

A FITNESS GUIDE TO FORT TRYON PARK

Let's Get

MOVING!

FORT TRYON PARK IS A BIG, GREEN GYM

Our historic 67-acre park overlooking the Hudson River is a great place to be physically active, while enjoying nature and spectacular views. We have over eight miles of paved paths for walking, jogging, or running, and this booklet provides you with maps of specific routes and distances geared toward—easy, moderate, and intense activity. Plus we have two playgrounds, basketball and volleyball courts, ping pong tables, and lawns for playing catch, Frisbee, tag, and whatever other fun stuff you can think up.

FITNESS PROGRAMS IN FORT TRYON PARK

For more information, call (212) 795-1388

Year-Round Fitness Walking Program

Tuesdays and Thursdays, 7:30 a.m. - 8:30 a.m.
Saturdays 8:30 a.m.-9:30 a.m.

Summertime Sunset Yoga

Usually Wednesday evenings from mid-June to mid-August.

Gardening and Beautification

Gardening and other maintenance and beautification tasks are a great way to get fit! Volunteer opportunities run from March through October.

190th St. "A" Train Subway Terrace Activities

Did you know there are two volleyball courts (with weekend games) on the lower level and ping-pong tables on the upper level? Bring your own nets, balls, and paddles and feel the thrill!

Water Fountains

Water fountains are located throughout the park and playgrounds and are turned on in the spring through fall.

Restrooms

There are public restrooms in the playground at Riverside Drive and Broadway in the park that are open to the public daily from 8:00 a.m. to 7:00 p.m. The New Leaf Café provides public restrooms daily, 9:00 a.m. to 10:00 p.m.

Acknowledgements

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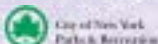
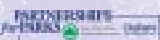
Fort Tryon Park Trust/Friends Committee

The Fort Tryon Park Trust was established to provide for the long-term care and maintenance of Fort Tryon Park. The Friends Committee of the Trust works to encourage community members to maintain and improve the park and use the park in healthful, constructive ways.

Visit us at www.forttryonparktrust.org/

Park and programs information: 212-795-1388.

forttryonparktrust



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PHYSICAL ACTIVITY CAN HELP TO:

- Boost energy and endurance
- Control weight
- Tone your body and build strong, lean muscle
- Improve flexibility, balance, and coordination
- Keep you younger in body, mind, spirit
- Prevent and manage many diseases including high blood pressure, diabetes, heart disease, osteoporosis, cancer
- Improve your mood and sleep

How To Get MOVING

Walking or jogging are a great start and improve endurance and weight control. Just pick a level and follow the routes on the maps. To make your program more complete, choose from the exercises to improve your strength, flexibility, balance, and coordination.

DID YOU KNOW?

Being physically active in nature is extra good for you mentally and physically! And active adults set a good example for kids. Playing outdoors helps develop better motor skills, health and fitness, and can create a life-long appreciation for outdoor activities and the environment.

TIP

Incorporate strength training into your routine 2-3 days a week.

(total body)

Push-Ups



Easier: place hands higher up on wall or bench.

Harder: place hands on ground or a step.

- Place hands shoulder width apart on bench, feet hip width apart.
- Keeping back, neck and pelvis aligned, and tummy tight, bend elbows & lower chest.
- Raise back up, without locking your elbows. Repeat 8-12 times.
- Avoid bending at the hips.

(abdominals, back, waist, thighs)

Pilates Crunch



Easier: One foot touching ground.

Harder: Both legs straight.

- Sit on edge of bench, wall, or ground, raise one leg, knee bent, until lower leg is parallel to ground.
- Raise both legs to bent position.
- Holding this position, pump your hands up and down 2 inches for 100 counts.
- Switch legs 8-12 times.

TIP

Stretch after cardio or strengthening activities, when muscles are warm.

Dynamic Twist



Easier: One step higher.

Harder: Use no step.

- Start: Bend left knee to 90 degrees, right leg straight back and arms up. Inhale.
- Exhale, straighten left leg and fold, both hands touching the step. Inhale, lift left arm and twist.
- Exhale, fold over leg, two hands on the step. Inhale, bend knee back to start position.
- Continue for 4-6 rounds; switch legs to repeat the sequence.

