



i work well

I AM JIMMY SUMPTER



“This winter, I’m joining Work Well NYC, which will enable me to keep my body in fairly good shape until spring comes again when I’ll become more active.”

- Jimmy Sumpter, DCAS

I’ve been very athletic my entire life. I don’t play too many sports anymore, but I enjoy working with kids. I’m now a football referee, and I ump for various little leagues and for girls’ softball. I recently got a job working as an umpire at Battery City Park, working all the girls’ games every Saturday. In order to keep up with the kids and officiate games properly, I have to be in fairly good shape.

Now that it’s winter time, obviously I’m not as active as I am in the summer. Normally, I relax during the winter and then get my body ready in the spring. But now that I’m older, I’ve realized I need to get my body ready sooner — I can’t just put it off for months each year. That’s where WorkWell NYC comes in.

WorkWell NYC programs and activities will help me maintain a fitness routine during the winter and keep my body in fairly good shape until spring, when I’ll become more active. This is going to enhance the expectations I have for myself.

What I really enjoy most about working out is that it gets you in shape to do what you want to do physically. Working out gets my blood pumping, and I feel better about myself. I like to give 100 percent, no matter what I do. That means I need to give 100% to my own fitness, first.



For resources to help you lead a healthy lifestyle, visit
nyc.gov/workwellnyc

