

# 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.

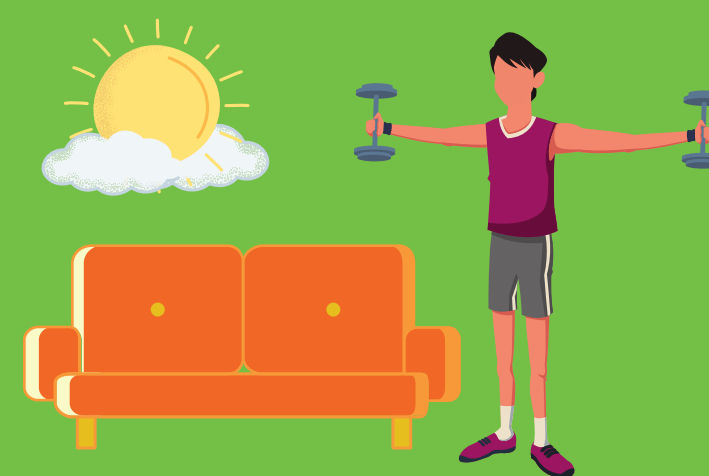
## FOCUS ON ACTIVITIES YOU ENJOY



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**

 [workwell@olr.nyc.gov](mailto:workwell@olr.nyc.gov)

 [nyc.gov/workwellnyc](https://nyc.gov/workwellnyc)

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Healthy Workforce. Healthy City.