



WorkWell DIGITAL

April-June CALENDAR



MONDAY

- **Yoga**
7:00am-7:45am
INSTRUCTOR: Katrin
REGISTER HERE →
- **Toning & Conditioning**
12:00pm-12:45pm
INSTRUCTOR: Michelle
REGISTER HERE →
- **Lunchtime Meditation**
12:45pm-1:15pm
INSTRUCTOR: Shalyni
REGISTER HERE →
- **Soca**
1:15pm-2:00pm
INSTRUCTOR: Amina
REGISTER HERE →
- **Chair Yoga**
5:00pm-5:30pm
INSTRUCTOR: Lillian
REGISTER HERE →
- **Zumba**
6:00pm-6:45pm
INSTRUCTOR: Ilana
REGISTER HERE →
- **Yoga**
7:00pm-7:45pm
INSTRUCTOR: Carmen
REGISTER HERE →

TUESDAY

- **Yoga & Meditation**
7:00am-7:45am
INSTRUCTOR: Sojourner
REGISTER HERE →
- **Pilates**
8:00am-8:45am
INSTRUCTOR: Katrin
REGISTER HERE →
- **Lunchtime Yoga**
11:00am-11:45am
INSTRUCTOR: Amanda
REGISTER HERE →
- **Lunchtime Meditation**
12:45pm-1:15pm
INSTRUCTOR: Shalyni
REGISTER HERE →
- **Low Impact Cardio**
12:00pm-12:45pm
INSTRUCTOR: Dulce
REGISTER HERE →
- **Tabata**
1:15pm-2:00pm
INSTRUCTOR: Roshi
REGISTER HERE →
- **90's Dance Fitness**
5:15pm-6:00pm
INSTRUCTOR: Julia
REGISTER HERE →
- **Pilates**
6:30pm-7:15pm
INSTRUCTOR: Tara
REGISTER HERE →

WEDNESDAY

- **Yoga**
7:00am-7:45am
INSTRUCTOR: Katrin
REGISTER HERE →
- **Morning Meditation**
7:45am-8:15am
INSTRUCTOR: Kristin
REGISTER HERE →
- **Toning & Conditioning**
12:00pm-12:45pm
INSTRUCTOR: Michelle
REGISTER HERE →
- **Lunchtime Meditation**
12:45pm-1:15pm
INSTRUCTOR: Kristin
REGISTER HERE →
- **Zumba**
1:15pm-2:00pm
INSTRUCTOR: Dulce
REGISTER HERE →
- **Chair Yoga**
5:00pm-5:30pm
INSTRUCTOR: Lillian
REGISTER HERE →
- **Soca**
6:00pm-6:45pm
INSTRUCTOR: TBD
REGISTER HERE →

THURSDAY

- **Yoga & Meditation**
7:00am-7:45am
INSTRUCTOR: Sojourner
REGISTER HERE →
- **Yoga**
8:00am-8:45am
INSTRUCTOR: Amanda
REGISTER HERE →
- **PIYO**
12:00pm-12:45pm
INSTRUCTOR: Michelle
REGISTER HERE →
- **Lunchtime Meditation**
12:45pm-1:15pm
INSTRUCTOR: Evy
REGISTER HERE →
- **Bootcamp**
1:15pm-2:00pm
INSTRUCTOR: Amina
REGISTER HERE →
- **Evening Meditation**
5:30pm-6:00pm
INSTRUCTOR: Kristin
REGISTER HERE →
- **Dance Cardio**
6:00pm-6:45pm
INSTRUCTOR: Julia
REGISTER HERE →
- **Kickboxing**
7:15pm-8:00pm
INSTRUCTOR: Victor
REGISTER HERE →

FRIDAY

- **Yoga**
7:00am-7:45am
INSTRUCTOR: Katrin
REGISTER HERE →
- **Toning & Conditioning**
12:00pm-12:45pm
INSTRUCTOR: Michelle
REGISTER HERE →
- **Lunchtime Meditation**
12:45pm-1:15pm
INSTRUCTOR: Evy
REGISTER HERE →
- **Boxing**
1:15pm-2:00pm
INSTRUCTOR: Rachael
REGISTER HERE →
- **Wind Down for the Weekend**
5:00pm-5:45pm
INSTRUCTOR: Lillian
REGISTER HERE →

KEY:

- Move More **Zoom password: workwell**
- Be Well

Classes will not be held on Memorial Day (Monday, May 31st)

Visit on.nyc.gov/upcomingevents for more information about upcoming classes and programs.



