



WellNYS
Everyday

2020 Monthly Challenge

Register at wellnys.goer.ny.gov



December

Make the holidays healthier.

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Holiday

In 2020, participate in THE THREE every day by doing the following:

- 1) Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the "Go Beyond the Challenge" starting December 20th.
- 2) Check off that you did the Daily To-Do on the Monthly Challenge tracking form that can be found at wellnys.goer.ny.gov/.
- 3) Ask your wellness partner, did you do the WellNYS Daily To-Do?



December WellNYS Daily To-Do

Once you've completed the To-Do, check the box!

Please do your part: stay six feet apart, wear a mask, and wash your hands.

- 1 The Monthly Challenge for December is to make the holidays healthier. Register for the Monthly Challenge at wellnys.goer.ny.gov
- 2 Ask your wellness partner: What's your favorite thing to do during the holidays? How can you make it healthier?
- 3 This winter, try to eat until you're satisfied, not stuffed! Check out more tips from the Mayo Clinic: <https://newsnetwork.mayoclinic.org/discussion/10-healthy-holiday-nutrition-tips/>
- 4 Have a healthy holiday season by remembering to wash your hands frequently, to prevent the spread of germs! Remember, 20 seconds with soap and water.
- 5 We spend a lot of time baking, shopping, decorating, and visiting family and friends, but often forget our self-care. Don't forget to make time every day to engage in physical activity. Some options could include a brisk walk, weight training, or an online fitness class. **Brisk has been defined by some as 100 steps per minute.*
- 6 Click on the following link and hum The Twelve Days of Christmas tune, while following the lyrics to the CDC's "12 Ways to Health." <https://tools.cdc.gov/podcasts/media/pdf/12WaysHolidayHealth.pdf>
- 7 Make this holiday season healthier by having a Meatless Monday dinner. Looking for recipe ideas? Check some out here: https://www.mondaycampaigns.org/meatless-monday/recipes?recipe_category_id=37&ingredient_id=all&keyword=
- 8 Tweak the sweet: for holiday desserts, try a baked apple with cinnamon and a sprinkle of sugar instead of a slice of apple pie. Check out more ideas here: <https://www.choosemyplate.gov/ten-tips-make-healthier-holiday-choices>
- 9 Are you shopping this weekend? Turn shopping into exercise by walking the mall. Instead of heading straight to your destination, walk once or twice around the entire mall. You can walk for miles in some of the larger malls.
- 10 Feeling sleepy? Try chewing a piece of gum to wake up your taste buds and your mind.

- 11 Fit in Favorites Friday: If you plan for it, no food needs to be on the naughty list. Learn other healthy holiday tips here: <https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>
- 12 Have a soup-er Saturday! Check out this healthy, creamy vegetable soup recipe: <https://www.mondaycampaigns.org/meatless-monday/recipes/creamy-vegetable-noodle-soup>
- 13 Find balance this holiday season. Practicing your balance makes everyday tasks easier while improving your joint health. Try standing on one leg for 30-seconds and be sure to stay close to a wall or chair for stability, if you need it for support.
- 14 When purchasing gifts for loved ones this holiday season, instead of a sweater or a high-tech gadget, create an experience you can do together (wearing a mask and staying 6 feet apart of course).
- 15 Self-care books make an excellent gift and a gift that you can re-gift.
- 16 Schedule a walk and talk date with your wellness partner this Saturday. You can catch up on how you have been making your holidays healthier, while being physically active.
- 17 Wrist-tracking watches make a great gift for anyone. Technology has advanced so much in the past few years, that you can track your steps, calories, your location, the weather, listen to music, and talk on the phone all from your watch. This may be a gift for yourself!
- 18 Sometimes, we just forget to drink water when we get busy. What time is it right now? Is it time for a sip or glass of water?
- 19 According to the Environmental Protection Agency, most Americans spend 90% of their lives indoors. Choose an activity to do outside today. It could be as quick and easy as a walk around your neighborhood.

GO BEYOND THE CHALLENGE

- 20 How about putting snowshoes on your holiday wish list? When the snow starts to accumulate, you'll be excited to get outside and use your new shoes. Snowshoeing is a great workout for your legs and heart.
- 21 Holiday celebrations usually include a lot of food. Whatever you plan on serving, go online and research healthy appetizers. Your family will appreciate having healthier choices.
- 22 Try to park as far as possible from the front door of any store you are going to. This will force you to walk just a little bit further than you normally do. It will only add a few seconds to your trip, but making it a habit will increase your endurance.
- 23 Check out the Physical Activities Around New York State – Winter Activities portal on the WellNYS Everyday webpage for additional information and resources on all the winter activities happening across New York State. https://wellnys.goer.ny.gov/Physical_Activity/winter.cfm
- 24 Whether you're making appetizers or a full meal, increase the amount of fruits and veggies in your meals. Cook them in ways that celebrate their natural flavors instead of hiding them under heavy sauces or glazes.
- 25 Celebrate today by taking time to enjoy what you like to do best, whether it's time with friends and family, a walk in the woods, listening to your favorite music, enjoying a warm fire in the fireplace, or some other favorite activity.
- 26 Looking for a weekend activity? Try ice skating. Many rinks rent skates for a nominal fee. It's a blast, and you will strengthen your core and have a few laughs while trying to stay upright.
- 27 What healthy behaviors do you want to engage in daily for 2021? Make a list.
- 28 The year 2020, has been life changing. Reach for your journal and write down 20 positive experiences you have had.
- 29 The focus for the January Monthly Challenge is to engage in a hobby. Before the new year begins, write down some new hobbies that you would like to explore.
- 30 Tomorrow is the last day of 2020. Are you ready for the new year? What are your goals?
- 31 Today is the last day of December. Go to the WellNYS Everyday website at <https://wellnys.goer.ny.gov> and **check off the days you participated in the Monthly Challenge.**

Number of days completed