



WellNYS
Everyday

WellNYS Daily To-Do

2021 September

Focus on Foot Health and Posture

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 September 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 | | |

WellNYS Daily To-Do
2021
Go Beyond the Challenge: Which would you choose: cucumbers or carrots? Are you having this for lunch or dinner?

August Monthly Challenge
Try It, Taste It: Fruit and Vegetable Challenge

My First or Best 5K
2021

Physical Activities Around NY

1 Day 1st

WELLNYS in your Workplace

Wellness Resources
WELLNESS RESOURCES

Headspace

NYS Quitline
You can quit. We can help.

Find a NYS Farmers Market

NYS Workplace Wellness Inspo

About us

© Copyright 2021 NYS Employee Assistance Program and NYS Family Benefits Program. All rights reserved.

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

| 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 |

| NOVEMBER | | | | | | |
|----------|----|----|----|----|----|----|
| 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 | | | |

| DECEMBER | | | | | | |
|----------|----|----|----|----|----|----|
| 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

| | |
|----------|---|
| October | Enjoy the fall harvest. |
| November | Practice thankfulness. |
| December | Start each day with a positive affirmation. |



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

- 1. Today is the first day of the Monthly Challenge, Focus on Foot Health and Posture. Register at: https://wellnys.goer.ny.gov/registration/monthly_challenge_description.cfm.
- 2. Check your posture. Are you sitting up straight or slouching? Having good posture is important at any age. Years of slouching wears away at your spine and may make it prone to injury.
- 3. A podiatrist is a specialist who manages and treats almost all symptoms that involve the ankle and the foot. If you have any issues that involve the foot and/or ankle, you may want to schedule a visit to the podiatrist.
- 4. According to [Medlineplus.gov](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5445652/), there are two types of posture. Dynamic posture is how you hold yourself when you are moving, and static posture is how you hold yourself when you are sitting, standing, or sleeping. Both are equally important.
- 5. Each step you take involves a complex network of bones, tendons, and ligaments. Do these four things to keep your feet healthy: examine your feet regularly, wear comfortable shoes that fit, wash your feet daily with soap and water, and trim your toenails. For more information go to: <https://medlineplus.gov/footealth.html>.
- 6. Among things you can do to improve your posture are standing up straight and tall, keeping your shoulders back, and pulling your stomach in. For more ways to improve your posture go to: <https://medlineplus.gov/guidetogoodposture.html>.
- 7. Today, look at the soles of all your shoes, sneakers, and boots. Sometimes the most worn and comfortable shoes have lost all support for your feet and your back. Is it time to replace a pair?
- 8. Having the option to stand while working all day can improve posture and focus. Here are two easy ways to make a standing desk. **1.** Raise your computer with a box or books up to the level that is level with your hands on the keyboard and mouse, **2.** If you are telecommuting, place your laptop on the kitchen counter, at 36 inches it's taller than a normal 30-inch desk height.
- 9. Monthly pedicures are important for both men and women. This can be done at a nail salon or at home. Soak your feet, cut your nails straight across, scrub your feet with a pumice stone, file any rough edges, and then moisturize. Applying nail polish is optional.
- 10. Practice good posture and stay healthy while working from home or in the office. Check out this blog post from the Centers for Disease Control (CDC) for more information at: <https://blogs.cdc.gov/niosh-science-blog/2020/11/20/working-from-home/>.
- 11. Check your feet everyday in the shower. What you're looking for is anything different or unusual; like changes in toenail color, redness, bumps, or blisters. If something is wrong, this is the time to make an appointment with the podiatrist.
- 12. According to [Medlineplus.gov](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5445652/), there are five ways to improve your posture: be mindful of your posture, stay active, maintain a healthy weight, wear comfortable, low-heeled shoes, and make sure work surfaces are at a comfortable height.
- 13. Keep a pair of extra sneakers at the office for your lunchtime walk. Proper footwear is essential to keeping your feet in good condition and sticking to physical activity goals.
- 14. How is your posture right now?
- 15. To check to see if your arches are functioning properly, try a foot push-up test. Refer to this link for more information: <https://www.foothealthfacts.org/article/foot-push-up-test>.
- 16. You may want to add a chiropractor to your health care professionals. They focus on problems involving the musculoskeletal system and alignment of the spine. They perform adjustments to the body with their hands or a small tool. Most insurance plans pay for you to see a chiropractor, just like a physician.
- 17. Yoga is an excellent form of exercise that will increase flexibility and can help with your posture. It improves your balance, works your core muscles, and helps with proper body alignment.
- 18. Do you feel that you sit too much? Taking standing breaks can help your posture, especially if you've been sitting for long periods. How about right now?
- 19. Are shoe inserts right for you? Inserts made from gel or foam can make your shoes more comfortable, but they do not correct foot problems.
- 20. How do you know if you have good posture? Ask a health professional such as a physician, physical therapist, or chiropractor.
- 21. Orthotics are custom foot inserts made specifically for your feet. Check with your podiatrist or chiropractor to see if they are a good choice for you.

GO BEYOND THE CHALLENGE

- 22. "Posture is important. Look less like a comma and more like an exclamation point." – Taylor-Kevin Issacs
- 23. "Text neck," is a term derived from the onset of cervical spinal degeneration resulting from the repeated stress of frequent forward head flexion (which is when the head falls forward) while looking down at the screens of mobile devices and texting for long periods of time. Read about "text neck" at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5445652/>.
- 24. If you wear high heels, this article shares what a pump bump is and how to avoid it. Check it out at <https://www.foothealthfacts.org/article/still-think-high-heels-are-worth-it>.
- 25. It's time for a posture exercise break. Do a shoulder blade squeeze. While sitting in a chair, sit up straight and squeeze your shoulder blades together. Hold for a count of five, and then release. Try it for three sets.
- 26. If you are a runner, it's important to keep your feet in good condition. If you have any pain in your feet, download "Preventing foot and ankle running injuries." Go to: <https://www.foothealthfacts.org/article/runners-fit-feet-finish-faster>.
- 27. If you listen to webinars often, this is an excellent time to stand rather than sit.
- 28. Reflexology is massage that applies different amounts of pressure to your feet. Potential benefits include reducing stress and promoting relaxation. If you've never tried reflexology, schedule a session with a reflexologist in October.
- 29. If you walk an average of 10,000 steps per day on your feet that is the equivalent to five miles. In one year, if you average five miles per day, your total miles would be 1,825 miles. In 10 years, 18,250 miles, and in 50 years, 91,250 miles! Be good to your feet, they go the extra mile for you.
- 30. Today is the last day of September. 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