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# The Health Advisor

*Brooke Bennett is a nutritionist with Bronx Health REACH, a program committed to eliminating racial and ethnic disparities in health outcomes in the southwest Bronx.*

Studies show that people who lead a physically active life are healthier, live longer, and have a better quality of life than those who are not active.

Physical activity can help to prevent or delay the onset of many health problems, including heart disease, stroke, type 2 diabetes and obesity. Unfortunately, more than one third of Highbridge-Morrisania adults do not engage in any form of regular physical activity or exercise, according to the city's Department of Health and Mental Hygiene. Are you part of this statistic?

The good news is that it is never too late to start an active lifestyle. No matter how old you are, how unfit you feel or how long you've been inactive, research shows that starting a more active lifestyle now can make you healthier and improve your quality of life. More good news is that physical activity does not need to be strenuous to be beneficial. For an average sedentary adult, doing 30 minutes of physical activity on most days of the week is enough to obtain health benefits. You can even spread it out over the day, for example, in shorter periods of 10 to 15 minutes each. Be careful not to over do it though - you may get discouraged or even hurt yourself if you try to do too much too soon! Start with a little activity every day and then add a few minutes on a weekly basis. It is very important to talk with your doctor or health care provider about the types of physical activity that are right for you, especially if you have an existing health condition.

Some easy ways to start:

- Take the stairs
- Get off the bus one or two stops early and walk the rest of the way
- Go an extra block when walking the dog
- Use hand weights, do stretches or walk in place while watching TV
- Instead of taking a coffee break at work, try a walking break
- Turn on some music and dance

Below are some free and low cost fitness resources in the Bronx that offer classes for adults and children, including step aerobics, fitness walking, light weights, and stretching and toning exercises. Visit or call a site near you for a class schedule.

- WHEDCO Fitness Center - 50 East 168th Street (718) 839-1100
- St. Mary's Park Recreational Facility - St. Ann's Avenue & E. 145th Street (718) 402-5155
- Classic Community Center - 286 East 156th Street between Courtlandt and Morris Aves (718) 665-7093

- Hunts Point Recreation Center - 765 Manida Street between Lafayette and Spofford Aves (718) 860-5544
- Roberto Clemente State Park- West Tremont and Matthewson Road (718) 299-8750
- Crotona Park / Murphy Houses Community Center - Arthur Avenue and 175th Street (718) 466-6724