



i work well

I AM MIMI BERKMAN



“Going to the gym during lunch is not hard. It’s convenient. It’s short, but it gets the job done. And if I can do it, you can easily do it too.”

- Mimi Berkman
WorkWell NYC Champion | DCAS

When I learned that my blood pressure was kind of iffy, I needed to figure out a way to make exercise part of my daily routine, even with work and three children at home. That’s when I started going to the gym during my lunch break. It’s an ideal time for me because that’s when my energy levels are highest.

One of the best things about spending my lunch hour at the gym is how I feel afterward: good about myself. The feeling lasts for the rest of the afternoon. I’m more productive, and my mood continues right through to bedtime. Going to the gym at lunch allows me to go home in the evening, relax and take care of the things I need to take care of with my children.

Meal planning is also an important part of my routine. At the beginning of the week, I will cut up some vegetables and keep those around for after work – because I always have a huge appetite when I get home. With lunchtime workouts and meal planning, I’ve been able to manage my blood pressure through exercising.

I’m encouraging everyone to go to the gym during lunch, and to make meal-planning part of your routine. You’ll look forward to your lunch hour because you’re going to feel great. It’s a short time each day, but it gets the job done.

The small choices we make – every moment, every hour – add up. They become the choices that make up our lives. Making this change is a way to give yourself a little gift each day.



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

