



**WeINYS
Everyday**

2016 Monthly Challenges

Jan

Conduct an internet search of a health and/or wellness topic each day.

Feb

Choose to move your body for 10 minutes where you would otherwise be sedentary.

Mar

Eat half of a typical portion for one meal.

Apr

Choose humor and laughter if your stress level is rising.

May

I can do 100 _____
(Fill in the blank with activity; leg raises, arm circles, steps, etc.).

Jun

Track your progress with a daily journal on food and beverage intake, physical activity and/or finances.

Jul

Be physically active for 20 minutes outdoors.

Aug

Participate in the 2016 Olympic Experience: August 5 – 21.

Sep

Cut the amount of caffeine, soda or alcohol in half.

Oct

Eat a New York State apple.

Nov

Reflect on your positive experiences during each day.

Dec

Put down your electronic device for one hour daily.

A NYS Employee Assistance Program initiative for NYS employees and family members.

Register at www.worklife.ny.gov/wellnyseveryday

2016 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.

In 2016, the goal is to practice the Monthly Challenge behavior for at least 16 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 16 days of the Monthly Challenge, but we encourage you to practice the healthy behavior every day.



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