



## New York City Parks & Recreation **ST. ALBANS PARK FITNESS PATH**

**Fitness Path Distance: 415 yards**  
**Approximately 4-1/4 laps to one mile**



## PARKS FITNESS PATHS

Parks supports healthy and active lifestyles. Millions of New Yorkers train, compete, jog, walk and play in public parks. Even asphalt paths like this are great places to exercise and stay fit.

### HEALTHY HABITS AND EXERCISE

- Good habits are the key to health and fitness.
- Thirty minutes of exercise a day, three times a week will put you on the path to better fitness.
- A good workout includes five minutes of warm up, twenty minutes or more of continuous exercise and five minutes of cool down.
- Warm up by stretching or starting your activity at a very slow pace. Cool down by stretching or walking.
- Try a variety of exercises, set reasonable goals and enjoy yourself.
- Wear comfortable clothing and keep your body hydrated.
- When outdoors be careful of the sun; wear a hat and sunblock.
- Smoking and alcohol will slow you down and harm your health.
- Eat a balanced diet and get regular medical check ups.
- Watch your weight. Being overweight can increase the chance of heart disease, cancer, diabetes, and hypertension.



City of New York  
Parks & Recreation  
Michael R. Bloomberg, Mayor  
Adrian Benepe, Commissioner

