



WellNYS
Everyday

WellNYS
Daily To-Do

May

Dance or move to your favorite song.

In 2022, 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 May 22nd.
2. Check off that you have completed the Daily To-Do on the Monthly Challenge tracking form that can be found at <https://wellnys.oer.ny.gov/>
3. Ask your wellness partner, "Did you do the WellNYS Daily To-Do?"

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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	31				

UPCOMING MONTHLY CHALLENGES

June



Start your morning with a positive habit.

July



Form a team of two and make plans to be active together.

August



Stay hydrated throughout the day.

JUNE						
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		

JULY						
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
						31

AUGUST						
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	31			

Check off your Daily To-Dos at <https://wellnys.oer.ny.gov/>

May

WellNYS Daily To-Do



WellNYS
Everyday

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

- 1.** Dance or move to your favorite song is the May Monthly Challenge. Register on the WellNYS Everyday website and track your progress. Register at: https://wellnys.oer.ny.gov/registration/monthly_challenge_description.cfm.
- 2.** There are many types of music to dance or move to; rock, hip hop, country, easy listening, indie-rock, jazz, pop, worship, and old school, just to name a few. What is your favorite type of dance music?
- 3.** A playlist is a list of audio files that can be played back on a media player either sequentially or in a shuffled order. What upbeat songs can you add to your playlist today to dance/move to?
- 4.** Did you know that the WellNYS Everyday website has a page dedicated to dance? Learn more about local organizations in your region: https://wellnys.oer.ny.gov/Physical_Activity/dance.cfm
- 5.** What is your go-to pump up song?
- 6.** Too tired after work to get some exercise? Don't sit on the couch! Put on comfortable clothes, sneakers, and headphones. Turn on the music and start moving.
- 7.** If you're already active or looking to become more active, dancing is a great way to improve balance, coordination, and mood. What will you dance to today?
- 8.** Listening to your favorite music can change your mood in a minute. Put on your favorite song and observe what happens to your mood.
- 9.** Dancing is a low-impact exercise that can help your joints and muscles from feeling tight. Start or end your day with fun movement to feel your best.
- 10.** The best tempo to work out to is between 120 and 140 beats per minute (BPM) says Costas Karageorghis, a sports psychology professor at Brunel University. Most commercial dance music and many rock songs are in or near that range. This tempo typically matches the average heart rate during a workout. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3339578/>.
- 11.** Dancing makes moving your body feel like a celebration. Put "music to celebrate to" in your web browser and choose which song will help you celebrate today?
- 12.** A study, from the Journal of Sports Exercise Psychology, found that motivational music helped exercisers push through fatigue. An American Council on Exercise article states that music can also increase endurance during a workout, up to 15 percent. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5435671/>.
- 13.** Turn on music and dance around the kitchen while you make dinner tonight. While you wait for the water to boil or the oven to heat up, you can work up an appetite.
- 14.** Find a genre of music that speaks to you and makes you want to dance. Turn it up and dance.
- 15.** Do you take the bus to work? One morning this week, get off one stop earlier than usual and listen to music as you walk the rest of the way to your office.
- 16.** Looking for motivation on this Monday? There are hundreds of playlists out there to get you moving and grooving your way to having more energy, more movement, and more fun!
- 17.** Summer is almost here and so is the arrival of outdoor concerts. An outdoor concert is the perfect place to dance and move and listen to live music at the same time. Is your favorite band coming to a town or city near you?
- 18.** Whether it's riding an indoor bike, lifting weights, or going for a walk, music can motivate and inspire you to keep going. What song will help push you a little further today?
- 19.** Share your favorite songs to dance or move to with your wellness partner. You may find a new favorite!
- 20.** Turn on your favorite radio station as you get ready this morning. Try a few new dance moves for a fun way to start the day on a positive note.
- 21.** It's spring in New York State. Put on a pair of sneakers and head out the door for a walk while listening to your favorite song today.
- 22. Go Beyond the Challenge:** The best song to slow dance is (blank). (You fill in the blank).
- 23. Go Beyond the Challenge:** Zumba workouts involve highly choreographed movements set to upbeat salsa and international music. It is a fun, high-energy workout experience that keeps you excited to exercise. If this interests you, check out your local gym or town recreation center for Zumba classes.
- 24. Go Beyond the Challenge:** Mix up your day today by trying a new dance workout. There are hundreds of free, online workout videos for every fitness level and music genre. Do a search online.
- 25. Go Beyond the Challenge:** Here are a few forms of dance; ballet, ballroom, contemporary, hip hop, jazz, tap dance, and Irish dance. If you were to pick one to try either by yourself or with a partner, what would you try?
- 26. Go Beyond the Challenge:** Can you do the following dances according to the decade: the Hustle (70s), the moonwalk (80s), Electric Slide (90s), or Single Ladies (2000s)?
- 27. Go Beyond the Challenge:** Dancing can challenge you both physically and mentally. Pay attention to how music can distract you in a good way when you are listening and dancing.
- 28. Go Beyond the Challenge:** Put some pep in your step and walk to music during your break today at work. Check out the WellNYS Everyday site for worksite walking maps: https://wellnys.oer.ny.gov/nys_workplace_walking_maps.cfm.
- 29. Go Beyond the Challenge:** Dance for 15 minutes today!
- 30. Go Beyond the Challenge:** Today, choose five to six upbeat songs when you are doing a routine task and see how it makes you feel.
- 31.** Today is the last day of May. Go to the WellNYS Everyday website at <https://wellnys.oer.ny.gov> and check off the days you participated in this Monthly Challenge.



NUMBER OF DAYS COMPLETED