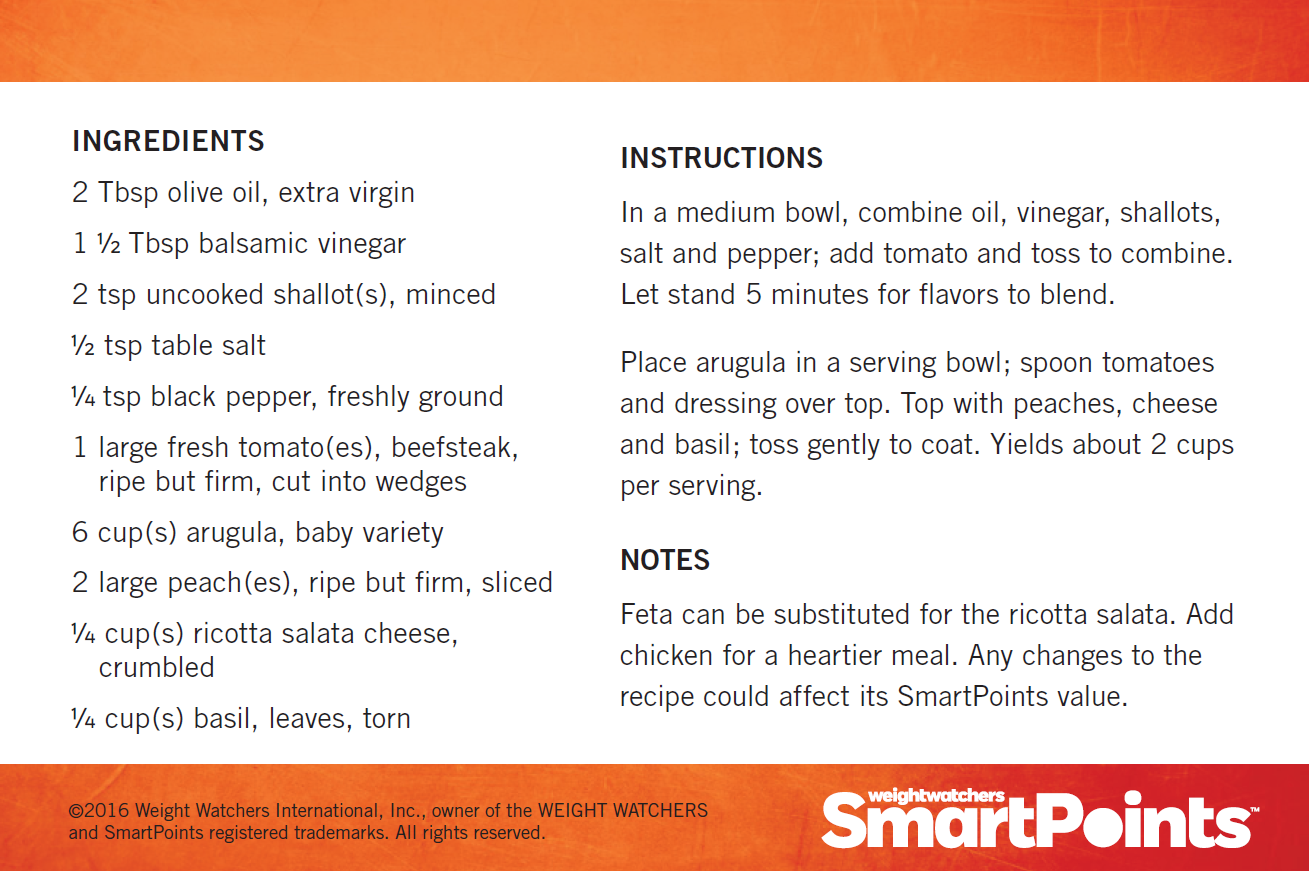
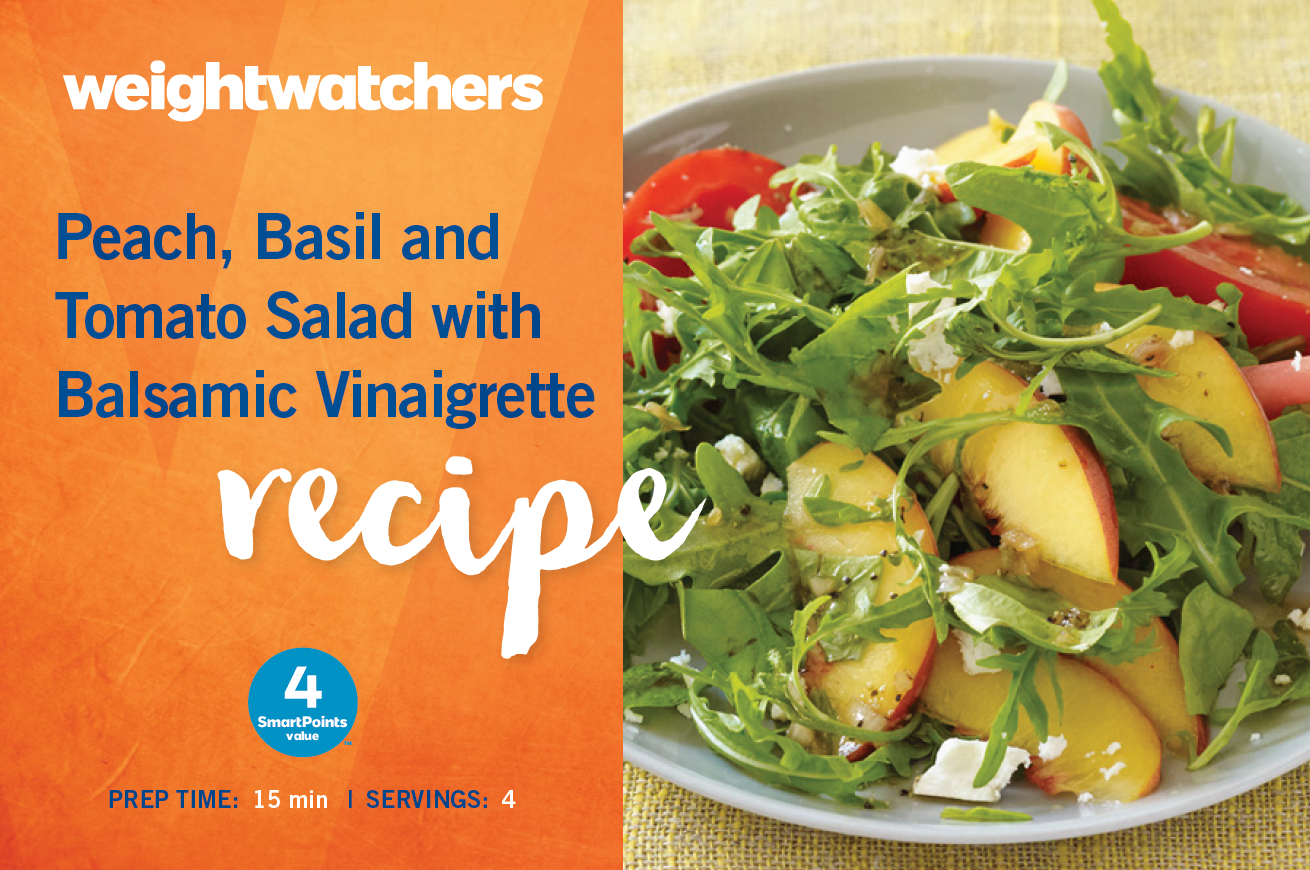
School’s out, the weather’s hot and the days are long – summer is finally here!

