



**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.

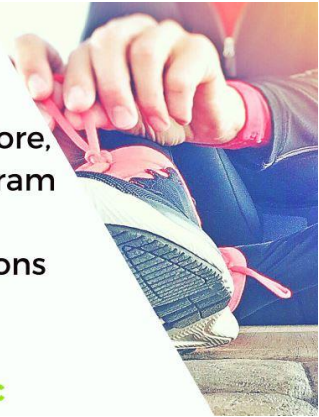
GET ACTIVATED!



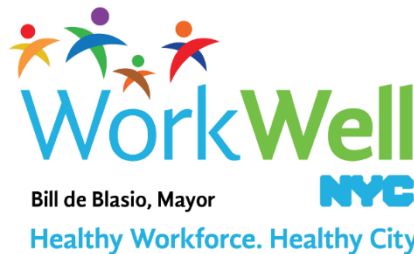
## WORKOUT WITH PARKS!

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](http://nyc.gov/workwellnyc)



To learn more about healthy summer living strategies and tips, visit [WorkWell NYC](http://WorkWell NYC).



[www.nyc.gov/workwellnyc](http://www.nyc.gov/workwellnyc) | [workwell@olr.nyc.gov](mailto:workwell@olr.nyc.gov)