



BEYOND THE SCALE

GETTING BACK ON TRACK



January 15, 2021





Welcome



Afia Bediako, MPH

Eat Well Program
Coordinator



Darwin Blanc, MPH

Citywide Wellness
Coordinator



**Brenda Dash, MS,
RD, CDN, CDE**

Health Educator





**MOVE
MORE**

Physical
Activity



BE WELL
THRIVE NYC

Mental
Wellbeing +
Resilience



**TAKE
ACTION**

Primary Care +
Prevention



**EAT
WELL**

Healthy
Eating





Today's Topics

Today, we'll be answering **your questions about:**

- ✓ Building a healthy relationship with food
- ✓ Setting goals
- ✓ Strategies to stay on track
- ✓ Resources that can help you on your journey

and any other questions you have about eating well during this unique time!





Recovering from 2020



ww



Raise your hand

If you've been having
"one of those days"
for about 8 months now.



For many reasons, 2020 was tough!

- Isolation and changes to physical norms
- Political and social unrest
- Priorities shifted
- New routines created





If You Made it This Far...

**Give
Yourself
a PAT on
the
BACK**





Getting Back on Track

2021 offers us a chance for a fresh start!

Think about:

- ✓ What is most important to you?
- ✓ What do you want to achieve? Why?
- ✓ Who and what can help support your goals?





Looking Ahead

What is your **BIG** goal?

- Set short-term goals
- Action-based goals

What healthy habits can you add?

- What you can add to your routine, rather than take away





Setting SMART Goals





Achieving a Healthy Weight

Exercise more and lose weight are the most common New Years' Resolutions.

Equation for weight loss:



