

**How will you
step up
your daily
physical activity?**

Activity 3 table sign How will you step up your daily physical activity?

**¿Cómo
aumentará su
actividad diaria?**

Activity 3 table sign How will you step up your daily physical activity?

Join us for the launch
of **BeFitNYC.org**

**Events in every borough.
Free and open to the public!**

- **Visit your local park. See what they have to offer!**
- **Get a map! Find out where to bike safely.**
- **Free fitness walks lead by experienced instructors.**
- **Free fitness classes every week.**



Department of Health
and Mental Hygiene
Thomas Farley, M.D., M.P.H.
Commissioner

Department of
Transportation
Janette Sadik-Khan
Commissioner



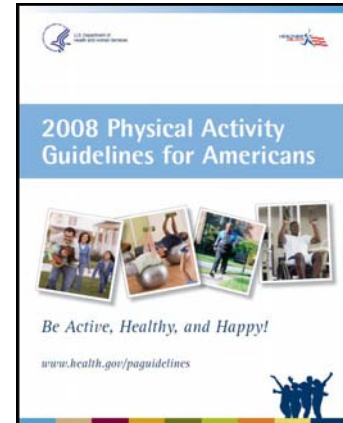
Call 311, visit nyc.gov or
check out **BeFitNYC.org**

Wonderful Resources about Being Physically Active

[2008 Physical Activity Guidelines for Americans](#)

U.S. Department of Health and Human Services
ODPHP Publication No. U0036 October 2008
<http://www.health.gov/paguidelines>

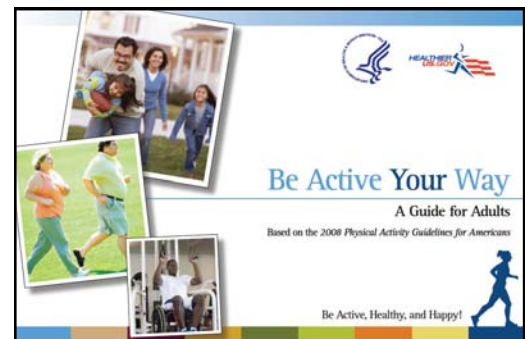
Download booklet at:
<http://www.health.gov/paguidelines/pdf/paguide.pdf>



[Be Active Your Way - A guide for Adults](#)

based on the 2008 Physical Activity Guidelines for Americans
ODPHP Publication No. U0037 October 2008

Download booklet at:
<http://www.health.gov/paguidelines/pdf/adultguide.pdf>



[Exercise & Physical Activity](#)

Your everyday Guide from the
National Institute on Aging (Go For Life)
National Institute on Aging National Institutes of
Health U.S. Department of Health and Human Services
Publication No. 09-4258 January 2009 Reprinted September 2010

Download booklet at:
http://www.nia.nih.gov/sites/default/files/exercise_guide.pdf

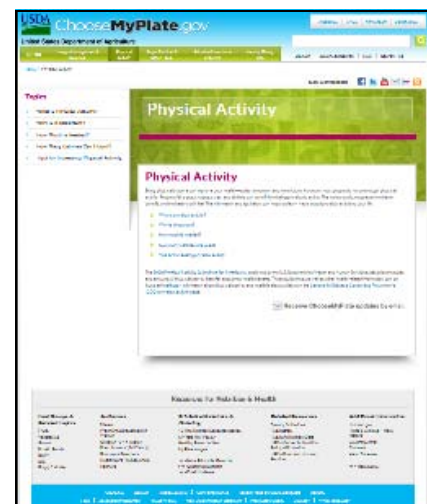


On the web, go to <http://www.ChooseMyPlate.Gov>

Find out about healthy eating and healthy living.
Find out about being physically active.
Find out about maintaining a healthy body weight.

Physical Activity

Topics include: What is Physical Activity?
 Why is it important?
 How much is needed?
 How many calories can I burn?
 Tips for increasing physical activity





Intense Activities
Keep it up!

Moderate Activities
Step it Up!

Casual Activities
Step it Up!

Some activity is better than none!



Actividad Intensa
¡Siga con eso!

Actividad Moderada
¡Auméntelo!

Actividad Casual
¡Auméntelo!

¡Algo de actividad es mejor que nada!

