



WellNYS Everyday

Making better choices to be well and stay well

2014 Monthly Challenges



March ● Choose one healthy snack

April ● Spend 20 minutes in meditation or quiet reflection, or write in a journal

May ● Participate in 20 minutes of physical activity

June ● Utilize the USDA "Choose My Plate" for one meal

July ● Start the morning with a 10-minute walk, yoga poses or stretches

August ● Make water your beverage of choice three times each day

September ● Choose a healthy breakfast

October ● Start a gratitude journal, and write what you are grateful for

November ● Substitute a piece of fruit for a sugary snack

December ● Practice a Random Act of Kindness

January 2015 ● Participate in 20 minutes of physical activity with a friend or family member

February 2015 ● Choose a healthy lunch

Open to NYS employees and family members.

Register at

www.worklife.ny.gov/wellnyseveryday

Participate and complete 21 days of the Monthly Challenge and earn a WellNYS award.



Monthly Challenges Guidelines

- The **WellNYS Everyday Monthly Challenges** promote practicing a healthy behavior every day.
- Start each **Monthly Challenge** on the first day of the month, and end on the last day of the month.
- The goal is to practice the **Monthly Challenge** behavior for at least 21 days of each month (they don't have to be consecutive days), which is the estimated time it takes to form a habit.
- To participate, register for the **Monthly Challenge** at www.worklife.ny.gov/wellnyseveryday
- The **WellNYS Everyday** programs are self-paced and use the honor system.
- Tracking your progress is extremely powerful and can validate the behavior which may, in turn, motivate you and ensure your successful completion of the program.
- Certificates are awarded to all participants who complete at least 21 days of the **Monthly Challenge**, but we encourage you to practice the healthy behavior every day.