



WellNYS
Everyday

WellNYS
Daily To-Do

April

Plan a vacation.

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 April 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.goer.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

UPCOMING MONTHLY CHALLENGES

May



Dance or move to your favorite song.

June



Start your morning with a positive habit.

July



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

MAY						
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				

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					

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

April

WellNYS Daily To-Do



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Everyday

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

- 1. Plan a vacation is the April Monthly Challenge. Register on the WellNYS Everyday website and track your progress. Click on the following link to register: https://wellnys.goer.ny.gov/registration/monthly_challenge_description.cfm.
- 2. When planning a vacation, think of the five W's: who, what, when, where, and why. Who would you like to vacation with? What would you like to do on vacation? When do you plan to go? Where will you stay? Why do you want to go there?
- 3. What type of vacation are you planning? Do you want to sit on the beach listening to the waves, ride a roller coaster, or walk around a city you've never been to? First, decide what you want to do, then decide where you want to go?
- 4. Go on a one-tank-of-gas getaway. From many locations in New York State, it is only a day's trip to get to Canada, Ohio, New England, Pennsylvania, or New Jersey.
- 5. Are you concerned about your power going off while on vacation? Place a glass full of water in your freezer, once it is frozen, place a quarter on top. If the power goes off, the water will melt, and the quarter will fall into the bottom of the glass. If you see this when you get home, throw out the food in your freezer.
- 6. If you are only staying for one evening in a specific location, ask the locals what their three favorite restaurants are. Why not try all three? Have an appetizer at the first, main course at the second, and dessert at the third. Don't forget to ask the server what the most popular menu choices are.
- 7. Plan an annual vacation with one or more families or friends you are close with. Get together and discuss where you would like to go. Then search "vacation home rentals" and find a home that will accommodate all of you. Divide up the cost per person and enjoy a less expensive vacation.
- 8. On your next walk with a co-worker, ask them what their favorite vacation has been and why they enjoyed it.
- 9. Go to loveny.com/ to discover places to go, things to do, places to stay, events to attend, and other ideas for planning your next trip. New York has the Niagara area, Finger Lakes, New York City, Adirondacks, Long Island, Central NY, Catskills, or the Hudson Valley, just to name a few.
- 10. Safety should be a concern when it comes to your home when you are away. Here are three things to do before your vacation; stop your mail with the post office, put a lamp on a timer so it turns on every night, and wait to post photos on social media until you return.
- 11. One way to save money for vacation is to estimate the cost of the vacation and set money aside each pay period so when the time comes, you will be financially prepared.
- 12. Do you have a travel bucket list? Would you like to drive across the United States, view Paris from the Eiffel Tower, zipline into a rain forest in Costa Rica, stroll the beaches of the Caribbean, or cruise through the Panama Canal? Start planning your dream vacation today.
- 13. Travel agents are now called travel advisors. For help navigating all the details of your trip, you may want to turn to an expert.
- 14. If you were in another state and were asked to share the top 10 places to visit in New York State, which places would you recommend going to?
- 15. If you are looking for a creative birthday present for a loved one, surprise them with a vacation. Plan every detail and pack their suitcase. On the day of their birthday, blindfold them and take them to the airport. It will be a birthday gift they will never forget!
- 16. How about a fishing vacation? With more than 7,500 lakes and ponds and 70,000 miles of rivers and streams, there are plenty of places to try freshwater fishing in New York! Go to <https://www.dec.ny.gov/outdoor/7749.html>.
- 17. Do you enjoy bike riding? Then go on an adventure. Travel by bicycle across New York State in July. For more information go to Cycle the Erie Canal at <https://www.ptny.org/cycle-the-erie-canal/plan-a-trip>.
- 18. Golfing trips are a great way to get like-minded friends together. Some of the best golf courses are in New York State parks. Go to <https://parks.ny.gov/golf/> to find a destination near you.
- 19. Start the countdown! Anticipating your vacation is part of the experience. One month before you leave, start the count down using your calendar or phone.
- 20. Some fun ideas for vacation could include going tech-free, going somewhere off the grid, or experiencing something you can't do in your hometown.
- 21. A spa vacation could include a facial, hot-stone massage, meditation class, or eating gourmet, healthy meals. If this appeals to you, go online and search "spa vacations."
- 22. **Go Beyond the Challenge:** If you participated in the February Monthly Challenge and created a bucket list, this weekend set aside time to plan a trip to a place on your list. If you didn't, start this list today.
- 23. **Go Beyond the Challenge:** According to WorldAtlas.com, New York City (NYC) is the most visited city in the United States. If you plan to visit NYC, check out these low-cost options: take a free sunset ride on the Staten Island Ferry, bike the Hudson River shoreline, or go to a museum. For museums that offer free admission, go to: <https://www.nyc-arts.org/collections/35/free-museum-days-or-pay-what-you-wish>.
- 24. **Go Beyond the Challenge:** A staycation is taking time off from work for a vacation and staying home. Make a list of day trips within two hours of your home and choose a destination from this list the next time you want to have a staycation.
- 25. **Go Beyond the Challenge:** Vacations are often shared with family and friends. A self-cation is when you go on vacation by yourself. Where and what would you do by yourself?
- 26. **Go Beyond the Challenge:** When you return from vacation, make notes about your experiences. What did you like/dislike? What would you do differently? Would you go to this location again?
- 27. **Go Beyond the Challenge:** Use social media to ask whether any friends have been to where you are going. Most likely someone will have recommendations as to what to do or where to stay.
- 28. **Go Beyond the Challenge:** Name all the countries, states, and cities you've been to for vacation. Might there be any you would like to visit again?
- 29. **Go Beyond the Challenge:** Traveling by airplane can be stressful with long security lines and cancelled flights. Instead, try traveling by train and experience traveling with large comfortable seats, the ease of moving about, and a slower speed so you can look at the beautiful scenery.
- 30. Today is the last day of April. 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