Calories expended

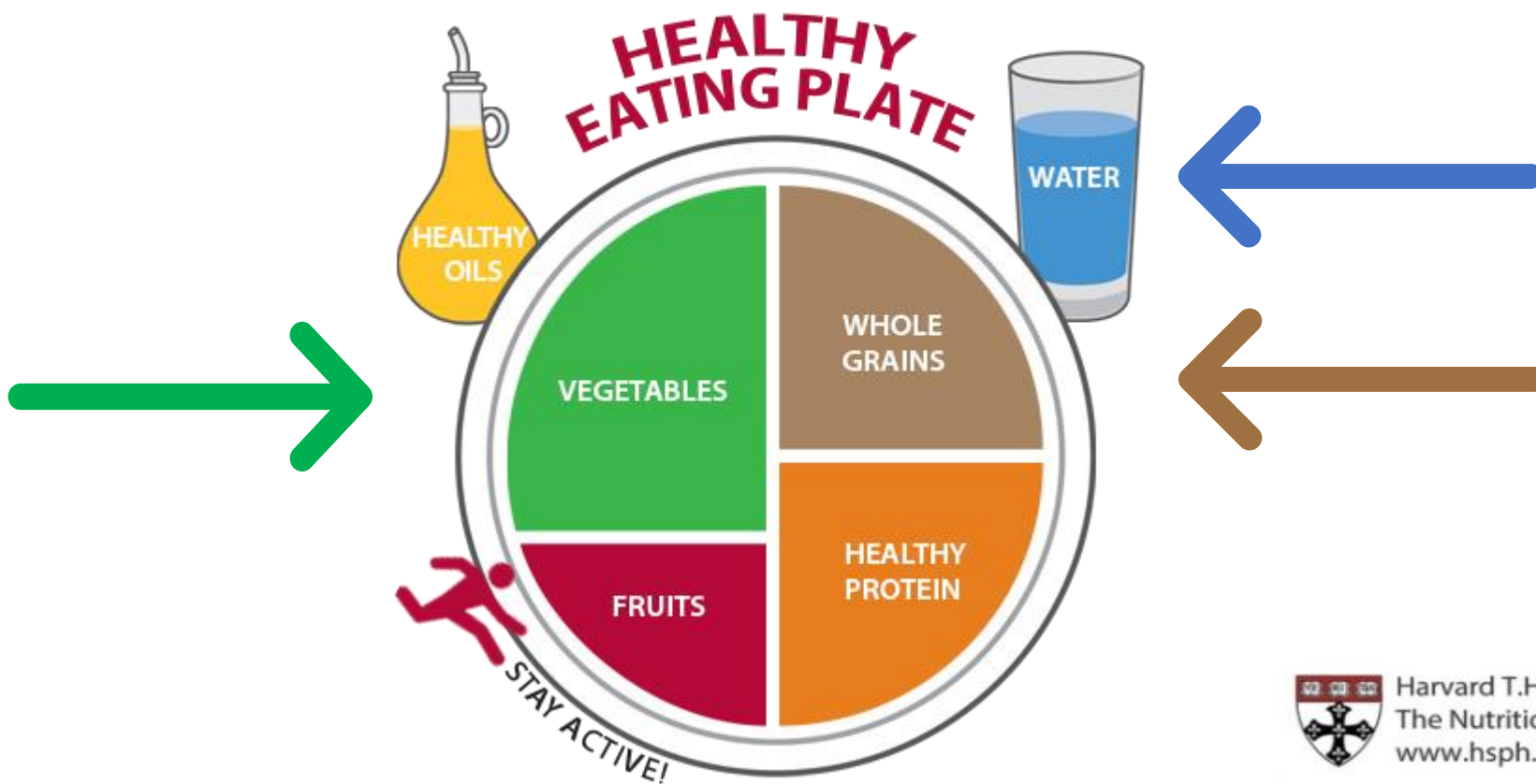


Calories consumed





What You Choose Matters



Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource





Today's Discussion

- **All participants are muted**
- **Click on the “raise hand” icon if you would like to ask a question and you will be unmuted**
- **Feel free to “ask for a friend”**





Goal Setting Sheet


Goal-Setting Worksheet: Setting SMART Goals

The Big Picture
Is there one area of well-being you want to focus on right now? Use the space below to write down a goal you want to work towards achieving.

Make it SMART Goals are more likely to be achieved when they are SMART - specific, measurable, achievable, relevant and time-bound. Fill out the boxes below to make your goal a SMART one!

Be Specific What exactly do you want to accomplish? What actions will help you get there?	
Measure progress How will you track your progress? How will you know when you achieve your goal?	
Achievable What do you need to get there (gym access, time)? How will you get those things?	
Relevant Why does this matter to you? What's your motivation for achieving this goal?	
Time-Bound When will you achieve this goal? Can you set mini-goals to provide momentum?	

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

 **WorkWell NYC**
Healthy Workforce. Healthy City.

Download your copy at
on.nyc.gov/goalsetting





Planning for Success

- Outsmart your obstacles
- Identify allies
- Give yourself visual reminders
- Use technology to your advantage
- Track your progress
- Celebrate small wins along the way





WW Partnership

- WorkWell NYC, NYC Employee Benefits Program, and the City's unions have partnered with WW to offer a subsidized membership for City employees
- WW offers tools to help members reach wellness goals of losing weight, eating healthier, moving more, developing a more positive mindset, or all of the above!

Digital + Workshop (Formerly Meetings)	Digital (Formerly OnlinePlus)
Employee Cost: \$12.00/mo.* Spouse/Dependent/Retiree Cost: \$24.00/mo.**	Employee Cost: \$7.00/mo.* Spouse/Dependent/Retiree Cost: \$14.00/mo.**





WW: Unstoppable Kit

Sign up at
[WW.com/us/NYC](https://www.ww.com/us/NYC)

Register **January 1 - February 28**
and receive a WW Unstoppable Kit

Get a
FREE Unstoppable Kit*
with your purchase of a WW membership!

Can't stop.
WWon't stop.

Too hot
to handle.

While supplies last. Kit contents may vary.