Dynamic Squats



- Hold on to bench, toes slightly turned out and squat. Stay for four breaths.
- Inhale, straighten legs and lift right arm up. Exhale and squat.
- Repeat four to six times on each side.

How MUCH?

CARDIO OR AEROBIC ACTIVITIES (WALKING, JOGGING)

Any amount you do is good from a health standpoint. But, there are some official recommendations you might want to know about.

- Do at least 30 minutes a day of moderate-intensity activity at least 5 days a week.
- Or: 20 minutes a day of vigorous-intensity physical activity 3 days a week.
- The more vigorous the cardio exercise, the better.
- You may need 60-90 minutes every day to lose or maintain weight.
- To progress, first increase the amount of time, then the intensity and the frequency, of your activity.

GENERAL TIPS

- Build up to activities gradually, especially if you have been inactive.
- Move slowly into a position; never jerk or “lock” your knees or elbows.
- Coordinate breathing with your movement.
- Warm up and cool down with light activity, such as walking.
- Take your spouse, children, or friends with you to add some fun to your routine. Be a role model and motivator for others.

Note: Exercise information and guidelines are based on the Centers for Disease Control and Prevention and the American College of Sports Medicine.

(back of arms, chest, shoulders)



Dips

- Sit on bench, hands on either side of hips, feet hip width apart. Slide hips off bench.
- Elbows tucked against sides, bend arms to dip buttocks towards ground.



- Straighten arms to starting position without locking elbows.
- Repeat 8-12 times.

Easier: Just hold start position, no dipping.

Harder: One leg raised off the ground, then other leg.

(legs, hips, abdominals, back, arms)



Leg Lifts

- Stand tall, arms out.
- Raise right leg to front for one set of repetitions; then to the side; then to the back.
- Repeat with the left leg. Repeat 8-12 times.

Easier: Hold on to a wall or bench.

Harder: Foot doesn't touch ground between reps or sets.

TIP

Do 8 repetitions and gradually increase up to 12 (one set).

TIP

Progress to 2 sets, with 1 minute rest in between.

TIP

Do each yoga stretch 3 to 5 times.



Yoga Pigeon

- Hold on to tree standing an arm's length away. Cross right ankle over left thigh. Sit back, bending left knee. Hold for four breaths. Switch legs and repeat.



Yoga Dancer

- Bend right knee & take hold of inner ankle with right hand. Press foot into hand, lift chest, and tip forward. Hold for four breaths. Switch legs and repeat.
- Extend right leg behind and lower chest until

Easier: Use a tree.

Harder: Reach for your back foot with both hands.

TIP

Hold the position for 10 to 30 seconds.



Yoga Warrior

- parallel with ground, keeping hips even.
- Stand in tree pose with the right foot resting



Yoga Tree

- on the left leg. Come back to standing, switch legs and repeat.

SAFETY TIPS

- + If you have a chronic disease, talk to your doctor before starting to exercise.
- + You should feel your muscles working, but you should never hurt.
- + If you feel exhausted, or have sore joints, unpleasant muscle pulling, dizziness or chest pain, you're overdoing it.
- + Drink plenty of fluids.
- + If you are exercising in cold weather, dress in layers.
- + Be alert and aware of your surroundings at all times; avoid wearing earphones.
- + Exercise with a buddy; stay on well-traveled, well-lit paths.

DID YOU KNOW?

Moderate-intensity: increase heart rate; break a sweat; able to talk comfortably.

Vigorous-intensity: increase heart rate substantially; breathe hard and fast; talking is difficult.





