

FORM A NEW FITNESS MOVEMENT ROUTINE



Finding motivation to exercise daily can be challenging, but there are ways to make moving more a part of your new routine. Regular exercise can boost your immune system and help reduce stress. WorkWell NYC is offering a variety of virtual fitness classes every week to City employees so pop in and try something new.

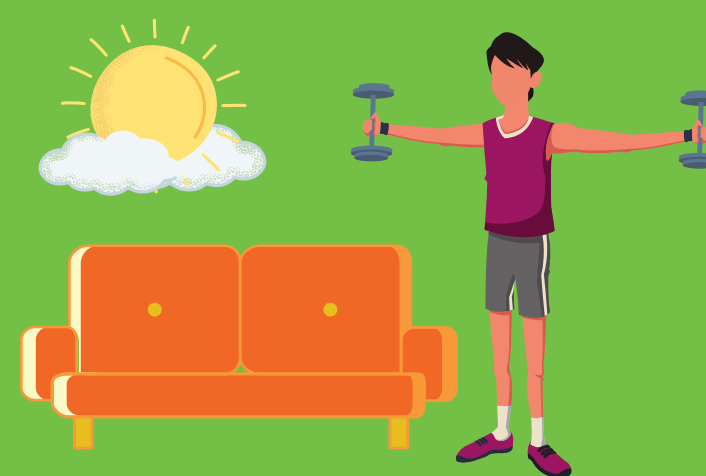
FOCUS ON ACTIVITIES YOU ENJOY



Not sure what type of activity you like best? Try different things to find what you like. You'll be more likely to stick to a routine if you enjoy it!

[TRY SOMETHING NEW](#)

BE COMFORTABLE



Wear comfortable clothes and select a time of day and fitness intensity that works best for you.

[FIND A CLASS](#)

REWARD YOURSELF



Make time for self-care. Take a bath, give yourself a massage, or sip on a delicious smoothie after your workout.

[LEARN SELF-MASSAGE TECHNIQUES](#)

MAKE IT A SOCIAL EVENT



Exercising virtually doesn't have to be done alone! Join a virtual class with other City employees or do a workout video with friends over video chat.

[JOIN IN ON THE FUN](#)

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 nyc.gov/workwellnyc

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MOVE
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Healthy Workforce. Healthy City.