

Sports and Leisure



The road to fitness starts with you. It's a fact that obesity is on the rise. It currently is the number one public health threat in America. Being overweight dramatically increases the risk of serious health problems such as heart disease, stroke, high blood pressure and diabetes. So Westchester County decided to take action to help its residents realize the importance and enduring value of exercise and eating properly by creating the Fit-Mobile.

The Fit-Mobile is a mobile health and fitness facility that travels throughout Westchester with a variety of equipment and games, such as hula hoops, jump ropes, soccer balls, Frisbees, an agility ladder, and sacks for old-fashioned competitive races, along with useful information

on how to eat healthy. The van, which is staffed with two adult fitness supervisors who direct games and activities, is suitable for outdoor facilities, with a basic minimal area of 50 feet x 50 feet.

If your organization is interested in a visit from the Fit-Mobile, [download the flier and fill out the reservation request form](#) or contact Linda Anderson at (914) 231-4521. The Fit-Mobile is \$60 per two hour visit and available mid-May through the end of August. Reservations are accepted on a first-come, first-served basis.

Exercise to stay fit

Whether it's a walk in the park on [park trailways \(/trailways\)](#) or a walk in the mall with the [Mall Walk Club \(/mall-walking\)](#), 30 minutes of moderate physical activity five days a week is recommended to help keep adults in shape.

[Walking, biking, hiking \(/trailways\)](#), [golfing](#), [boating and fishing \(/activities/boating-fishing\)](#), [camping \(/activities/camping\)](#), [cross-country skiing \(/skiing-and-skating\)](#) and [swimming \(/pools-and-beaches\)](#) are all activities that can be done right here in our county parks. Many of these activities are free of charge. Six all-weather tennis courts and a new pickleball court are available at Tibbetts Brook Park in Yonkers, and the [County Tennis Club](#), one of the oldest private tennis clubs in the United States, is located on Brook Lane on the Bronx River Reservation.

If you're wondering what local sports and leisure activities your [town's recreation department \(/town-recreation-departments\)](#) offers, visit the town Web site or give them a call.

So if you haven't already, it's time to discover the beauty of Westchester's beautiful parks and the benefits of exercise, all at the same time.