



WellNYS Everyday



January

Pick a partner and choose a wellness challenge together.



February

Choose a healthy soup and/or salad for lunch.



March

Reach for two healthy snacks.



April

Be mindful and meditate.



May

Try a different exercise every day.



June

Move, eat healthy, or relax for 1 minute at 1:00 p.m.



July

Stay hydrated with water.



August

Try it, taste it, tally it up fruit and veggie challenge.



September

Fall into tracking (food, finances, fitness, etc.).



October

Take two apples and share one with someone.



November

Journal or reflect on what makes you happy.



December

Practice a random act of kindness.

2019

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 <https://wellnys.goer.ny.gov>

The WellNYS Daily Tip changes every day at 6:00 a.m. on the website and it can be emailed to you. The tip provides creative suggestions, interesting facts, and inspiring quotes about the current Monthly Challenge.

In 2019, the goal is to practice the behavior for at least 19 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 19 days of the Monthly Challenge, but we encourage you to practice the healthy behavior every day.



WellNYS
Everyday