ETIQUETTE TIPS

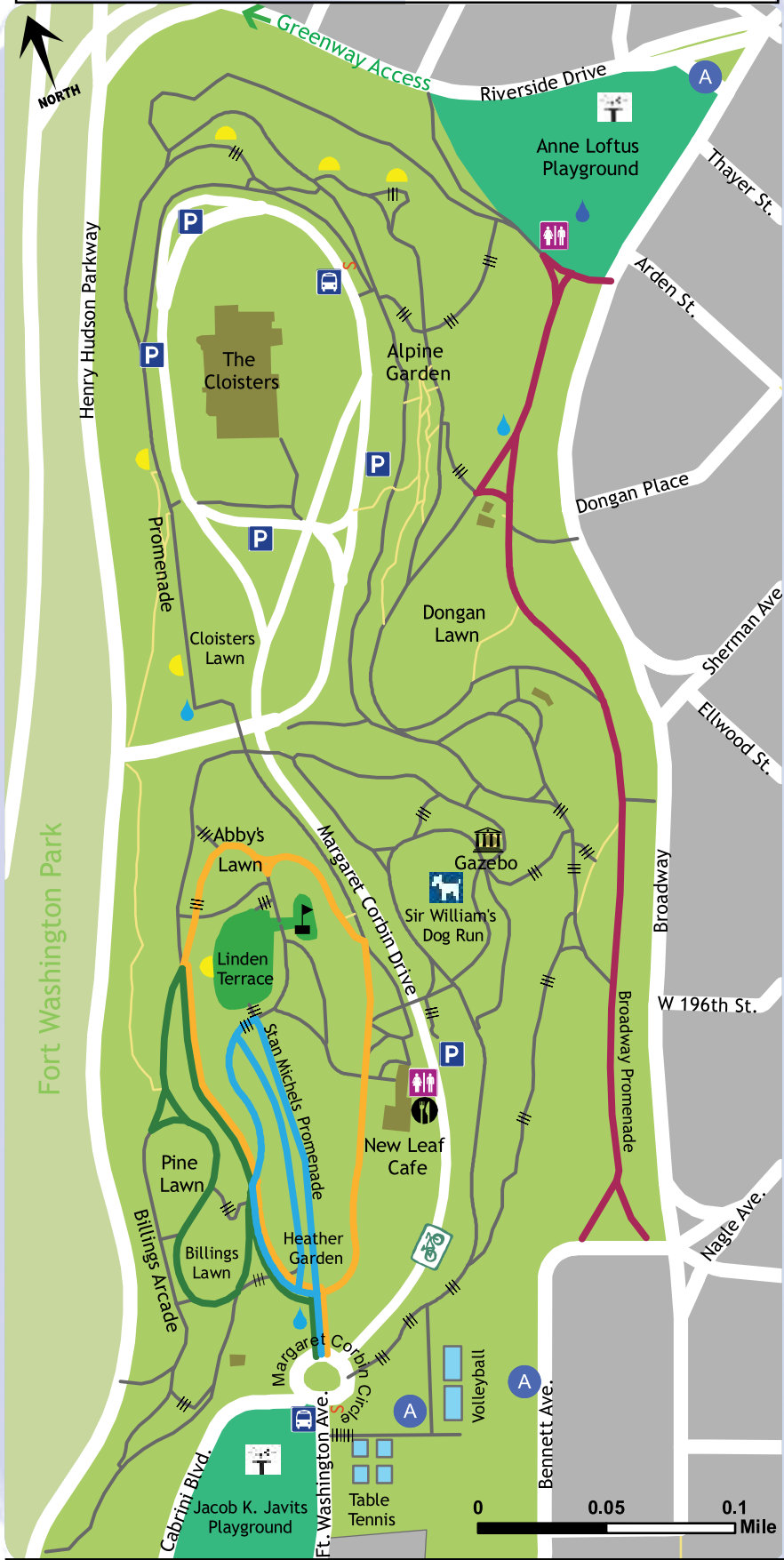
- Stay to the right, pass on the left.
- Allow faster trail users to pass safely
- Bicyclists stay on designated path (Margaret Corbin Drive)













"If you can't talk while you're exercising, it's too difficult.
If you can sing a song, it's too easy!"