CLASS DESCRIPTIONS

- **CHAIR YOGA**

A gentle form of yoga practiced seated on a chair or standing on the ground using a chair for support.

- **MEDITATION**

Utilizing breath work and awareness building, participants learn how to use meditation as part of their mindfulness practice to release stress, tension, and find feelings of emotional calm.

- **SELF-MASSAGE**

Participants learn self-massage techniques to relieve stress, relax sore muscles, and improve blood flow.

- **YOGA**

Yoga is a mind-body practice that links movement to breath with poses that promote strength and flexibility.

- **YOGA & MEDITATION**

Yoga is a mind-body practice that links movement to breath with poses that promote strength and flexibility.

- **WIND DOWN FOR THE WEEKEND**

A chair yoga class ending with a short meditation practice to help you decompress and transition into the weekend.

- **BOOTCAMP**

Interval training mixing calisthenics and body-weight exercises for building strength and cardio. Classes focus on different muscle groups for a full-body workout.

- **BOXING**

A combat-inspired exercise incorporating a routine of different punches to help build endurance and upper-body strength.

- **DANCE CARDIO**

Aerobic activity featuring combinations of dance moves set to music. Have fun while building strength and endurance.

- **90'S DANCE FITNESS**

Aerobic routines featuring combinations of dance moves set to 90's music.

- **KICKBOXING**

A standing combat sport based on kicking and punching for total body fitness.

- **LOW IMPACT CARDIO**

An aerobic-based workout designed to limit impact on the joints.

- **PILATES**

A low-impact exercise designed to improve core strength, postural alignment, and flexibility.

- **PIYO**

A cardio workout combining the flexibility of yoga with the core-building and strengthening moves of Pilates.

- **TABATA**

A high-intensity interval training (HIIT) workout including exercises that last four minutes and helps to increase endurance and aerobic performance.

- **TONING + CONDITIONING**

Exercises designed to build definition, shape and strength in the muscles.

- **SOGA FITNESS**

A Caribbean Carnival-style dance workout for the whole body, to build stamina and strength.

- **ZUMBA**

An aerobic fitness program inspired by Latin and international music and dance moves. Routines incorporate combinations of fast and slow rhythms to improve cardiovascular health.

FORM A NEW FITNESS MOVEMENT ROUTINE



Finding motivation to exercise daily can be challenging, but there are ways to make moving more a part of your new routine. Regular exercise can boost your immune system and help reduce stress. WorkWell NYC is offering a variety of virtual fitness classes every week to City employees so pop in and try something new.

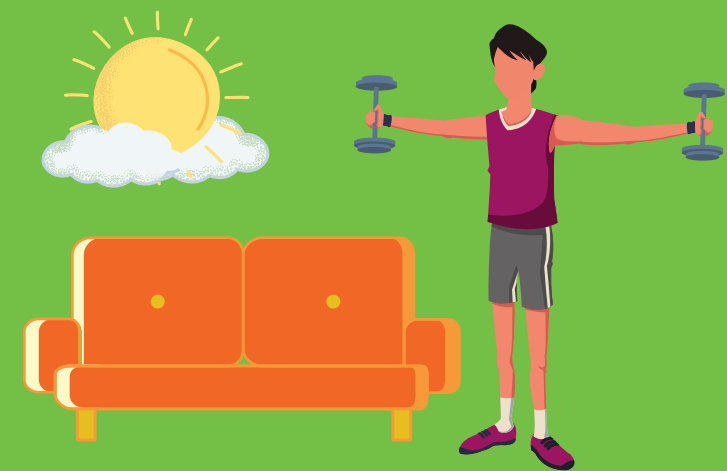
FOCUS ON ACTIVITIES YOU ENJOY



Not sure what type of activity you like best? Try different things to find what you like. You'll be more likely to stick to a routine if you enjoy it!

TRY SOMETHING NEW

BE COMFORTABLE



Wear comfortable clothes and select a time of day and fitness intensity that works best for you.

