

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](#) and [Weight Watchers](#) 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™!

**weightwatchers**

**Peach, Basil and Tomato Salad with Balsamic Vinaigrette**

*recipe*

**4** SmartPoints™

PREP TIME: 15 min | SERVINGS: 4

**INGREDIENTS**

- 2 Tbsp olive oil, extra virgin
- 1 ½ Tbsp balsamic vinegar
- 2 tsp uncooked shallot(s), minced
- ½ tsp table salt
- ¼ tsp black pepper, freshly ground
- 1 large fresh tomato(es), beefsteak, ripe but firm, cut into wedges
- 6 cup(s) arugula, baby variety
- 2 large peach(es), ripe but firm, sliced
- ¼ cup(s) ricotta salata cheese, crumbled
- ¼ cup(s) basil, leaves, torn

**INSTRUCTIONS**

In a medium bowl, combine oil, vinegar, shallots, salt and pepper; add tomato and toss to combine. Let stand 5 minutes for flavors to blend.

Place arugula in a serving bowl; spoon tomatoes and dressing over top. Top with peaches, cheese and basil; toss gently to coat. Yields about 2 cups per serving.

**NOTES**

Feta can be substituted for the ricotta salata. Add chicken for a heartier meal. Any changes to the recipe could affect its SmartPoints value.

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**weightwatchers 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 <b>Plus</b> ) at work or in your local community	\$15.00 per month
Online <b>Plus</b>	\$7.00 per month

Visit [nyc.join.weightwatchers.com](http://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.

Make this your healthiest summer yet!

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