



**WellNYS  
Everyday**

## 2017 MONTHLY CHALLENGES

**Jan** **Start every day in 2017 with 7 healthy habits:**

- Plan your day the night before
- Drink water
- Choose a healthy breakfast
- Say a positive affirmation
- Exercise
- Meditate
- Visualize your day

**Feb** **Stretch your body 7 times.**

**Mar** **Plan 7 healthy meals in advance.**

**Apr** **Strive to get 7 hours of sleep every night.**

**May** **Engage in 17 minutes of physical activity.**

**Jun** **Meditate for at least 7 minutes.**

**Jul** **Enjoy being outdoors for at least 17 minutes.**

**Aug** **At 7 a.m. or 7 p.m. take time to visualize what you want in life.**

**Sep** **Consume 7 bites of a vegetable or fruit with every meal.**

**Oct** **Enjoy 7 slices of a New York State apple.**

**Nov** **Express gratitude 7 times every day by journaling or sharing.**

**Dec** **Take 7 minutes to organize an area in your home or workspace.**

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

Register at:

[www.worklife.ny.gov/wellnyseveryday](http://www.worklife.ny.gov/wellnyseveryday)

# 2017

## MONTHLY CHALLENGES

# GUIDELINES

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The WellNYS Everyday Monthly Challenges promote practicing a healthy behavior every day.

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Start each Monthly Challenge on the first day of the month, and end on the last day of the month.

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To participate, register for a Monthly Challenge at [www.worklife.ny.gov/wellnyseveryday](http://www.worklife.ny.gov/wellnyseveryday)

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The WellNYS Everyday programs are self-paced and use the honor system.

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In 2017, the goal is to practice the Monthly Challenge behavior for at least 17 days of each month (they don't have to be consecutive days).

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Tracking your progress makes it easier to reach your goal.

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Certificates are awarded to all participants who complete at least 17 days of the Monthly Challenge, but we encourage you to practice the healthy behavior every day.



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