

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.**



**MAKE  
NYC  
YOUR  
GYM**



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

Department of  
Transportation  
Janette Sadik-Khan  
Commissioner



Made possible by funding from the Department of Health and Human Services.

Call 311, visit [nyc.gov](http://nyc.gov) or  
check out **BeFitNYC.org**





**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!**