Whether your summer plans include a cross-country weeklong journey or just a Saturday trip to the beach, don’t let your travel derail your healthy habits. [WorkWell NYC](http://www.nyc.gov/WORKWELLNYC) and [Weight Watchers](http://site-61474.bcvp0rtal.com/) are partnering to help you stay healthy this summer. Check out these tips to help you stay healthy on vacation:

* **Come prepared:** Don’t fall victim to temptations at the gas station or the airport. Take a few minutes to pack some fruit or nuts – you’ll feel better and your wallet will thank you, too!
* **Hydrate, hydrate, hydrate:** You already know how important staying hydrated is, but it can be difficult to keep up your water intake when you’re out of your normal routine. Bring a reusable water bottle with you when you travel to help remind yourself to drink water.
* **Stretch it out:** Whether by car, train or plane, traveling can literally be a huge pain in the neck. Take breaks to walk around and stretch out your muscles, just like when you’re working at your desk. Even if you’re confined to a small space, a little bit of movement can go a long way.
* **Walk everywhere:** Get your exercise and see the sights at the same time! Walking is one of the best ways to take in a new destination –and you never know what other things you might see.

Heading to a picnic with friends and family? Throw together this fresh salad for only 4 SmartPoints™!



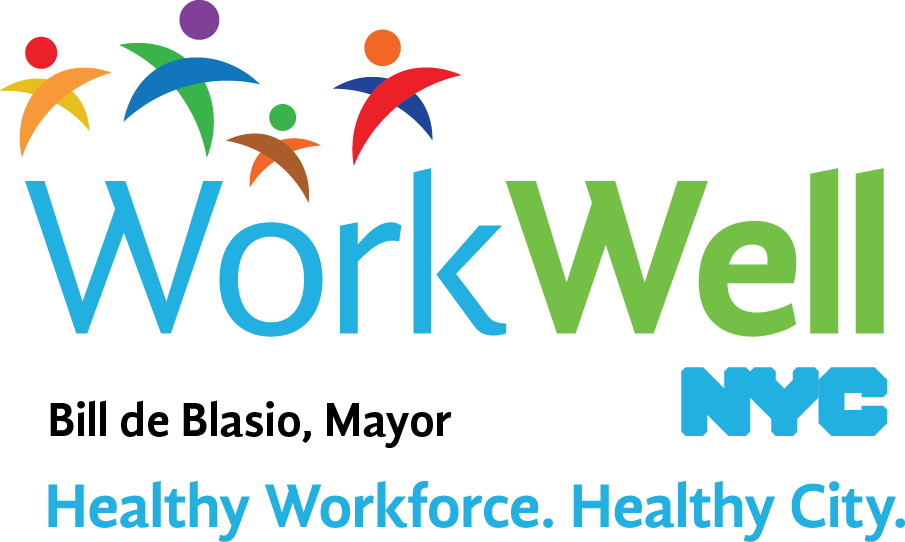
By enrolling through the City’s Weight Watchers program, employees can take advantage of a subsidy that reduces the cost of membership by **more than 50%** off the regular membership price\*. Spouses/domestic partners, dependents (ages 18-26) and retirees\*\* are also eligible for discounted pricing through the WorkWell NYC partnership with Weight Watchers – making health a family affair!

|  |  |
| --- | --- |
| ****Weight Watchers Offering**** | ****NYC Employee Special Pricing**** |
| **Meetings (Includes Online**Plus**) at work or in your local community** | $15.00 per month |
| **Online**Plus | $7.00 per month |

Visit [**nyc.join.weightwatchers.com**](http://www.nyc.join.weightwatchers.com/) to learn more about Weight Watchers and sign up today!

\* The dollar value of this contribution/benefit will be included as taxable income to the employee.

\*\* Spouses and dependents of retirees are not eligible for the discount.

[](http://www.nyc.gov/WORKWELLNYC)