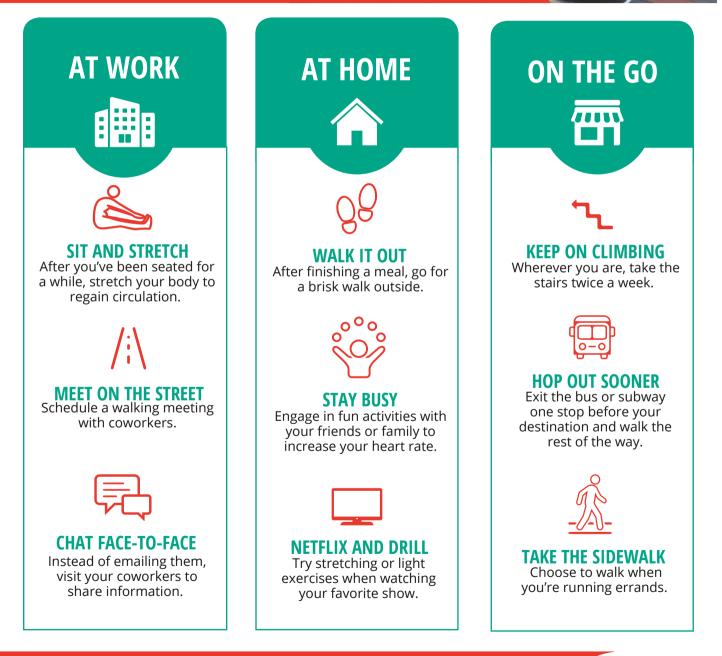
WAYS TO MOVE MORE THROUGHOUT THE DAY

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.



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

