



WellNYS
Everyday

WellNYS
Daily To-Do

July

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

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 July 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

August

Stay hydrated throughout the day.

September

Carve out 22 minutes of alone time.

October

Find out your health statistics.

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						
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OCTOBER						
S	M	T	W	T	F	S
						1
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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/>

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

- 1.** “Form a team of two and make plans to be active together,” is the July 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.** First things first. Who will you ask to be your activity partner for the July Monthly Challenge? Think of someone you enjoy being with and ask them if they want to be your activity partner in July.
- 3.** Ask your activity partner if they have a fitness tracker? If you both do, instead of just checking your own steps each evening, ask your activity partner to share their total number of steps from their day. Make it a friendly competition to see who can get in the most steps in July.
- 4.** Happy Fourth of July! Make movement part of your celebration today with lawn games, a bike ride, or an early morning walk.
- 5.** This Monthly Challenge doesn't have to be with just one activity partner. Ask a co-worker for a lunchtime walk, a family member to go for a hike, or a friend or neighbor to walk or bike ride.
- 6.** According to the Centers for Disease Control, adults should aim for 150 minutes of activity per week, or 30 minutes per day, five days a week. Make time fly with an activity partner by your side.
- 7.** Team up for a round of disc golf. The main skill required is to be able to throw a disc toward a steel basket. The lowest number of shots wins the game. It's easier than regular golf and could be a new challenge with your activity partner. Reach out to your local park to see if they have a disc golf course.
- 8.** Doing yoga can be challenging and fun with your activity partner. Find a variety of free yoga videos online that work for your fitness levels or find a convenient day and time at a local yoga studio.
- 9.** Try kayaking or stand-up paddle boarding with your activity partner. Both sports are a great way to be physically active on the water and enjoy the warm weather. Check out the WellNYS Everyday website to find out where to kayak or paddleboard. https://wellnys.oer.ny.gov/Physical_Activity/canoe.cfm.
- 10.** Listening to music while being active is a great way to stay motivated. Make a playlist and share it with your partner while being active together.
- 11.** Consistency is the key when it comes to being active. It's Monday, so reach out to your activity partner to set up a schedule of the days this week you will be active together.
- 12.** This week, schedule a walk during your lunch break with a co-worker. Not sure where to walk? Check out the WellNYS Everyday worksite wellness maps. https://wellnys.oer.ny.gov/nys_workplace_walking_maps.cfm.
- 13.** Ask your wellness partner to go forest bathing this weekend. What is it and why should you try it? Learn more here: <https://thrive.kaiserpermanente.org/thrive-together/live-well/forest-bathing-try>.
- 14.** Pickleball is the combination of tennis, badminton, and ping pong using a paddle and a plastic ball with holes in it. Schedule a lesson with your activity partner in your local community or go online to learn the basics.
- 15.** Feel the adrenaline rush of New York's whitewater rapids with your activity partner. Go to <https://www.iloveny.com/things-to-do/outdoor-adventures/whitewater/> for more information.
- 16.** July can be very hot in New York State. Visit the NYS Parks, Recreation, and Historic Preservation website to find a local pool or lake to stay cool as you stay active: <https://parks.ny.gov/recreation/swimming>.
- 17.** Challenge your activity partner to a round of miniature golf.
- 18.** Ice skating is not just an activity for the winter months. Indoor rinks are available all year and it's a fun way to stay cool and be active together.
- 19.** Are you participating in the July Monthly Challenge? If you haven't reached out to a friend or family member, it's not too late to make plans to be active the last 11 days of July.
- 20.** Do you like to jump? Trampoline centers have Olympic-sized trampolines and even trampoline runs. Jumping is fun with an activity partner and a great way to get in moderate physical activity at the same time.
- 21.** Interested in laughing together? Try hula hooping! Put on beach music, start making some circles, and laugh together.
- 22. Go Beyond the Challenge:** Go bike riding with your activity partner! Many communities in New York State have bike sharing, where you can rent a bike for an hour or use your own bike to enjoy a few miles together.
- 23. Go Beyond the Challenge:** The beach is a fun place to go with your activity partner. Play beach volleyball, body surf, toss around a beach ball, or just go for a stroll.
- 24. Go Beyond the Challenge:** Create a workday “It's Move Time!” with your activity partner. At a set time during the day, send your activity partner an email or text and ask them to move with you.
- 25. Go Beyond the Challenge:** Instead of a lunch or dinner date with a friend, choose to be active together by attending a boot camp class, walking around a park, or playing miniature golf.
- 26. Go Beyond the Challenge:** Sign up for a fall 5K fun run and train together all summer.
- 27. Go Beyond the Challenge:** Instead of going to the movies or out to dinner on date night, try an activity such as bowling, fishing, or roller-skating.
- 28. Go Beyond the Challenge:** Try ballroom dancing with your activity partner. If you are alone, sign up for a class. It's a great way to meet people.
- 29. Go Beyond the Challenge:** Challenge your activity partner to a series of calisthenics including sit-ups, push-ups, jumping jacks, planks, lunges, and chin-ups. Try just one repetition today, then add one more repetition tomorrow.
- 30. Go Beyond the Challenge:** Does it feel like July just flew by? What activity did you enjoy the most with your activity partner? Schedule time together in August and keep the challenge going.
- 31.** Today is the last day of July. Go to the WellNYS Everyday website at <https://wellnys.oer.ny.gov> and check off the days you participated in this Monthly Challenge.