



**MAKE NYC  
YOUR GYM**



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**Want to keep off the extra pounds?**

**MAKE NYC YOUR GYM!**

Join a walking group in your neighborhood or find lots of other free and low cost fitness ideas at [BeFitNYC.org](http://BeFitNYC.org)

**BeFitNYC.org**  
or call **311**, or visit **nyc.gov**

**Want to lower your blood pressure?**

**MAKE NYC YOUR GYM!**

Find a free exercise class, join a sports league or start your own fitness group.

**BeFitNYC.org**  
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**Want to get healthier?**

**MAKE NYC YOUR GYM!**

Miles of bike lanes, sidewalks and park spaces. Hundred of landmarks to visit.

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**Want to fight off Type 2 Diabetes?**

**MAKE NYC YOUR GYM!**

Get your daily 30 min workout: Get off the subway a stop early (10 min), walk briskly to run errands (15min), take the stairs (5 min).

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