



WellNYS
Everyday

2020 Monthly Challenge

Register at wellnys.goer.ny.gov

June

Go outdoors more often.

s	m	t	w	t	f	s
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



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 June 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?



June 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 June is to go outside more often. Register for the Monthly Challenge at wellnys.goer.ny.gov

2 Ask your wellness partner to go to a local park or a local rail trail today.

3 Looking for a new routine and a way to get outside more? Check out Walk With Ease! It's a fun exercise class that helps reduce joint pain and stiffness. Learn more here: arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/about.php

4 Clear your mind this Thursday by taking time to go outside. It is an easy way to hit the refresh button.

5 This weekend, take some photos while on a walk or a hike to remember the day and where you went.

6 Do you need to tend to your garden but it's too hot outside? Plan time in the morning to check it off your to-do list before it gets too warm outside.

7 Sunday Stroll: Take in the extra hours of sunlight this evening with a 20-minute walk, ride, or roll after dinner.

8 Challenge yourself to a Monday Mile: Walk, jog, bike, or swim one mile today! Learn more about Monday Mile here: lernercenter.syr.edu/healthy-monday/programs/move-it-monday-monday-mile/

9 A great way to enjoy the outdoors is biking. Biking is a great option for people wanting to be more physically active while protecting their joints. Look for a bike trail near you: wellnys.goer.ny.gov/Physical_Activity/cycling.cfm

10 If you haven't tried yoga before, or even if you have, try a few minutes of stretching outside today. The fresh air and sunshine will feel fantastic!

11 Try something new: Reach out to your wellness partner today to decide on a new outdoor activity you both will try.

12 Fresh Air Friday: Opt to go outside for your afternoon break today. You'll likely feel refreshed and rejuvenated.

13 Mix it up this Saturday; pack a picnic! Lay out a comfy blanket, enjoy the sun, fresh fruit and vegetables, and the company of your family and friends while staying six feet apart, of course!

14 Do you enjoy golf? Next time you go, walk the course to work in extra steps instead of riding in a cart.

15 Call your wellness partner today and ask how their Monthly Challenge has been going so far. Offer tips that have worked for you. Encourage and motivate each other to help you both reach your goals!

16 Have you ever heard of handicaching? It is like geocaching, but for participants with varying disabilities. Check out the world's largest treasure hunt by searching "handicaching."

17 Check out local hiking spots near you on the WellNYS Everyday site: wellnys.goer.ny.gov/Physical_Activity/hiking.cfm

18 A great way to get motivated to be active is to listen to your favorite music, podcast, or audiobook. What's your favorite thing to listen to when you're being active outside?

19 Bocce ball is a leisurely, fun way to spend time outdoors. It's a nice way to unwind after work or while waiting for the grill to heat up outside.

GO BEYOND THE CHALLENGE

20 Today is the first day of summer! It's the perfect time to try a new water sport. Check out the WellNYS Everyday site for local canoeing, kayaking, and rafting areas: wellnys.goer.ny.gov/Physical_Activity/canoe.cfm

21 Planning a beach vacation? Take advantage of a new way to be more physically active by playing games on the beach or swimming, all while continuing to respect being socially distanced. Don't forget the sunscreen!

22 Bring Back the Balance Monday: Did you know that spending time outside can help improve your mental health? Your mind and body will thank you! Learn more: news.stanford.edu/2015/06/30/hiking-mental-health-063015/

23 Is there a park or trail in your area that makes you say, "One day, I want to go there." Make today that day! Remember your face coverings!

24 Do what you can, while you can! Do you only have a few minutes free today? A few minutes of activity is better than none.

25 Nature is one of the best reasons to be outdoors. Just be mindful, listen to the birds, and smell the warm summer air. Is there anything else that stands out to you?

26 Have a screen-free weekend with your family. Turn off the TV, try not to look at your phones, and go outside to be active as a family!

27 Yard work may feel like a chore. Instead of just raking, mowing, or weeding, put your earphones on and enjoy your favorite music.

28 Badminton and Frisbee are both great to play when you have a partner. You can also be socially distanced when you play.

29 Make a list of your favorite things to do outside and do one today.

30 Today is the last day of June. Have you been spending more time outside? If not, put it on your to-do list. If you registered and participated in the Monthly Challenge, go to the WellNYS Everyday website at wellnys.goer.ny.gov and check off the days you participated in the Monthly Challenge.

Number of days completed