

MAY: WANT TO GET PHYSICAL?

Adding Exercise to Your Daily Routine



MONTHLY WEBINAR

Staying Fit at Work

Thursday, May 16, 2013

12:00 p.m. - 12:30 p.m.

1:00 p.m. - 1:30 p.m.

As working adults, staying fit can be a challenge. Learn tips to add exercise and healthy eating to your workday.

BE SURE TO REGISTER IN ADVANCE

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online.

RESOURCES: CONSULTANTS AND WEBSITE

Adding a little more exercise to your daily routine can have great health benefits: however, between duties at work and obligations at home—it's hard to find the time. Our tools and information can help you find ways to get your heart pumping no matter how busy your schedule.

Call or visit us online to learn ways to add exercise to your day.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.ny.gov.

Andrew M. Cuomo, Governor,
State of New York

Gary Johnson, Director,
Governor's Office of Employee Relations

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Please contact your Human Resources Office, EAP Coordinator, or Work-life Services at worklife@goer.ny.gov for the username and password to access this website or for the toll-free number to call NYS-Balance.

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