

# New York supermarket combines gym with groceries

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Grocery shoppers who visit one of Hannaford's supermarkets in New York's capital city can also take time for a workout.

The Albany store has a 5,600-square-foot gym that opened in October. It has treadmills, stationary bicycles, various other cardio machines, a Zumba room—and it's free.

The idea grew out of a meeting last summer between Hannaford, the local YMCA and the [health care provider](#) Capital District Physicians' Health Plan. All said their goal was to come up with something to improve the area's health while being convenient, accessible and free.

So far, just over 1,100 people have signed up to work out in the Healthy Living Center.

Maine-based Hannaford says it has no plans to add other gyms in its 184 stores in the Northeast.

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