

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 Morning Fitness Program

Tuesdays and Thursdays: 7:30 a.m. - 8:30 a.m.

Saturdays: 8:30 a.m. - 9:30 a.m.

Summertime Yoga, Chi Gong, and more

Check our website for days and times. www.Fort-TryonParkTrust.org

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? Feel the thrill!

Water Fountains

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

Restrooms

The public restrooms in the park playground at Riverside Drive are open to the public daily from 8:00 a.m. to 7:00 p.m. The New Leaf Cafe provides public restrooms Tuesday through Sunday, 9:00 a.m. to 10:00 p.m. and Monday 9:00 a.m. until dusk.

Acknowledgements

Project coordinator and writer: Nancy Bruning, www.nancercize.net
Exercise consultant: Nancy Elkes
Design, map and photography: Karen Hudson
Base map: the Built Environment and Health Project, Columbia University [www.http://beh.columbia.edu/](http://www.beh.columbia.edu/)
Financial support: Partnerships for Parks, Fort Tryon Park Trust/
Friends Committee
Printer: Vandalay Media

Fort Tryon Park Trust

The mission of the Fort Tryon Park Trust is to promote the restoration, preservation, and enhancement of this historic and scenic landmark for the benefit and use of the surrounding community and all New Yorkers.



Visit us at www.FortTryonParkTrust.org



Partnerships for Parks
Partnerships for Parks

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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



- 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.

Easier: place hands higher up on wall or bench.

Harder: place hands on ground or a step.

(abdominals, back, waist, thighs)

Pilates Crunch



- Sit on edge of bench, wall, or ground, raise one leg, knee bent, until lower leg is parallel to ground.
- Switch legs 8-12 times.

- Raise both legs to bent position.
- Holding this position, pump your hands up and down 2 inches for 100 counts.

Easier: One foot touching ground.

Harder: Both legs straight.

TIP

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

Dynamic Twist



- 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.

Easier: One step higher.

Harder: Use no step.

Dynamic Squats



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.

Easier: Use a tree.

Harder: Reach for your back foot with both hands.

TIP

Hold the position for 10 to 30 seconds.

Yoga Warrior



- Extend right leg behind and lower chest until parallel with ground, keeping hips even.

Yoga Tree



- Stand in tree pose with the right foot resting 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

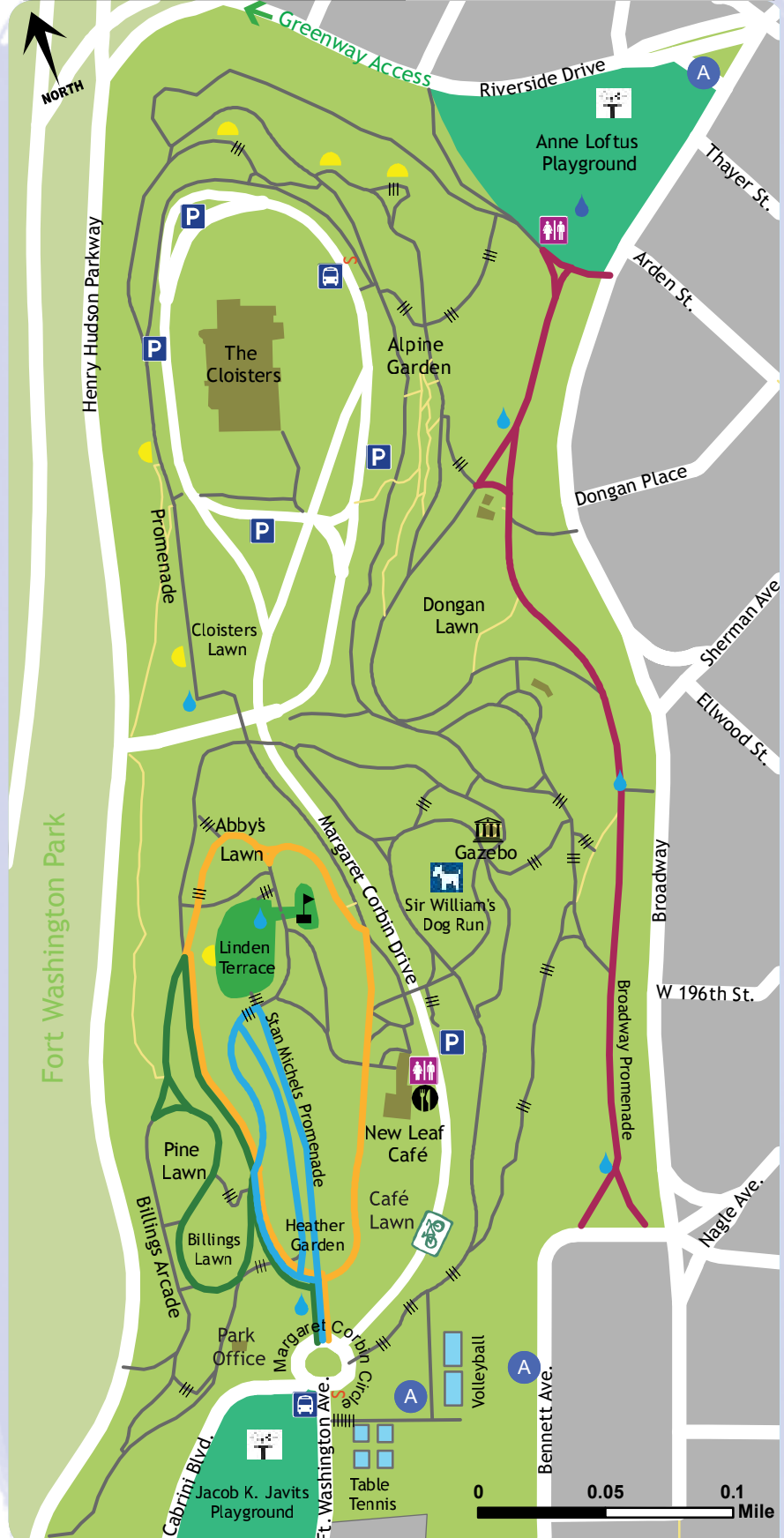
- Stay to the right, pass on the left.
- Allow faster trail users to pass safely
- Bicyclists stay on designated path (Margaret Corbin Drive)













