



WellNYS
Everyday

2020 Monthly Challenge

Register at wellnys.goer.ny.gov



May



Be physically active.



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31						

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 January 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?



May WellNYS Daily To-Do

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

1 The May Monthly Challenge is to be physically active in a way that works for you. Register for the Monthly Challenge at wellnys.goer.ny.gov

2 It's important to consult with your physician before adding more physical activity to your lifestyle. Make sure your doctor is aware of any aches or pains that may limit your ability to exercise or the type of exercise you can do.

3 Stay Flexible Sunday: Stretching can reduce pain and stiffness, improve your range of motion, and minimize wear on your joints. For a list of safe stretching exercises and tips, visit heart.org/en/healthy-living/fitness/staying-motivated/stretchers-for-exercise-and-flexibility

4 Move it Monday: Studies have shown that Monday is the day when people are most likely to start new healthy behaviors. Try setting a reminder to move on Mondays. For more information visit: moveitmonday.org

5 Taco Tuesday is now Twisted Tuesday. After work today, try an at-home yoga workout or other exercises. This might even help you sleep better tonight.

6 Wind-down Wednesday: At noon today, take five minutes to breathe deeply and stretch at your desk.

7 On-Your-Toes Thursday: Find little ways throughout the day to do a few toe-raises, for example, when you are on your phone.

8 Fit Friday: What can you do today to improve your fitness? To improve your cardiovascular fitness, move your body with exercises that increase your heart rate such as walking, cycling, or swimming. To improve your flexibility, try stretching, yoga, or tai chi. To improve your muscular strength, try a few exercises with weights.

9 Take-a-Stand Saturday: Actively choose to stand, stretch, or move more than you sit this weekend. Standing and stretching improve circulation and are better for your overall health.

10 When starting a new exercise routine, it is important to take periodic breaks. This way, you can rest if you begin to feel tired or experience pain.

11 Organize a Monday Mile at your workplace! The Monday Mile is a weekly group walk, jog, roll or ride for 20 minutes to help everyone start the week off moving together. For more information, visit moveitmonday.org/mondaymile/

12 Do you have a desk job and feel you spend too much time sitting? Check out Deskerercise! 20 Ways To Get Moving While You Work; nchpad.org/fppics/deskercise%20poster_updated.pdf

13 Do you have your First or Next 5K planned for 2020? There are hundreds of 5K events in New York State for all levels of abilities. For more information on local 5Ks, go to wellnys.goer.ny.gov/Physical_Activity/running.cfm and find your region's local running clubs. Events are posted on their websites.

14 After you complete your First or Next 5K, go to the WellNYS Everyday website and enter your name, the event name, event date, and the program will send you a certificate and a "5K in 2020" car magnet to share your success! Visit wellnys.goer.ny.gov/5k.cfm

15 Scheduling a time for physical activity can be a motivator. What time will you choose to be physically active today?

16 What region of New York State do you live in? The WellNYS Everyday website has a Physical Activities Around NY portal with information on running, walking, cycling, hiking, triathlons, swimming, canoeing, kayaking, and dancing for all levels of ability. wellnys.goer.ny.gov/physical_activity_ideas.cfm

17 Check in with your wellness accountability partner to see what type of physical activity they enjoy doing. Is this something you could try?

18 Choosing a time of the day for your physical activity is just as important as the physical activity you choose. Are you an early morning person, or do you have the most energy at lunchtime? Do you prefer to be active before or after dinner? Choose the same time everyday so it becomes a habit. nchpad.org/fppics/deskercise%20poster_updated.pdf

19 Feeling stressed? Throw 50 air punches to let out some frustration. Look around first to be sure you don't hurt anyone!

Number of days completed

20 GO BEYOND THE CHALLENGE

Everybody needs physical activity for good health. Most adults with disabilities can participate in physical activity, yet nearly half of them do not get any aerobic physical activity. Learn how people with disabilities can find their own path to physical activity at the following website: cdc.gov/features/fitness-disabilities/index.html

21 New York State features bike trails such as the Mohawk-Hudson trail, the Walkway Over the Hudson trail, and the Great Lakes Seaway Trail. Check out 12 Amazing Bike Trails for Every Level of Cyclist. iloveny.com/blog/post/amazing-bike-trails-for-every-level-of-cyclist/

22 Swimming and summertime go together. It may not be warm enough today to go swimming, but it's the perfect day to plan ahead for where you can go swimming in your area in the warmer weather. Check out local pool and park schedules, memberships, fees, etc. Does the park offer a free pass before the official opening?

23 When is the last time you picked up a racquet or ping pong paddle? Racquet sports can be fun and competitive, and they offer another way to get some exercise.

24 Hiking is a fun and easy way to explore the great outdoors. Check out the following website to learn where there are some great hikes in New York State. wellnys.goer.ny.gov/Physical_Activity/hiking.cfm

25 Instead of reaching for another cup of coffee or soda on your break today, drink some water and move your body. Moving will give you the energy your body craves with no caffeine.

26 Find a great song and try moving to the music by yourself, or with someone else. All you need is some upbeat music to motivate you to move your body.

27 Cardio equipment is very popular equipment at the gym. Treadmills, ellipticals, bikes, rowing machines, stair machines, and spin bikes are just a few choices. Today may be a great day to get a free pass at a local gym to try a new piece of equipment.

28 Taking the stairs is an excellent form of exercise. So often, we tend to take the easiest way to get someplace. Today, choose the stairs instead of the elevator or escalator.

29 Squatting is an effective leg exercise and it's something you do every single time you sit down. Today instead of just sitting; sit, then stand up immediately. Sit, then stand, and sit, and stand. You just did 3 squats! Or substitute another exercise that challenges you.

30 Today, try a different exercise at the top of every hour. At 7 AM, take a walk; at 8 AM, try eight squats; at 9 AM, perform nine bicep curls with weights; at 10 AM, try 10 wall push-ups. You can substitute other exercises, just make it fun rather than a chore!

31 Today is the last day of May. Go to the WellNYS Everyday website at wellnys.goer.ny.gov and check off the days you participated in the Monthly Challenge.