



WellNYS  
Everyday

# WellNYS Daily To-Do

# 2021 June

Plan **21** fun and healthy things to do this summer.

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 June 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	<b>19</b>
20	21	22	23	24	25	26
27	28	29	30			

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

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				

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		

## UPCOMING MONTHLY CHALLENGES

<b>July</b>	Connect to nature in New York.
<b>August</b>	Try, taste, and tally it up: a fruit and vegetable challenge.
<b>September</b>	Focus on foot health and posture.



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

- 1. The Monthly Challenge for June is to plan 21 fun and healthy things to do this summer. **Register for the Monthly Challenge at <https://wellnys.goer.ny.gov>.**
- 2. A Summer is upon us, and if you live in New York State, you can expect three months of beautiful weather. Start planning fun and healthy things to do using the 2021 Upstate NY Summer Travel Guide: <https://www.newyorkupstate.com/things-to-do/2021/05/2021-upstate-ny-summer-travel-guide-things-to-do-places-to-visit-more.html>.
- 3. Plan a picnic at a local or New York State park. Bring bocce, frisbees, lemonade, and a healthy snack or treat.
- 4. Go on a bike ride or a walk around your neighborhood.
- 5. Plant a vegetable garden in your yard or in a container on your front step.
- 6. Go kayaking, canoeing, or boating in the ocean or one of the many NYS rivers, ponds, and lakes.
- 7. Take a walk or bike ride to get a smoothie, iced coffee, or root beer float.
- 8. Learn to play golf at one of the 19 courses in New York State parks: <https://parks.ny.gov/golf/>.
- 9. Go swimming or simply float on a comfy raft in the water and relax.
- 10. Leave your phone at home and you go outdoors and enjoy nature.
- 11. Browse and shop at a local farmers' market.
- 12. Visit animals at a local zoo: <https://www.iloveny.com/things-to-do/amusements/animals-zoos>.
- 13. Get a fishing license and have a competition with someone to catch the most or biggest fish: <https://www.dec.ny.gov/permits/6091.html>.
- 14. Plan an active day in New York City; stroll across the Brooklyn Bridge, walk up the stairs at the Vessel in Hudson Yards, or visit the Central Park Zoo.
- 15. Walk, run, or bike any section of the 750-mile long Empire State Trail: <https://empiretrail.ny.gov>.
- 16. Go strawberry or blueberry picking.
- 17. Schedule a date to visit Niagara Falls, one of the seven wonders of the world. Take an exhilarating boat ride on the Maid of the Mist.
- 18. Attend a baseball game. Choose any level – the MLB, a local A-team, or a Little League game.
- 19. Walk around your hometown and take photos of things that interest you.
- 20. Go on a run or a walk with a friend. Check out the running/walking clubs at: [https://wellnys.goer.ny.gov/Physical\\_Activity/running.cfm](https://wellnys.goer.ny.gov/Physical_Activity/running.cfm).
- 21. Spread a blanket on the ground at night, lay down, and watch the stars come out.

## GO BEYOND THE CHALLENGE

- 22. Practice a random act of kindness today for someone you don't know.
- 23. Volunteer at a youth summer program.
- 24. Schedule a Saturday morning walk with friends, followed by a tailgate breakfast.
- 25. Participate in a walk or 5K run for charity.
- 26. Experience geocaching around New York State. <https://www.dec.ny.gov/outdoor/98952.html>.
- 27. Build a campfire, make smores, and tell stories
- 28. Choose a beautiful place to go for an "awe" walk. [https://ggia.berkeley.edu/practice/awe\\_walk](https://ggia.berkeley.edu/practice/awe_walk)
- 29. Watch a sunrise and a sunset on the same day.
- 30. Today is the last day of June. 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**