Upcoming Events



Achieving Work-Life Harmony: Webinar

January 21st | 12:00PM

Register at on.nyc.gov/worklifeharmony



Nourishing a Healthy Heart: Cooking Demonstration

February 5th | 12:00PM

Register at on.nyc.gov/nourishing





Digital Classes

WorkWell
DIGITAL

January-March
CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> ● Yoga 7:00am-7:45am INSTRUCTOR: Katrin REGISTER HERE → ● Toning & Conditioning 12:00pm-12:45pm INSTRUCTOR: Tarsha 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 → ● 90's Dance Fitness 6:00pm-6:45pm INSTRUCTOR: Ariana REGISTER HERE → 	<ul style="list-style-type: none"> ● Yoga & Meditation 7:00am-7:45am INSTRUCTOR: Sojourner REGISTER HERE → ● Pilates 8:00am-8:45am INSTRUCTOR: Katrin REGISTER HERE → ● Low Impact Cardio 12:00pm-12:45pm INSTRUCTOR: Dulce REGISTER HERE → ● Lunchtime Meditation 12:45pm-1:15pm INSTRUCTOR: Shalyni REGISTER HERE → ● Abs + Glutes 1:15pm-2:00pm INSTRUCTOR: Tarsha REGISTER HERE → ● Evening Meditation 5:30pm-6:00pm INSTRUCTOR: Kristin REGISTER HERE → ● Pilates 6:30pm-7:15pm INSTRUCTOR: Tara REGISTER HERE → 	<ul style="list-style-type: none"> ● 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: Tarsha REGISTER HERE → ● Lunchtime Yoga 12:00pm-12:45pm INSTRUCTOR: Shalyni 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: Ariana REGISTER HERE → 	<ul style="list-style-type: none"> ● Yoga & Meditation 7:00am-7:45am INSTRUCTOR: Sojourner REGISTER HERE → ● Zumba 12:00pm-12:45pm INSTRUCTOR: Dulce REGISTER HERE → ● Lunchtime Meditation 12:45pm-1:15pm INSTRUCTOR: Evy REGISTER HERE → ● Bootcamp 1:15pm-2:00pm INSTRUCTOR: Amina REGISTER HERE → ● Self-Massage 5:00pm-5:45pm INSTRUCTOR: Sojourner REGISTER HERE → ● Dance Cardio 6:00pm-6:45pm INSTRUCTOR: Julia REGISTER HERE → ● Kickboxing 7:15pm-8:00pm INSTRUCTOR: Victor REGISTER HERE → 	<ul style="list-style-type: none"> ● Yoga 7:00am-7:45am INSTRUCTOR: Katrin REGISTER HERE → ● Toning & Conditioning 12:00pm-12:45pm INSTRUCTOR: Tarsha REGISTER HERE → ● Lunchtime Meditation 12:45pm-1:15pm INSTRUCTOR: Evy (Jan & Mar) Kristin (Feb) REGISTER HERE → ● Boxing for Beginners 1:15pm-2:00pm INSTRUCTOR: Rachael REGISTER HERE → ● Wind Down for the Weekend 5:00pm-5:45pm INSTRUCTOR: Lillian REGISTER HERE →

KEY: ● Move More ● Be Well

*Zoom password: workwell

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

- **Free fitness, meditation, and self-massage classes available Monday through Friday**
- **Visit on.nyc.gov/wellnessanywhere to view calendar and register**



Diabetes Prevention Program

Male-Only Diabetes Prevention Program

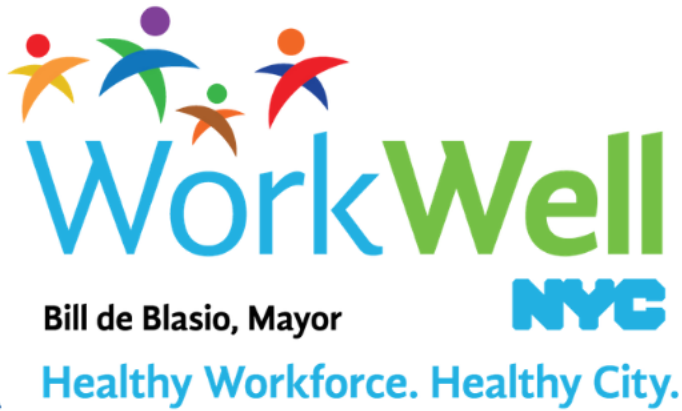
Coming March 2021

WorkWell NYC brings diabetes prevention directly to you with the Diabetes Prevention Program – now offered virtually! **Nationally, approximately 36.6% of men have prediabetes! We are currently recruiting for a male-only cohort set to launch early 2021.**

DPP offers convenient access to life-changing classes that empower employees to lead healthier lifestyles and reduce their risk for diabetes. DPP is a one-year program held virtually online.

Register at on.nyc.gov/maledpp





Contact Us:



nyc.gov/workwellnyc



workwell@olr.nyc.gov



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



[linkedin.com/company/wwnyc](https://www.linkedin.com/company/wwnyc)