



WellNYS  
Everyday

# WellNYS Daily To-Do

## 2021 July

### Connect to Nature in New York State.

In 2021, 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 July 22<sup>nd</sup>.
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	31

WellNYS Everyday  
Making better choices to be well and stay well.

WellNYS Daily To-Do  
Friday June 25, 2021  
Go Beyond the Challenge: Participate in a walk or 5K run for charity.  
Click Here to receive details about the challenge.

June Monthly Challenge  
Plan 21 fun things to do this summer.

My First or Next 5K  
5K 2021

Physical Activities Around NY

Wellness Resources  
WELLNESS RESOURCES

Find a NYS Farmers Market

NYS Workplace Wellness Map

Headspace

NYS Quiltline  
You can quit. We can help.

About Us

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

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				

SEPTEMBER						
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		

OCTOBER						
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					

### UPCOMING MONTHLY CHALLENGES

August

Try, taste, and tally it up: a fruit and vegetable challenge.

September

Focus on foot health and posture.

October

Enjoy the fall harvest.



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

- ☐ 1. The Monthly Challenge for July is to connect to nature in New York State. **Register for the Monthly Challenge at <https://wellnys.goer.ny.gov>.**
- ☐ 2. There are many ways to connect to nature in New York State. The first way to connect with nature is to spend time outside. What is your favorite part of being outside; the temperature, the scenery, the smell, or the weather?
- ☐ 3. Don't forget to apply sunscreen before you go outside.
- ☐ 4. Happy Fourth of July! Celebrate today by spending more time outside. Play lawn games with family or picnic in your yard.
- ☐ 5. Really connect to nature today. Take five minutes to go outside without your phone. Sit, stand, or walk for five minutes, and notice the sights, sounds, and smells around you.
- ☐ 6. Not sure where to go outside? Check out the I Love NY website for ideas near you. Find locations that are wheelchair accessible, pet-friendly, and more at <https://www.iloveny.com/things-to-do/nature/>.
- ☐ 7. 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?
- ☐ 8. Summer is the perfect time for swimming. Take a look at the list of New York State parks to find a swimming area near you at: <https://parks.ny.gov/recreation/swimming/>.
- ☐ 9. Spend time outside Saturday. An easy way to connect to nature is to have a meal outside. Decide which meal you will eat outside today.
- ☐ 10. Go for a walk with your wellness partner today. Share your favorite outdoor activities with each other.
- ☐ 11. Walking is an easy and enjoyable way to reduce pain, stiffness, and fatigue. Get outside and find a trail at a state park near you at: <https://parks.ny.gov/recreation/trails/trails-in-state-parks.aspx>.
- ☐ 12. A Monday Mile encourages starting your week off on the right foot, by walking or riding one mile. Looking for a spot to do your Monday Mile? Check out the WellNYS Everyday website at: [https://wellnys.goer.ny.gov/nys\\_workplace\\_walking\\_maps.cfm](https://wellnys.goer.ny.gov/nys_workplace_walking_maps.cfm).
- ☐ 13. Tidy up this Tuesday. Grab a pair of gloves and a small bag and pick up trash as you see it. Remember – leave no trace!
- ☐ 14. Let there be light! Did you know that natural sunlight sends signals to your brain to create hormones that improve your mood? Open your blinds first thing in the morning to kickstart your mood!
- ☐ 15. Feeling overwhelmed? Being outdoors can reduce stress and anxiety, lower blood pressure, and help you feel better overall.
- ☐ 16. What is your favorite outdoor spot in New York State? Could it be the falls in Niagara, the beaches of Long Island, the mountains of the Catskills, or the gorges in Watkins Glen?
- ☐ 17. Check out the new State Parks Explorer app. It's free! Find all the information you need to start your next outdoor activity at a state park or historic site. Learn more at: <https://parks.ny.gov/explorer-app/>.
- ☐ 18. Looking for a new way to spend time outdoors? Listen to a meditation while you relax on the porch or while going for a walk. Check out free meditations from Headspace here at: <https://www.headspace.com/ny>.
- ☐ 19. The Empire Trail is complete. The 750-mile trail is accessible for walking, biking, and much more. Learn more here at: <https://empiretrail.ny.gov/>.
- ☐ 20. Take in sunshine Tuesday: go for a walk during your lunchtime break today – don't forget your sunglasses!
- ☐ 21. Can you identify all the types of birds in New York State? Join one of our many birding programs and learn tips and tricks for identifying birds at the NYS parks. Go to <https://parks.ny.gov/events/event-results.aspx?ft=2&lct=0> to find out if your closest park is participating.

## GO BEYOND THE CHALLENGE

- ☐ 22. New York State boasts more than 7,500 lakes and ponds, 70,000 miles of rivers and streams, and hundreds of miles of coastline. There are so many fishing opportunities to explore. For more information on fishing go to <http://www.dec.ny.gov/outdoor/fishing.html>.
- ☐ 23. Attending outdoor concerts is another way to spend time outdoors. Check your local community calendar to see what type of music is playing near you today. Grab your chair and enjoy the beautiful summer weather.
- ☐ 24. Tonight, is the July full moon. Experience nature where you live in New York State by taking a late evening walk.
- ☐ 25. Badminton is fun and easy to play, and it is an inexpensive investment in summer fun. It is great exercise to chase that birdie with your racket.
- ☐ 26. We spend much of our day inside at work, inside at home, and inside our mode of transportation. Commit every day to go outside to enjoy nature.
- ☐ 27. When it's warm out, the best places to be are in a pool, pond, lake, or ocean. There are so many ways to cool off: wading, swimming, jumping, fishing, kayaking, water skiing, tubing, or just sitting in the water. Don't forget to apply sunscreen.
- ☐ 28. Make a list of your favorite things to do outside and pick one to do today.
- ☐ 29. Did you plant a vegetable or flower garden? If so, how is it doing?
- ☐ 30. It's blueberry and blackberry season. Is there a local farm where you can pick your own? Find one here at: <https://www.pickyourown.org/NY.htm>.
- ☐ 31. Today is the last day of July. 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