

PHYSICAL FITNESS WORKSHOPS

2022 WORKSHOP GUIDE

WorkWell NYC offers free, interactive workshops to NYC worksites on a variety of wellness topics. Our workshops are developed with the unique needs of the NYC workforce in mind. [Register for your workshop at on.nyc.gov/workshops](https://on.nyc.gov/workshops)

QUESTIONS?

If you have any questions regarding our workshops please contact WorkWell NYC at workwell@olr.nyc.gov.



FOR BEGINNERS

GET MOVING! THE BEGINNER'S GUIDE TO GETTING ACTIVE

Want to get active, but not quite sure how to begin? This session explores simple ways to incorporate fitness into your life. All activity levels welcome!

LEARNING OBJECTIVES:

- Learn about the basics of injury prevention.
- Discuss how to get started at any level of physical activity, and how to incorporate more physical activity into your busy day.
- Review the CDC recommendations for levels of physical activity.

DELIVERY:

Virtual or In-person

SESSION LENGTH:

50 mins

RELIEVE STRESS

SELF MASSAGE

Looking to destress? This self-massage workshop offers tension relieving techniques to relax sore muscles, improve blood flow, and help release stress.

LEARNING OBJECTIVES:

- Discuss techniques to relieve stress, relax sore muscles, and improve blood flow through self-massage.
- Apply these techniques with guided instruction.

DELIVERY:

Virtual or In-person

SESSION LENGTH:

50 mins





WELL-BEING AT WORK

ERGONOMICS 101: HOW TO HACK YOUR WORKSPACE

How you get your work done is just as important as the work itself. In this workshop, we'll explore simple ways to improve your workspace, stay organized, and manage your workday to optimize your well-being at work.

LEARNING OBJECTIVES:

- Introduce ergonomics and how it can impact your work.
- Learn ways to up your workspace and use digital devices to improve your posture and reduce body strain.
- Discuss ways to set up your workday to promote and maintain ergonomic habits.

DELIVERY:
Virtual

SESSION LENGTH:
50 mins

PHYSICAL FITNESS CLASSES

FITNESS AT WORK

WorkWell NYC offers certified fitness instructors that will lead classes in a variety of disciplines, including bootcamp, yoga, HITT, Soca fitness and so much more! Classes can be offered on a one-time or multi-session basis.

DELIVERY:
Virtual or In-person

SESSION LENGTH:
50 mins

