



Photo courtesy of B-Cycle

# Start the New Year Right

Step Away from the Desk

If you're like most of the Downtown population and work in an office, you probably spend a solid portion of your day chained to a desk. No matter what your situation, you can take advantage of all the Downtown opportunities for breaking old sedentary habits and start an active, healthy lifestyle. Making the change to get out more and eat better has greater benefits of having a better mood, more energy and greater productivity. So, where does Downtown fit into all this? Let's find out ...

YOU CAN TAKE  
ADVANTAGE OF ALL  
THE DOWNTOWN  
OPPORTUNITIES



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## BIKE ON YOUR LUNCH HOUR

As we know, Downtown is blessed with dozens of gyms but if that isn't your thing, try getting some Vitamin D and head **outside**. Downtown Fort Lauderdale is where business, government, the arts and nature all converge. Because of this positioning, it's possible for you to leave your office on your lunch hour, hop on a B-cycle bike, ride along the picturesque Riverwalk and on to Las Olas Boulevard, get a nice workout up the bridge and continue on to Fort Lauderdale Beach to gaze at the surf. It only takes 15 minutes each way since the beach is only 2.5 miles away. Other great bike trails to try on your break are through the leafy neighborhoods of Sailboat Bend and Rio Vista. Sailboat Bend can be accessed on the western terminus of Riverwalk and Rio Vista can be reached by riding over one of our three bridges and following the Riverwalk on the south side to its eastern terminus.

## RUN OR WALK A 5K

There is no shortage of 5K events in this Downtown, where charity run/walks occur on almost a monthly basis. Many of them begin in Huizenga Plaza and benefit a worthy cause. If you round up a few of your friends and coworkers it can be a fun way to exercise, give back and enjoy the fresh air. To find the next 5K, visit [www.fortlauderdale.gov/calendar/calendar.asp](http://www.fortlauderdale.gov/calendar/calendar.asp) or call my office at (954) 463-6574.

## @RIVERWALK FREE HEALTH AND FITNESS CLASSES

Riverwalk Fort Lauderdale's @Riverwalk health and fitness classes are free and take place in one of Downtown's most picturesque settings, Esplanade Park. So give it a try some time after work! For more information, call (954) 468-1541 or visit [www.goriverwalk.com](http://www.goriverwalk.com)

## CORPORATE WELLNESS

More and more companies are getting on the wellness bandwagon, given soaring healthcare costs and the many benefits of healthy employees. For example, Franklin Templeton has a gym for employee use in its building, 110 Fitness in the 110 Tower recently moved into the ground floor and other Downtown corporations offer important medical services. Some of the Downtown corporations that have been recognized for their exceptional employee wellness programs include: Cambridge Systematics, Gunster, Patriot National Insurance Group, Yum Brands and AutoNation. But you don't have to work at these companies to get healthy — anyone can do so by taking advantage of the many exercise and diet opportunities in Downtown Fort Lauderdale! 📍



Photography by Jason Leidy