&imgurl=http://beautelicious.com/wp-content/uploads/2011/05/
NY95639-
b.jpg&w=500&h=352&ei=HeUbUcHSLKTU0gHsnYDWBQ&zoom=1&iact=hc&vpx=486&vpy=124&dur
=1171&hovh=188&hovw=268&tx=159&ty=74&sig=116848564725753382132&page=10&tbnh=128
&tbnw=176&ndsp=20&ved=1t:429,r:88,s:100,i:268](http://www.google.com/imgres?q=images+dancing+in+NYC&start=180&hl=en&tbo=d&rls=com.microsoft:en-us:IE-SearchBox&rlz=1I7SUNA_en&biw=1015&bih=558&tbm=isch&tbnid=BbRSeYWjHw7MYM:&imgrefurl=http://beautelicious.com/2011/05/beyonce-sneaks-students-dancing-nyc-school/&docid=aw80LMAVdWzrWM&imgurl=http://beautelicious.com/wp-content/uploads/2011/05/NY95639-b.jpg&w=500&h=352&ei=HeUbUcHSLKTU0gHsnYDWBQ&zoom=1&iact=hc&vpx=486&vpy=124&dur=1171&hovh=188&hovw=268&tx=159&ty=74&sig=116848564725753382132&page=10&tbnh=128&tbnw=176&ndsp=20&ved=1t:429,r:88,s:100,i:268)

Like to go to the gym?



¿Le gusta ir al gimnasio?

Activity 1

Like to go to the gym?

[http://www.google.com/imgres?
q=Working+out+in+the+gym+photo+nyc&hl=en&sa=X&tbo=d&rls=com.microsoft:en-us:IE-
SearchBox&rlz=117SUNA_en&biw=1013&bih=558&tbm=isch&tbnid=sp8tjOEWytu13M:&imgrefurl=http://
gawker.com/5744956/your-gym-sucks&docid=EAli5wycG1IkKM&imgurl=http://cache.gawkerassets.com/
assets/images/7/2012/01/cac570fe21ad4dc6a54924b9f0ed1f5c.jpg&w=1000&h=667&ei=NTEMUfaQI4aZ0QG-
n4HoAQ&zoom=1&iact=hc&vpx=2&vpy=78&dur=1656&hovh=183&hovw=275&tx=174&ty=144&sig=11684856
4725753382132&page=3&tbnh=139&tbnw=222&start=44&ndsp=26&ved=1t:429,r:44,s:0,i:222](http://www.google.com/imgres?q=Working+out+in+the+gym+photo+nyc&hl=en&sa=X&tbo=d&rls=com.microsoft:en-us:IE-SearchBox&rlz=117SUNA_en&biw=1013&bih=558&tbm=isch&tbnid=sp8tjOEWytu13M:&imgrefurl=http://gawker.com/5744956/your-gym-sucks&docid=EAli5wycG1IkKM&imgurl=http://cache.gawkerassets.com/assets/images/7/2012/01/cac570fe21ad4dc6a54924b9f0ed1f5c.jpg&w=1000&h=667&ei=NTEMUfaQI4aZ0QG-n4HoAQ&zoom=1&iact=hc&vpx=2&vpy=78&dur=1656&hovh=183&hovw=275&tx=174&ty=144&sig=116848564725753382132&page=3&tbnh=139&tbnw=222&start=44&ndsp=26&ved=1t:429,r:44,s:0,i:222)

Stretch for Strength!



¡Estiramiento para la fuerza!

Activity 1

Stretch for Strength

http://www.google.com/imgres?q=dynaband&start=160&hl=en&sa=X&tbo=d&rls=com.microsoft:en-us:IE-SearchBox&rlz=1I7SUNA_en&biw=1015&bih=558&tbm=isch&tbnid=uqtjioOuQ-8YYM:&imgrefurl=http://www.sfgate.com/health/article/Falls-drop-after-prevention-clinic-3732406.php&docid=Gw0A7Miu4iUwaM&imgurl=http://ww1.hdnux.com/photos/14/25/60/3234876/3/628x471.jpg&w=628&h=409&ei=KhIcUbLIJ8Pz0gH27IDoDw&zoom=1&iact=hc&vpx=356&vpy=6&dur=31&hovh=181&hovw=278&tx=150&ty=100&sig=116848564725753382132&page=8&tbnh=133&tbnw=192&ndsp=23&ved=1t:429,r:74,s:100,i:226

http://www.google.com/imgres?q=dynaband&hl=en&sa=X&tbo=d&rls=com.microsoft:en-us:IE-SearchBox&rlz=1I7SUNA_en&biw=1015&bih=558&tbm=isch&tbnid=Lb65R5KQ2NLfuM:&imgrefurl=http://www.dynamicinsightfitness.com.au/health/dynabands.php&docid=gaUPj8Ef6_alwM&imgurl=http://www.dynamicinsightfitness.com.au/pix/products/038_dynabands_smaller.jpg&w=250&h=215&ei=AxlUbaSI8XE0QH17IGADg&zoom=1&iact=rc&dur=93&sig=116848564725753382132&page=1&tbnh=134&tbnw=156&start=0&ndsp=18&ved=1t:429,r:7,s:0,i:105&tx=77&ty=76