



**WellNYS
Everyday**

2018 MONTHLY CHALLENGES

JAN

Read 18 minutes each day for fun.

FEB

Participate in the 2018 Olympic Experience.

MAR

Choose to be mindful while eating.

APR

Read the WellNYS daily tips to be financially fit.

MAY

Complete a short workout before your shower or bath.

JUN

Engage in 18 minutes of physical activity outdoors before noon.

JUL

Partner up and do one mile of physical activity.

AUG

Eat more fruit and vegetables.

SEP

Improve your posture.

OCT

Snack on a New York State apple.

NOV

Offer an unexpected kind gesture.

DEC

Choose to eat healthy and engage in physical activity.

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

Register at:

www.worklife.ny.gov/wellnyseveryday

2018

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.

To participate, register for a Monthly Challenge at www.worklife.ny.gov/wellnyseveryday.

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

In 2018, the goal is to practice the Monthly Challenge behavior for at least 18 days of each month (they don't have to be consecutive days).

Tracking your progress makes it easier to reach your goal.

Certificates are awarded to all participants who complete at least 18 days of the Monthly Challenge, but we encourage you to practice the healthy behavior every day.



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