

WAYS TO MOVE MORE

THROUGHOUT THE DAY

Physical activity can have a positive impact on your health and wellbeing. Whether you walk, run, bike or roll, the following activities will help keep you moving throughout your day.



AT WORK



SIT AND STRETCH

After you've been seated for a while, stretch your body to regain circulation.



MEET ON THE STREET

Schedule a walking meeting with coworkers.



CHAT FACE-TO-FACE

Instead of emailing them, visit your coworkers to share information.

AT HOME



WALK IT OUT

After finishing a meal, go for a brisk walk outside.



STAY BUSY

Engage in fun activities with your friends or family to increase your heart rate.



NETFLIX AND DRILL

Try stretching or light exercises when watching your favorite show.

ON THE GO



KEEP ON CLIMBING

Wherever you are, take the stairs twice a week.



HOP OUT SOONER

Exit the bus or subway one stop before your destination and walk the rest of the way.



TAKE THE SIDEWALK

Choose to walk when you're running errands.

For resources and programs to help you lead a healthy lifestyle, visit nyc.gov/workwellnyc