



ROCKAWAYS

SUMMER OF HEALTH

GET FIT ! GET HEALTHY !



July 12 – August 22, 2015

Queens Library wants to raise awareness about the importance of a healthy lifestyle for Rockaways residents. Rockaways Summer of Health is a series of programs and events designed to educate and get the Rockaways fit and healthy. Participate in a variety of classes and workshops for a healthy lifestyle such as stress reduction, nutrition and exercise classes.

Rockaways Health Facts



High blood pressure and high cholesterol contributes to heart disease.

- 33% of adults were told by a health care professional that they have high blood pressure which is higher than Queens and NYC overall at 26%.*
- Rockaways residents had an average annual heart disease hospitalization rate in 2003-2004 that was 30% higher than the Queens rate and 20% higher than the rate in NYC.*

Obesity can lead to a variety of health problems, including heart disease and diabetes.

- 26% of adults are more likely to be obese while 19% of adults in Queens and 20% of all adults New York City are likely to be obese.*
- 9% of adults have diabetes.* Type 2 diabetes is strongly associated with obesity and can worsen the effects of high blood pressure, high cholesterol, and other risk factors for heart disease.

Physical activity helps people maintain a healthy weight and strengthens the cardiovascular system.

- More than 4 in 10 Rockaways residents (44%) report not doing any physical activity.
- Only about one third of Rockaways residents (37%) report exercising at least 3 days a week.

*Data Source: NYC Community Health Survey 2002

ROCKAWAYS SUMMER OF HEALTH BEACH WALK

Beach Boardwalk from 12th Street to 26th Street

Saturday, August 22

10:00 AM: Skateboarding and Health (Skate Park)

10:30 AM: Zumba Class (Beach)

10:30 AM: Kite Making (Beach)

11:00 AM: Kite Flying (Beach)

11:00 AM: Yoga (Beach)

12:00 PM: Lawn Games (Beach)

12:00 PM: Soccer Clinic for Kids (Beach)

12:30 PM: Dance Party (Beach)



Celebrate the end of the Rockaways Summer of Health with a fitness walk along the boardwalk. Start out with 1 mile walk along the boardwalk and enjoy refreshments, classes and other activities for the entire family.



SEASIDE

116-15 Rockaway Beach Boulevard, 718-634-1876

Tuesday July 7
11:00AM

Reducing Stress through Meditation

Dr. Frank Pawlowski discusses the extraordinary effect meditation has to reduce stress-related responses, improve concentration, and enhance clarity of thought and mental equilibrium.

Thursday, August 13
4:00PM

Free Blood Pressure Screenings

Stay healthy with Queens Library through free blood pressure screenings offered by the Visiting Nurse Service.

Tuesday, August 11
3:00PM

Thursday, August 13 @ 3:00PM

Yoga with Jill Ackiron Moses

Come enjoy the benefits of yoga with instructor Jill Ackiron Moses! Please wear exercise attire. The first 10 participants will receive a free yoga mat! This program is made possible with a generous grant from the Jacob and Valeria Langeloth Foundation.



Monday, August 10
3:00PM

Wednesday, August 12
3:00PM

Zumba: Dance for Your Health

Come join Certified Zumba Instructor, Maxine Davis, in a Latin-inspired dance exercise class. Zumba involves dance and aerobic elements. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included. Approximately 15 million people take weekly Zumba classes in over 200,000 locations across more than 185 countries.

ARVERNE

312 Beach 54 Street, 718-634-4784

Monday, July 20
1:00PM

Free Blood Pressure Screenings

Stay healthy with Queens Library through free blood pressure screenings offered by the Visiting Nurse Service.

Monday, July 20
4:00PM

Healthy Cooking with Spices

Want to spice up your life? Learn to cook with them!



Thursday, July 23
5:00PM

Zumba: Dance for Your Health

Join certified Zumba Instructor Priya Massand for a Latin-inspired dance exercise class.

Wednesday, July 22
4:00PM

Pounds Fitness

Channel your inner performer and rock your body with this modern-day fusion of movement and music! Teens will drum along to music using weighted drumsticks at this fun-filled workout.

BROAD CHANNEL

16-26 Cross Bay Boulevard, 718-318-4943

Monday, August 3
5:00PM

Guided Meditation to Improve Well-Being

Guided meditation calms the mind and relaxes the body. People who practice meditation regularly experience reduced levels of stress and increased inner peace and welling. Our instructor will help you focus on relaxing the mind, and making positive mental changes.

Tuesday, August 4
4:00PM

Free Blood Pressure Screenings

Stay healthy with Queens Library through free blood pressure screenings offered by the Visiting Nurse Service.



FAR ROCKAWAY

1637 Central Avenue, 718-327-2549

Wednesday, August 19
3:00PM

POUND Fitness: Cardio Jam Session

POUND is a full-body cardio jam session that combines light resistance with constant simulated drumming. The 45-minute workout fuses cardio, Pilates, plyometrics, and isometric movements and poses. Burn calories and tone your body while rocking out to your favorite music!

Wednesday, August 19
2:00PM

How to Start Exercising

Get started achieving your fitness goals in a supportive environment with personal trainer Jill Ackiron Moses! This program is made possible with a generous grant from the Jacob and Valeria Langeloth Foundation.



PENINSULA

92-25 Rockaway Beach Boulevard, 718-990-8502

Thursday, July 16
3:00PM

Nutrition 101

Good nutrition can help you prevent or overcome health challenges. Learn which foods help your body achieve optimal functioning and a higher level of wellness than you may have ever known.



Wednesday, July 15
4:00PM

Exercise Club

Get started achieving your fitness goals in a supportive environment with personal trainer Jill Ackiron Moses!

QUEENS LIBRARY FOR TEENS

2002 Cornaga Ave, 718-471-2573

Monday, July 27
3:30PM

Teen Hygiene for Boys

What is good hygiene and how does it relate to good health? Find out at this workshop, for teen guys only!

Tuesday, July 28
3:30PM

Teen Hygiene for Girls

What is good hygiene and how does it relate to good health? Find out at this workshop, for girls only!

Wednesday, July 29
4:00PM

Healthy Lifestyle: An Open House and Health Panel Discussion

We are celebrating the Rockaway Summer of Health with a special panel discussing careers, nutrition and fitness. All ages can visit the Teen Center for this "quality of life" experience. Refreshments will be served and tours of the center will take place throughout the afternoon.