

How to Get Moving in Washington Heights: Local Places to Exercise

From the Culinary Medicine Club



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Northwalk

- George Washington Bridge bike & walking path
- 1 mile
- 180th & Cabrini Blvd



Photo: Kevin Duggan

Hudson River Greenway



Photos: Maxine Serrano

- Great for walking, running, or biking
- Views of the Hudson River

Fort Washington Park Tennis Courts

- Tennis and squash courts
- Classes available



Photo: @fortwash.tennis

J. Hood Wright Park



Photo: <https://www.nycgovparks.org/parks/j-hood-wright-park/facilities/basketball>

- Playground, basketball courts, and dog run
- Fort Washington Ave. between W 173rd and W 176th St.

Consistent exercise helps control cholesterol levels, which can prevent heart attacks and strokes!



Healthier Choices at Local Restaurants

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01

Avoid fried food when possible

Try the pechuga de pollo sandwich at Floridita!

02

Ask about bread options

Try whole grain or whole wheat bread.



03

Try a new side dish

Ask to replace your side with steamed vegetables, salad, or boiled cassava!



04

Save some for later!

Save half of your food for later when you are more hungry.



Study Snack Recommendations

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01 Popcorn

Make it at home or buy healthier options such as “Skinny Pop”, “Boom Chicka Pop”, or “LesserEvil.”



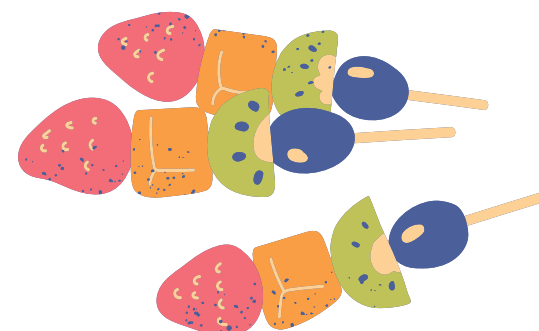
Yogurt 02

Try low-fat yogurt and add fruit or granola to make it more filling!

03 Fruit

Fruit has fiber, which will keep you full for longer!

Buy seasonal options at the Washington Heights Farmers Market.



These items are often eligible for purchase with SNAP (Supplemental Nutrition Assistance Program) and WIC (Special Supplemental Nutrition Program for Women, Infants, and Children) benefits, but eligibility can vary by location and specific program guidelines. Verify eligibility with your local SNAP and WIC offices before making purchases.



Scan this QR code to learn more about a doctor serving the Washington Heights community for nearly 30 years.

Grocery Store Shopping Tips

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Loyalty Programs

Find occasional promotions and coupons located in weekly flyers

Choose Generic

Buying non-private label products can save shoppers 40%

<https://www.forbes.com/sites/nextavenue/2023/08/30/5-financial-reasons-to-buy-generic-items-at-the-grocery-store/?sh=417273e64816>



Resist Temptation!

Items near the register are often high in sugar and encourage last-minute purchases