Easy

No steps  or hills 

	Heather Garden Loop:	.4 mile
	Over the Arcade:	.4 mile
	Café Loop:	.5 mile
	Broadway Amble:	.5 mile



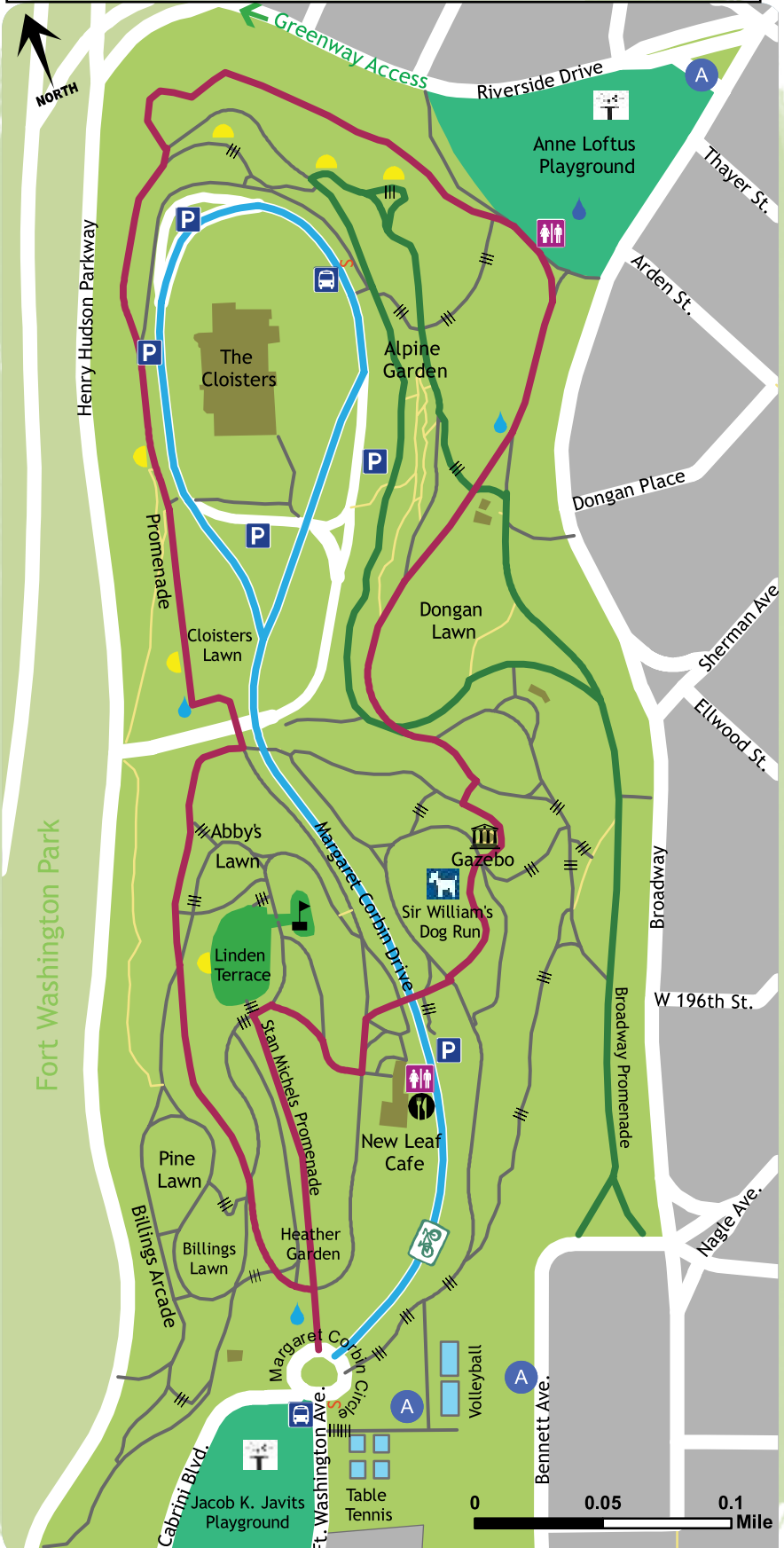
	Paved paths		A Train subway stop		Water fountain		Water spray
	Rustic trails		Bus stop		Bench/wall with view		Bicycle lane
	Drives		Parking		Stairs		Bike rack (proposed)

This map has been simplified for clarity. Some areas may be closed or inaccessible due to ongoing renovation.

