

Fit

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Special to amNewYork

It's no secret that exercise is vital to staying healthy, but sometimes all we want to do is skip the gym and enjoy the city instead. Fortunately, New Yorkers don't have to choose between fitness and fun anymore. These activities showcase much of what NYC has to offer—and get you working up a sweat in the process.

Learn as you go

Looking to move at a slower pace? **Big Onion Walking Tours** takes you to some of the city's most interesting sites and neighborhoods, such as Chelsea and the High Line, Prospect Park, and artsy DUMBO and

Vinegar Hill. You'll cover at least one and a half miles of ground and learn something new about the city. (bigonion.com)

The race is on

Think you have what it takes to compete in a race around the world? Try your hand at home first. Inspired by the Emmy-winning CBS reality show, **"The Amazing New York Race"** pits teams against each other to scurry around town conquering roadblocks. Whether you pick a general NYC-themed race or a special edition such as "TV Trivia," competing as a group takes the concept of "gym buddy" camaraderie to a new level. (theamazingnewyorkrace.com)

(Without really trying)

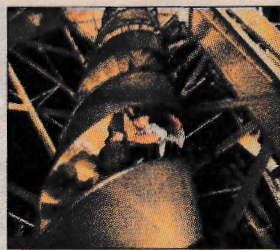


Take the hint

Get your heart rate up while discovering some of the city's interesting landmarks and neighborhoods. **Watson Adventures** puts your knowledge and stamina to the test with beat-the-clock scavenger hunts such as "Secrets of Central Park" and "Ghosts of Greenwich Village." These hunts will have you and your team zipping around for hours while you try to decode riddles and find hidden clues before your opponents do. (watsonadventures.com)

Re-route yourself

In NYC, there's a good chance that you can find everything you need within a two-block radius of your apartment. But summer is the perfect time to venture outside your comfort zone. When time permits, get



Camera-worthy cardio

Exploring some of the city's best-known sites can get your pulse racing. A round-trip walk over the iconic **Brooklyn Bridge** covers more than two miles. Want a more strenuous workout? Head to the **Statue of Liberty** and climb the 354 steps up to her crown to enjoy the awe-inspiring views.



off the subway or bus one or two stops before your usual station and **walk the rest of the way**. Not only will you be getting your exercise in, you may discover some new favorite spots just a few extra steps from home.