



NYC Physical Activity Resources

Doctors recommend at least 1 hour of physical activity every day. There are lots of ways to have a great time doing physical activities. Here is a list of facilities in NYC that offer sports, recreation programs, and fun community activities updated for every season.

[YMCA](#)

Community organization offering many health and fitness services.

[New York Parks and Recreation Department](#)

Comprehensive source of city parks, recreation facilities, and various programs encouraging use of these facilities.

[Youth Sports Leagues: New York City Parks & Recreation](#)

Lists and contact information for baseball, basketball, soccer, and other sports leagues around New York City

[GoCity Kids!](#)

Detailed descriptions of many different parks in New York City and resources for outdoor adventures, sports centers, parks and playgroups, and day camps.

[Village Green- Brooklyn Sports](#)

Source of information about fun fitness activities in the Brooklyn area, including canoeing, sports leagues for children, and specific neighborhood activities.

[New York City Fitness Centers](#)

An extensive list of gyms and fitness centers in all five boroughs

[Chelsea Piers](#)

This huge facility includes golf, swimming, bowling, a skating rink, and health club.



Harris Obesity Prevention Effort

www.hopenyu.org