

8. **Drink water. Lots of it.** Your body thrives off water. Hydrating helps optimize your energy and concentration, reduces headaches, weight gain and high blood pressure — among many other benefits. Create a healthier work environment by getting your recommended amount of water each day.

Take it one step further by taking advantage of the wellness programs available through the City of Phoenix! For questions on what is offered through the Fit4Phoenix Employee Wellness program, send an email to be.healthy@phoenix.gov.