



**i work well**

# I AM NICOLE WHITE



Each week I lead a cardio sculpting class to the sounds of Soca music and I love it!

- Nicole White, ACS | Shape Up NYC Instructor

I had a goal of losing 100 pounds in 10 months. I reached my ideal weight with the help of Shape Up NYC, a free program offering fitness classes across NYC designed to help people get fit. I know how challenging it can be, so once I lost the weight, I felt that it was important to maintain it as well as to encourage others and pay it forward. The same program that helped me lose weight afforded me the opportunity to receive training as a group fitness instructor.

Most of the people who take my class are City employees who work for the Administration for Children's Services (ACS). ACS does a lot of important work for New York's children and families, and sometimes that can be stressful. My class has become a haven for people who want to de-stress and get fit. My



colleagues come to class and support one another in their fitness goals as well, and are there to support one another. In my class, I see people's energy change, I see their morale change, and I see people getting fit!

So many people want to work out, but they also want to have fun while doing it. I want to encourage everyone who works for the City to participate in a workplace fitness class, take a Shape Up NYC class in their community, or join another fitness group – and get moving!

For resources to help you lead a healthy lifestyle, visit  
[nyc.gov/workwellnyc](https://nyc.gov/workwellnyc)