Moderate

Some steps and hills

- Cloister Loop: .7 mile
- Alpine Loop: .9 mile
- Outer Limits: 1.25 miles



FORT TRYON PARK

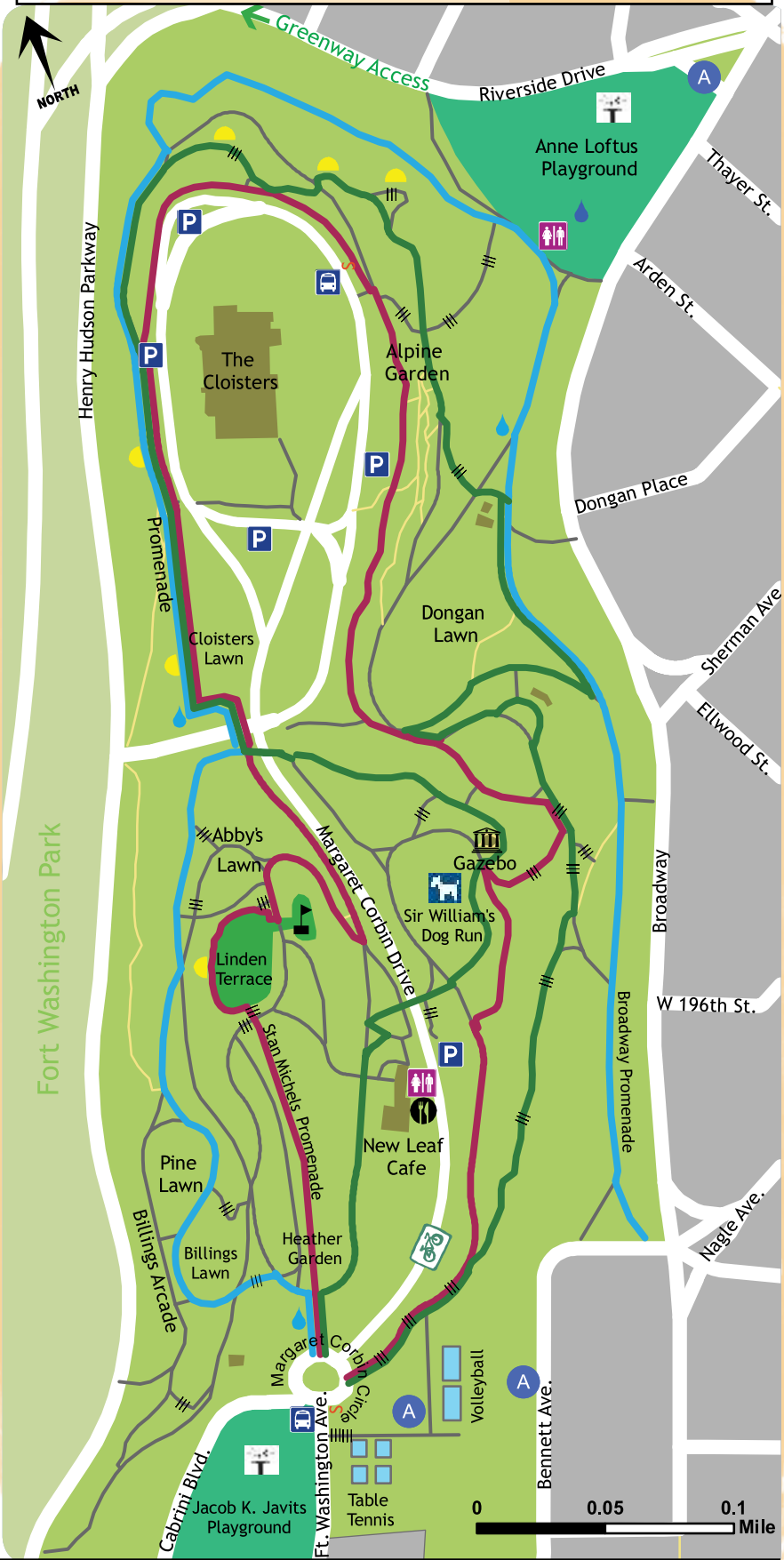
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Intense

Lots of steps and hills

- Loopy Loop 1.25 mile
- Giant Horseshoe 1.25 mile
- Infinite Steps 1.4 miles



FORT TRYON PARK

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