"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



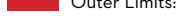


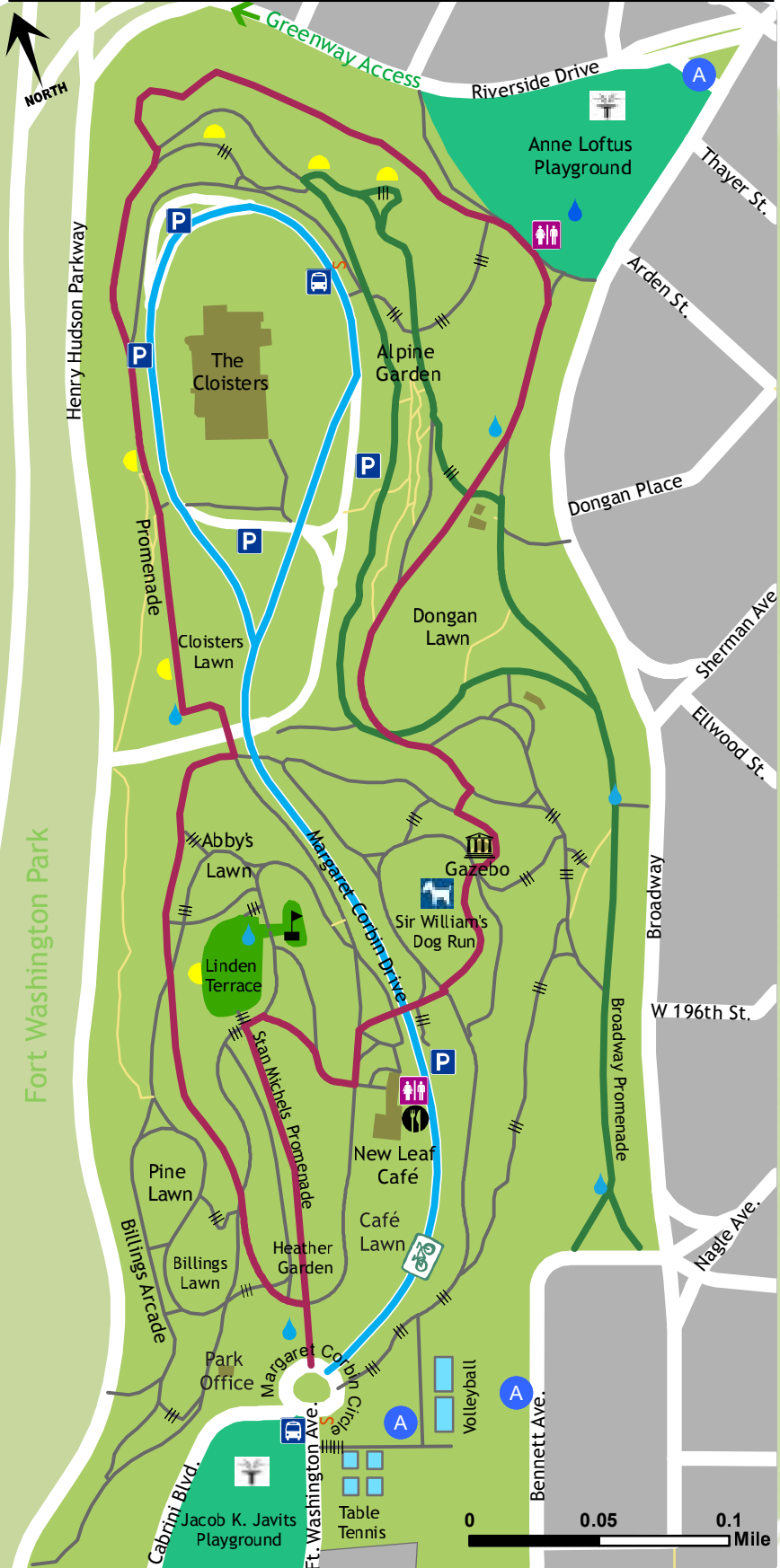
FORT TRYON PARK			
 Paved paths	 A Train subway stop	 Water fountain	 Water spray
 Rustic trails	 Bus stop	 Bench/wall with view	 Bicycle lane
 Drives	 Parking	 Stairs	 Bike rack