FIND A CLASS

REWARD YOURSELF



Make time for self-care. Take a bath, give yourself a massage, or sip on a delicious smoothie after your workout.

LEARN SELF-MASSAGE TECHNIQUES

MAKE IT A SOCIAL EVENT



Exercising virtually doesn't have to be done alone! Join a virtual class with other City employees or do a workout video with friends over video chat.

JOIN IN ON THE FUN

 workwell@olr.nyc.gov

 nyc.gov/workwellnyc

 [@workwellnyc](https://www.instagram.com/workwellnyc)

**MOVE
MORE** 


**WorkWell
NYC**
Bill de Blasio, Mayor
Healthy Workforce. Healthy City.

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.



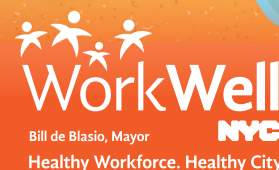
TAKE THE SIDEWALK

Choose to walk when you're running errands.

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



WAYS TO GET ACTIVE ANYWHERE



In the coming weeks, it is important to integrate movement into our daily routines to support both our physical and mental health. Regular exercise helps to strengthen the immune system, reduce stress, and improve mood. The most important thing is to get up and move, whenever or wherever works for you!

STRENGTH

Do **10-15 bodyweight exercises** like push-ups, lunges, leg raises, squats or sit-ups.

Hold position for 15-30 seconds at the bottom of the move to challenge your muscles even more.

Try balancing on one leg to strengthen the leg muscles. Use a chair for support if you need it.

Use household items like water bottles or cans of food as weights.

CARDIO

Get outside and **go for a run or brisk walk**. Just remember to keep 6 feet away from others.

Take the stairs. Walking up and down stairs can be a great cardio workout.

Do a **virtual cardio** workout with friends. Put the same video on and follow along together.

Do 20 jumping jacks wherever you are.

STRETCH

Do 10 minutes of standing stretches or yoga poses right after you wake up.

Add movement to your day with these **seated stretches**: bit.ly/DesktopExercise

Vary your body position during the day to keep the muscles moving.

Before going to sleep, **try 10 minutes of stretches or yoga poses** while lying down to release any muscle tension.

HEALTH BENEFITS OF *WALKING DAILY*



Helps in
weight loss

Increases
lung capacity



Improves
heart health

Sugar cravings
are **lowered**



Reduces
chronic diseases

Improves
mood



Prevents
cancer

Prevents
disability in old age



Delays
ageing

Improves
varicose veins



Lowers blood
pressure

Boosts
immunity



Reduces stroke
risk in women

Speeds up
digestion



Decreases
diabetes risk

Reduces
dementia risk



10 BENEFITS OF WALKING EVERYDAY

@mysuperbodytransformation



1. Burn Calories
2. Prevent Early Dementia
3. Improve Eyesight
4. Prevent Heart Diseases
5. Improve Glucose Tolerance
6. Improve Digestion
7. Boosts Immune Function
8. Relieve Back Pain
9. Improves Mood
10. Eases Joint Pain





SPELL YOUR AGENCY NAME FOR A WORKOUT YOU CAN DO ANYWHERE

A: 20 jumping jacks

B: 10 burpees

C: 25 steps in place

D: 10 crunches

E: 15 deep breaths

F: 2 min. of stretching

G: 10 toe touches

H: 20 mountain climbers

I: 40 steps in place

J: 15 lunges each side

K: 20 sec. plank

L: 10 sec. arm circles

M: 10 deep breaths

N: Jog in place 30 sec.

O: 25 jumping jacks

P: 1 min. of stretching

Q: 10 jump squats

R: 30 high knees

S: Jump 10 times

T: 20 sec. arm circles

U: 10 squats

V: 10 push-ups

W: 30 sec. balance on one leg

X: 10 sit-ups

Y: 10 lunges each side

Z: 25 high knees

 nyc.gov/workwellnyc

 workwell@olr.nyc.gov

 [@workwellnyc](https://www.instagram.com/workwellnyc)



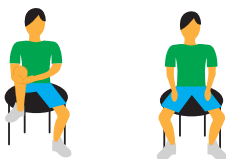
Shout out to our friends at NYPD
Health & Wellness for the inspiration!

