



WellNYS Everyday

Be more than a spectator
during the **XXII Winter
Olympic Games®**

Participate in the

**OLYMPIC
EXPERIENCE**

from

February 7 - 23, 2014!

NYS employees,
challenge yourselves, your families,
and your coworkers to engage in
16 healthy behaviors
during these **16 days**.

Be recognized with a
gold award for participating
on all **16 days**,
a **silver** award for **12 days**,
and a **bronze** award
for **10 days**.

Register online:
www.worklife.ny.gov/wellNYSEveryday
starting **January 1, 2014**



Healthy Behaviors

Encourage a loved one to **participate** in 10 - 20 minutes of **physical activity** with you

While watching TV, **stand up, march** or **jog** in place to the commercials

Stretch your body three times today

Listen to energizing music for 10 minutes and **move your body**

Eat **green leafy vegetables**

Eat a **healthy breakfast**

Go **meatless**

Have a sugar/artificial **sweetener free day**

Perform a **random act of kindness**

Compliment three people today

Make it a **brain teasing day**: do a puzzle, crossword puzzle or play trivia

Make a list of five people you are **grateful** for and tell them you are

Name your own healthy behavior and **practice it** for 21 days straight

Throw out your **toothbrush** and buy a new one

Have a **screen free day**; abstain from TV, leisurely internet surfing and video games

Decrease your **caffeine** or **alcohol** or **soda** to little or none today