



WellNYS
Everyday

2021 MONTHLY CHALLENGES

January

Start or pursue a hobby.

February

Take care of your mental health.

March

Try a new healthy recipe.

April

Take a WellNYS To-Do financial challenge.

May

Move more.

June

Plan 21 fun and healthy things to do this summer.

July

Connect to nature in New York.

August

Try, taste, and tally it up: a fruit and vegetable challenge.

September

Focus on foot health and posture.

October

Enjoy the fall harvest.

November

Practice thankfulness.

December

Start each day with a positive affirmation.

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

Register at wellnys.goer.ny.gov



WellNYS Everyday

WellNYS Everyday is dedicated to educating, engaging and empowering NYS employees and their families by encouraging participation in healthy behaviors. In 2021, participate in **THE THREE** every day.

THE THREE

1. Practice the WellNYS Daily To-Do every day.
2. Check off that you did the To-Do on the Monthly Challenge tracking sheet.
3. Ask your wellness partner, did you do the WellNYS Daily To-Do?

CHALLENGE GUIDELINES

- Every day, the WellNYS Daily To-Do can be emailed to you and is posted on the *WellNYS Everyday* website. at <https://wellnys.goer.ny.gov/>.
- Register for the Monthly Challenge at https://wellnys.goer.ny.gov/registration/monthly_challenge_description.cfm.
- The goal of the 2021 Monthly Challenge is to complete the challenge for the first 21 days of each month. Certificates are awarded to participants who complete 21 days. Then, try *Beyond the Challenge* for the final days of each month, and register for the next month.