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NYC Residents Court Better Health In Building Fitness Facilities

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A recent World Health Organization report stated physical activity provides substantial benefits to hearts, bodies and minds. Movement contributes to the prevention of cancer and diabetes, reduces symptoms of depression and anxiety, enhances learning, thinking and judgment abilities and improves overall well-being.

Despite these upsides, one in four adults across the globe do not get the recommended levels of physical activity. And those who are insufficiently active face a 20 to 30% increased risk of death, vis-à-vis those who remain active.

What to do? Developers of New York City's luxury residential buildings believe they have an answer. In designing their buildings, many are going above and beyond standard fitness facilities, each introducing a unique aspect or quality to their fitness amenities that may serve as the inducement some residents need to get moving.

Case in point: The new residential development 111 West 57th Street, an enormous ultra-luxe edifice that overlooks Central Park on Billionaires Row. The building features a pair of adjacent structures. The elder is the landmarked Steinway Hall, former home to Steinway & Sons piano company. The newer is a 1,428-foot tower – the Western Hemisphere's second tallest residential building – designed by SHoP Architects. The unique feature is New York City's only padel tennis court in a residential development, allowing residents to play the increasingly popular sport of padel tennis.

Terming it "a point of pride for our residents," Michael Stern, founder and CEO of JDS Development Group adds "the padel court has been a highlight."

If good enough for soccer superstars Lionel Messi and Cristiano Ronaldo, who count padel tennis as a favorite activity, it's likely good enough for 111 West 57 residents.

Here are a few other New York City residential buildings with unique sports amenities.

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378 West End Avenue

Located on Manhattan's Upper West Side, this new COOKFOX Architect-designed 58-residence condominium from developer Alchemy Properties encourages residents to stay in shape. When not practicing high-arching jumpers from beyond the arc of the building's hoops court, they can take to the same basketball/squash court with a racket in hand to enjoy a stirring workout session that also stokes their competitive spirit. The building has multiple sports courts, Joel Brietkopf, Alchemy Properties principal says, adding, "But in particular, the gym and basketball court are exceptionally popular."

<https://www.forbes.com/sites/jeffsteele/2024/04/19/nyc-residents-court-better-health-in-building-fitness-facilities/?sh=3fd7b5b570f1>