Summer is here and staying hydrated is an important part of being your healthiest! Make sure you drink plenty of water and enjoy fresh fruits and vegetables.

- In the summer it is especially important to stay hydrated. Water helps keep your body temperature normal and helps muscles work efficiently.
- Eat fruits and vegetables every day. They’re naturally low in sodium and can lower your risk of heart disease and possibly some cancers.

Make It Convenient

- Carry a reusable bottle with you and refill it at water fountains.
- Ask your agency’s facilities personnel for permission to post this water fountain prompt sign in your office.

Make It Your Way

- If you are craving some fizz, try seltzer. Pick your favorite flavor or add a splash of 100 percent fruit juice.
- Give your water some flavor! Add fresh fruits and herbs to your water. Use this flavor-infused water recipe.

DID YOU KNOW?
Fruits and vegetables like watermelon, tomatoes, and cucumbers are composed of over 90% water.

Make a Plan

- Make half your plate fruits and vegetables. Check out the Guide to Healthy Eating and Active Living in NYC and the Eating Healthy website for tips and resources on how to do this.
- Find a farmers market near you. Text “SoGood” to 877877 or use this map to find a farmers market near you.
GET ACTIVATED!

WORKOUT WITH PARKS!

For the love of running or just moving more, join Parks for a fun 6-week training program designed for City employees. Grab your water and visit one of five training locations in NYC!

To learn more visit nyc.gov/workwellnyc

To learn more about healthy summer living strategies and tips, visit WorkWell NYC.

www.nyc.gov/workwellnyc | workwell@olr.nyc.gov