



WellNYS
Everyday

WellNYS Daily To-Do

2021 May

Move More

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 May 21st.
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					

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

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						

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				

UPCOMING MONTHLY CHALLENGES

June	Plan 21 fun and healthy things to do this summer.
July	Connect to nature in New York.
August	Try, taste, and tally it up: a fruit and vegetable challenge.



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

- 1. The Monthly Challenge for May is to move more. **Register for the Monthly Challenge at <https://wellnys.goer.ny.gov>.**
- 2. A wrist fitness tracker is a tool to motivate you to move more. During May, every morning put on your tracker and plan to move more. Before you go to sleep, write down the number of steps you have taken each day. If you don't have a tracker, map out a route around your home.
- 3. Are you unsure how to start an exercise routine? Ask the experts! Talk to your health care provider, reach out to a gym with personal trainers, or consider seeing a physical therapist.
- 4. While May is all about moving more, remember that it is important to listen to your body when it is telling you to rest. Rest days are vital to prevent injuries, increase consistency, and stay motivated.
- 5. May is Physical Fitness and also Arthritis Awareness Month! Did you know that regular, moderate, physical activity, like walking, can help improve arthritis symptoms such as pain and stiffness?
- 6. Find little ways to move more during your workday, like marching in place while on a conference call or moving your arms and extending your legs while sitting.
- 7. You don't have to leave the house to stay active. Check out YouTube or other online resources for free virtual classes today!
- 8. Move more this May in NYS parks! NYS residents, aged 62 or older, can receive a free or a discounted park pass. Learn more about the Golden Parks Program here: <https://parks.ny.gov/admission/golden-park-program.aspx>.
- 9. Find a place where you have enough room to do 100 arm circles. This will increase your circulation and give you a little energy boost.
- 10. Many of us have a lunch break. Use some (or all) of that time to move in a way that fits your schedule. Don't forget to track your activity.
- 11. Lots of activities count as movement, even things you must do anyway! Gardening, cleaning the house, and doing yardwork are all great ways to get moving. Find more ways to set weekly goals that meet the Physical Activity Guidelines for Americans at <https://bit.ly/2VoJpt2>.
- 12. Feeling a little stressed? Throw 100 air punches today to let out some frustration. Look around first to be sure you won't accidentally hit something!
- 13. Our bodies were created to move. As you are reading this, find a part of your body to move. Tap your foot, shake your legs, roll your shoulders, twist at your waist, or stretch your arms.
- 14. What time are you planning to move more today? Is it at 6:14AM, 9:30AM, 12:00 NOON, 4:24PM, or 6:14PM? Planning is the first step; action is the second.
- 15. Shake it off this Saturday! De-stress from the work week and celebrate the weekend by moving more today in a way that is fun for you.
- 16. Wake up this Sunday with an energizing sun salutation, often used in yoga to warm up the body and calm the mind. Find plenty of short, free yoga videos online that can help you reach your fitness level and goals.
- 17. Mondays are the best day to set your intentions for the week and kick off your week with a healthy start. What will you do today to move more? www.mondaycampaigns.org/move-it-monday.
- 18. The WellNYS Everyday website has a Physical Activities Around NY portal divided into regions with information on running, walking, cycling, hiking, triathlons, swimming, canoeing, kayaking, and dancing for all levels of ability. https://wellnys.goer.ny.gov/physical_activity_ideas.cfm.
- 19. You can move more, even at your desk: <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/other-activities/lower-body-strength-workout>.
- 20. Reach down and touch your toes (or go as low as comfortable) 20 times today. This will stretch many of your muscles and add to your daily activity.
- 21. Move more today by standing up and sitting back down *ten* times. It is a challenge to do this all at once, and there are health benefits to repeating it throughout your day.

GO BEYOND THE CHALLENGE

- 22. Looking for a new place to walk, run, or bike? Go to the NYS trail website at <https://parks.ny.gov/recreation/trails/trails-in-state-parks.aspx>.
- 23. All the days that end in "y" are great days to move more. Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday.
- 24. Keep things interesting while you are active today. Listen to an audiobook, podcast, newscast, or music while you are moving.
- 25. Having someone to be active with can be a great motivator. Make plans with a co-worker or friend to go for a walk or bike ride this week.
- 26. Check out this interactive tool from the Arthritis Foundation. Simply click on the area you would like to exercise, choose your activity level, and get moving: <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/your-exercise-solution>.
- 27. Move from a normal standing position to your tiptoes 50 times today. This is a great workout for your leg muscles and your circulation.
- 28. Inside or outside? You have a choice about where to do physical activity. You spend a lot of time inside in the colder months, so today, try to enjoy the fresh outside air, warmer temperatures, and at least 21 minutes of sunshine.
- 29. If you have a yard, take a look around to see if there is something you can do that involves physical activity such as raking leaves, moving shrubs, de-thatching the grass, or picking up the winter debris.
- 30. While sitting watching TV, raise your legs off the floor as high as you can while tightening your abdomen. Do this 100 times for a great leg and core workout.
- 31. Today is the last day of May. 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