

# 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](https://nyc.gov/workwellnyc)