

Enjoy the summer weather and celebrate **National Great Outdoors Month** and **National Safety Month**! Take some time this June to start a regular outdoor physical activity routine. Exercise solo or ask your friends and family to join!



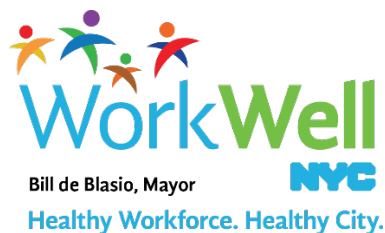
In honor of **National Great Outdoors Month**, here are some exciting and **free ways** to move more:

- 1) **Shape Up NYC** - Shape Up NYC offers free fitness classes in all five boroughs, including outdoor classes during the summer. Registration is not required. Find a workout class at nyc.gov/shapeupnyc.
- 2) **Make NYC Your Gym** – Hike to some of NYC's [landmarks](#) along thousands of miles of sidewalks, walkways and [green spaces](#).
- 3) **Hop on a Bike** - Biking is a fun, convenient and cheap way to get around the city. Remember to wear a helmet! Call 311 to get a free helmet for yourself or your child. To learn more, visit www.nyc.gov/dot and search "Bicyclists."

In honor of **National Safety Month**, here are some tips for making every trip a safe trip:

- 1) When **driving**, slow down, yield to pedestrians and focus on the road. Follow NYC's default speed limit of 25 mph. Don't talk or text on your cell phone.
- 2) When **biking**, ride in the direction of traffic, follow traffic signals and make sure others can see you. Wear something bright or reflective and use a white headlight and red taillight, as required by law.
- 3) When **walking**, watch for turning cars and look in all directions before crossing the street.

To learn more about NYC's plan to reduce road deaths to zero, visit nyc.gov/visionzero.



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