



Suffolk County Parks & Recreation

Being active outdoors has both great physical and mental health benefits. What better way to enjoy the great outdoors and stay healthy than visiting your local parks.

Suffolk County parks have bicycling and walking trails, boating, camping, hiking, playgrounds, swimming and more. Several parks have wheelchair-accessible activities.

For park locations and a full list of activities scan the QR code:



Check out these activities in Suffolk County:

North Shore Rail Trail: For a map of this trail and others in Suffolk County, scan QR code:



Transit to Trails Program: Use the map viewer and get directed to a variety of activities (such as beaches, museums, playgrounds, etc.) that are all reachable from LIRR stations. To visit map viewer, scan here:



Turn Everyday Tasks Into Physical Activity

Having difficulty fitting physical activity in your day with a busy schedule? Try some of these tips to help:

At Home:

- Run in place while watching TV.
- Make yard work a workout.
- Walk your dog.

At Work:

- Walk during breaks and lunch.
- Take the stairs instead of the elevator.
- Walk to co-workers' office instead of calling or emailing.

Running Errands:

- Park further away from the store.
- Use a basket instead of a cart while shopping.
- Return cart to a further cart stall when leaving.

Physical Activity for Better Health



Even a little goes a long way, let's get moving!

Edward P. Romaine
County Executive



Gregson H. Pigott, MD,
MPH
Commissioner of Health
Services

For more information and references visit:



**The Suffolk County
Cancer Prevention &
Health Promotion
Coalition**



Helpful Information for Suffolk County Residents



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Physical

Activity

Did You Know?

Regular physical activity can increase your chance of living longer, lower your risk of chronic disease, including certain cancers, and improve brain health and mental wellbeing.

Benefits

There are many **benefits** of regular physical activity, including:

- Lower risk of heart disease, stroke, type II diabetes, high blood pressure and obesity.
- Reduced risk of some cancers, such as bladder, breast, kidney, stomach, and colon cancer.
- Better performance in school (higher grades, better concentration, and better memory).
- Improved mental health (reduced symptoms of anxiety and depression).
- Better bone strength and reduced risk of falls.



Before Getting Started

- Speak with your health care provider, especially if you have any medical conditions or have a low fitness level.
- Get a physical exam to learn your limitations.
- Stretch before and after to avoid

How Much Physical Activity is Recommended?

Use the following guidelines for how much activity you should aim to do. It's okay if you do not meet these goals fully! It's important to do what you can handle and avoid total inactivity. **Remember, some is better than none!**

Always speak with your healthcare provider before starting an activity.

This is especially important for:

- Individuals with an underlying health condition
- Individuals with a physical disability
- Individuals who are pregnant
- Cancer patients/survivors
- Older adults (65+)

<u>Age Group</u>	<u>Aerobic Activity</u>	<u>Muscle Strengthening</u>
Toddlers (2-5 years)	Should engage in active play several times a day.	
Children & Adolescents (6-17 years)	60 mins/day	3 days/week
Healthy Adults (18-64 years)	150 mins/week (for example, 30 mins a day, five days a week)	2 days/week

Guidelines

CDC (2022). Physical Activity Basics.



Physical Activity Tips

1. Aerobic activity should be spread throughout the week rather than done all at one time.
2. Drink plenty of water before, during and after an activity to prevent heat exhaustion and dehydration.
3. Stretch (before and after) and wear proper footwear to avoid injury and protect your joints.
4. If outdoors, be sure to practice sun safety all year-round by wearing sun-screen and sun protective apparel like hats and sunglasses.
5. Start at a level where you feel most comfortable and capable.
6. Remember to have fun!

Try This: Track Your Progress

Try using a fitness app on your phone or watch while you're on the move. This can be a great way to count your steps and monitor your heart rate.



Public Health
Prevent. Promote. Protect.