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






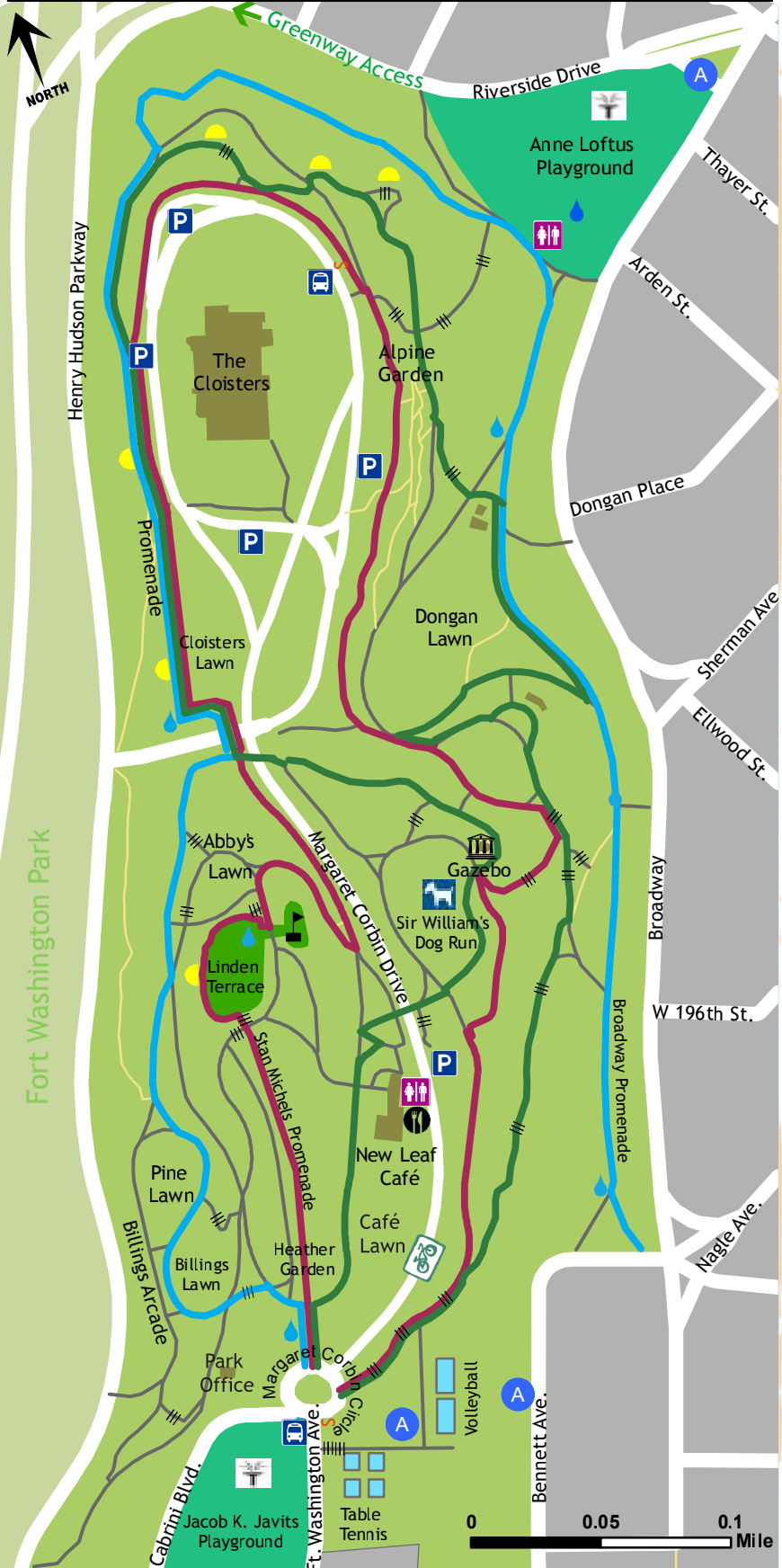
FORT TRYON PARK

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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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