



# NYC Lifestyle

Apr. 15, 2023 to Apr. 29, 2023

*Ready, Set, Spring!*

Whether you're looking to spice up your home office or give your body the healthy jumpstart it needs, this week's NYC Lifestyle will help you with your spring season reset!

## Refresh Your Home Office

For many of us, working from home has become the norm. And while your home setup may feel just right, when is the last time you updated your tech or décor? Check out this [list of tips to help refresh your home office for 2023](#).

## 2023 Review: Best Juice Cleanses

Sometimes a refresh from within is even more impactful than changing your surroundings. The *New York Post* recently spoke with registered dietitian [Mia Syn](#), who shares some of [the best juice cleanses on the market](#) and how to detox responsibly.

## Best NYC Plant Shops

It's never too late to add some greenery to your life! Plants in your home are proven to improve air quality, reduce stress, and promote well-being. Not sure where to look? Here are the [six best plant shops](#) across the boroughs!

## Best Closet Organization Ideas

If your closet is overflowing, out of order, or simply outdated, check out this list of [33 storage and organization solutions](#) from *Architectural Digest* that will free-up some space and give your closet a stylish revamp.



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## The Brooklyn Half Returns!

NYCRUNS' [Brooklyn Half Marathon](#) returns on April 23rd. The race begins at 7:00 a.m. in North Brooklyn, then crosses the Williamsburg, Manhattan, and Brooklyn Bridges. Also check out the [Brooklyn Half Marathon Expo presented by Adidas](#) on April 21st and 22nd at [ZeroSpace](#) in Boerum Hill.

## NYRR Running Routes & Social Clubs

If a half-marathon isn't your thing, New York Road Runners frequently updates their list of [running routes and local athletic clubs](#) for shorter jaunts and socializing. Check out their list to find a route or activity group near you this season!

## Get Fit at SLT NYC

[SLT NYC](#) provides a 50-minute total body workout that focuses on slow and controlled movements to build more defined muscles and increase stamina. SLT stands for strengthen, lengthen, tone, which is exactly what they promise to deliver in just a few short, yet intense, classes.

## Y7 Studio Infrared Yoga

[Y7 Studio](#) is a trendy yoga franchise with locations scattered across Manhattan and Brooklyn. The studio is known for their candle-lit yoga sessions, paired with Hip-Hop and R&B music, which helps keep up the pace of the class! Single classes start at \$25.

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