Worksite Wellness

Get fit at your worksite with these exercises for beginner, intermediate, and advanced levels.



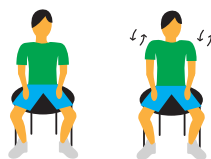
NYC Parks



Seated Knee to Chest Stretch

20 seconds

Sit on the edge of a chair with your feet flat on the floor. Lift your knee to your chest and hold for 10 seconds. Repeat with the other leg.



Shoulder Rotations

20 seconds

Sit with your feet flat on the floor and your back straight. Place your hands on your thighs and rotate your shoulders in a circle. Switch directions after 10 seconds.



Cross Body Stretch

20 seconds

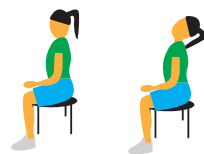
Stretch your right arm out in front of your body. Place your left hand under your right elbow and pull your arm in toward your chest. Hold for 10 seconds, then switch arms.



Desk Plank

30 seconds

Stand in front of or beside your desk. Place your hands on the desk with straight arms. Walk your feet away from the desk until your back is straight and flat. Hold for 30 seconds.



Cat Stretch

20 seconds

Sit with your feet flat on the floor and your hands on your thighs. Arch your back so that your belly button shifts forward.



Tricep Stretch

20 seconds

Raise your right arm above your head and bend your elbow so your hand is behind your neck. Place your left hand on your right elbow and apply pressure to get a good stretch. Repeat with other arm.



Seated Side Stretch

20 seconds

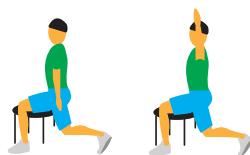
Sit on the edge of your chair with your feet flat on the floor and your back straight. Raise your left arm over your head and lean to the right until you feel a stretch in your left side. Hold for five seconds, then repeat on other side. Continue alternating sides for 20 seconds.



Nodding Head Stretch

20 seconds

Sit with your feet on the floor and your hands on your thighs. Tilt your head backward until you are looking at the ceiling, then look down toward the floor. You can also try touching your ear to your shoulder without lifting your shoulders.



Chair Warrior I

20 seconds

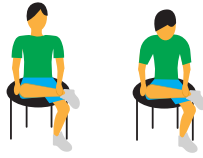
Sit sideways on your chair with your right leg on the inside. Extend your left leg behind you, keeping the inside of your foot on the ground. Lift your hands above your head with palms facing inward and hold. Switch sides.



Forward Bend

20 seconds

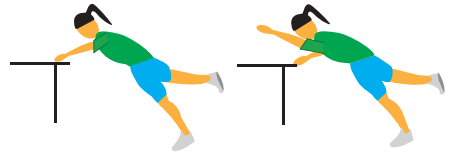
Sit with your feet flat on the floor. Bend over and let your hands fall to the ground near your feet.



Hip Opener Stretch

20 seconds

Sit on the edge of your seat. With your left foot flat on the ground cross your right foot by placing your right ankle on your left thigh. Bend toward the bent leg and hold for 10 seconds. Repeat with other leg.



Desk Plank

30 seconds

Place hands on desk with straight arms. Walk your feet away from the desk until your back is straight and flat. Lift right leg and left arm. Hold for 30 seconds, then switch sides.



Knee to Elbow Crunches

Two sets of 10 repetitions

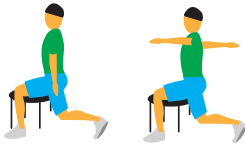
Place your feet flat on the floor with hands behind your head. Twist your body and lift your knee to touch the opposite elbow. Alternate sides 10 times, then rest and repeat.



Seated Leg Raises

Two sets of 10 repetitions

Sit toward the edge of your chair and hold onto its sides. Lift straight legs until they are parallel with the floor. Lower slowly without touching the ground and repeat.



Chair Warrior II

20 seconds

Sit sideways on your chair with your right leg on the inside. Extend your left leg behind you, keeping the inside of your foot on the ground. With your right leg forward, stretch your right arm in front of you and your left arm behind you. Switch sides so your left leg is in front and your left arm is in front.