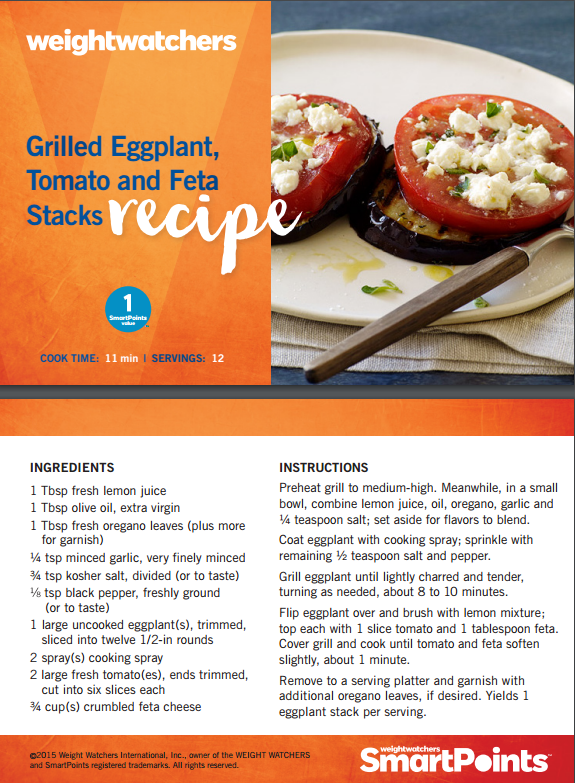
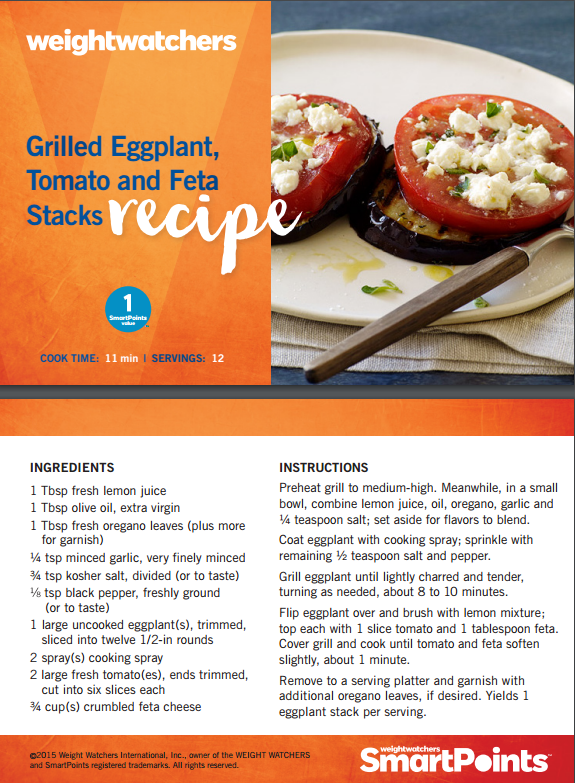
Spring is here and [WorkWell NYC](http://www.nyc.gov/workwellnyc) and [Weight Watchers](http://site-61474.bcvp0rtal.com/) are partnering to help you make this your healthiest year yet. Here are some tips to ward off these common workplace temptations:

* **The office snack trap.** How to resist that dish of chocolate kisses or the doughnut in the breakroom? Stock your own stash of healthy snacks – carrots and hummus, peanut butter and rice cakes or fresh strawberries – for a more nutritious energy boost.
* **The working lunch.** Are take-out or catered lunches sabotaging your progress? Have a piece of fruit or some sliced veggies beforehand to take the edge off your hunger. Then eat with the pack, but be mindful of portion sizes and keep condiments on the side.
* **The mid-afternoon slump.** Craving soft drinks or frozen treats? Keep a water bottle on your desk filled with refreshing H2O. Throw in some lemon slices or mint to add a flavorful twist.

Spring is the perfect season to stock up on fruits and veggies. Fire up your broiler or grill with this great recipe for only 1 SmartPoint™!



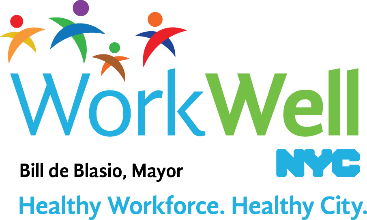
By enrolling through the City’s Weight Watchers program, employees can take advantage of a subsidy that reduces the cost of membership by **more than 50%** off the regular membership price\*. Spouses/domestic partners, dependents (ages 18-26) and retirees\*\* are also eligible for discounted pricing through the WorkWell NYC partnership with Weight Watchers – making health a family affair!

|  |  |
| --- | --- |
| ****Weight Watchers Offering**** | ****NYC Employee Special Pricing**** |
| **Meetings (Includes Online**Plus**) at work or in your local community** | $15.00 per month |
| **Online**Plus | $7.00 per month |

Visit [**nyc.join.weightwatchers.com**](http://www.nyc.join.weightwatchers.com/) to learn more about Weight Watchers and sign up today!

\* The dollar value of this contribution/benefit will be included as taxable income to the employee.

\*\* Spouses and dependents of retirees are not eligible for the discount.

[](http://www.nyc.gov/WORKWELLNYC)