



WellNYS
Everyday

WellNYS
Daily To-Do

August

Stay hydrated throughout the day.

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 August 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

September



Carve out 22 minutes of alone time.

October



Find out your health statistics.

November



Plan one positive thing for tomorrow.

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					

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	31					

WellNYS Everyday
Making better choices to be well and stay well

WellNYS Daily To-Do
Tuesday July 26, 2022
Go Beyond the Challenge: Sign up for a fall 5K fun run and train together all

July Monthly Challenge
Form a team of loved ones, make plans to be active

My First or Next 5K
2022 5K

Physical Activities Around NY

I did it!

WellNYS in your workplace

Wellness Resources
WELLNESS RESOURCES

Headspace

NYS Outline
You can quit. We can help.

Find a NYS Farmers Market

NYS Workplace Walking Maze

About us

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

August

WellNYS Daily To-Do



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

- 1. "Stay hydrated throughout the day," is the August 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. Do you have a go-to water bottle? Bottles come in different sizes, colors, and quality. If you like cold water all day, choose the vacuum insulated stainless steel bottle. A good quality bottle will keep ice for 24 hours.
- 3. Do you know the most important time of the day to drink water? Immediately upon waking up. After sleeping for many hours, your body becomes dehydrated, and water is exactly what your body wants.
- 4. Before you leave the house, fill up your water bottle with water and ice.
- 5. When was the last time you had a drink of water? Reach for one as you are reading this Daily To-Do.
- 6. Fruit infused waters are a healthy way to change the taste of plain water. Try combining flavors such as lemon, ginger and mint, kiwi and oranges, or watermelon and strawberries.
- 7. Set up cues to make drinking water a habit. Every time you pick up the phone, take a drink of water, every time you sit down, take a drink of water, or every time you open the refrigerator, take a drink of water.
- 8. Start your week by asking your co-workers if they will join you for a water challenge. In the beginning of the day, challenge one or more of your co-workers to only drink water throughout the day. At the end of the workday, have everyone report how often they consumed water and declare a winner.
- 9. Water is an appetite suppressant. Drinking water before meals can make you feel fuller and may help with weight loss.
- 10. Do you need a reminder to drink water? There are Apps that you can set up on your smart phone or watch to remind you to drink water. Search the App Store for "Drink Water Reminder."
- 11. Here is a trivia question. How long can a person live without drinking water? The answer is around three days.
- 12. The benefits of drinking water include carrying nutrients and oxygen to your cells, flushing bacteria from your bladder, aiding in digestion, preventing constipation, regulating body temperature, and maintaining electrolyte (sodium) balance. <https://www.health.harvard.edu/staying-healthy/how-much-water-should-you-drink>.
- 13. For any party, instead of purchasing soda, fill a big container of flavored water and add a variety of fruits and lots of ice. You'll save money and offer your guests a healthy drinking option.
- 14. Many restaurants provide a glass of water when you are ordering a meal. Make it a goal to drink the entire glass of water before your meal arrives.
- 15. Instead of your usual cup of tea or coffee today, substitute a cup of warm water and lemon.
- 16. In May 2022, the city of Rochester, was crowned the New York State winner of the Best Tasting Drinking Water competition from the New York State American Water Works Association. The competition involved a panel of judges who graded taste, odor, color, clarity, mouthfeel, and aftertaste. <https://www.cityofrochester.gov/article.aspx?id=21474849854>.
- 17. Add a few sprigs of mint to your water for a new flavor besides lemon. It takes about an hour to take on the flavor.
- 18. If you are traveling through Saratoga Springs, New York, bring empty jugs to fill with spring or mineral water. Saratoga State Park is well known for its natural spring water. Click on the following link to download a map of the where the springs are located. <https://parks.ny.gov/documents/parks/SaratogaSpaSpaParkMineralSpringsBrochure.pdf>.
- 19. There are so many ways to enjoy drinking water; plain, carbonated, sparkling, and seltzer each can be flavored in a different way. The next time you go to the grocery store, spend some time in the water aisle and find a flavor you've never tried. Just watch out for those with added sugar. Choose one that contains only water and natural flavoring. It may just become your new favorite.
- 20. Did you know water costs more than gas at a gas station? The cost of gas is around \$4.50 per gallon. If you buy water by the bottle at a convenience store, you are paying, \$2.00 for 32 ounces. One gallon of water contains 128 ounces. If you buy four 32-ounce bottles of water, a gallon will cost \$8.00. Fill a cooler with water and ice before you leave for your summer road trip.
- 21. Make water safe during an emergency. The Center's for Disease Control recommends three methods to make drinking water safe. Boil your water for one minute, disinfect with 1/8 teaspoon of bleach to one gallon of water, and use a water filter. <https://www.cdc.gov/healthywater/emergency/pdf/make-water-safe-during-emergency-p.pdf>.
- 22. **Go Beyond the Challenge:** Tomatoes are 93-95% water. Believe it or not there is more water in a serving of tomato than in a serving of watermelon. Tomatoes are at their peak in August. Have one for lunch or dinner or both.
- 23. **Go Beyond the Challenge:** Have you ever tried watermelon juice? Blend watermelon, strain, then add sparkling water and mint for a refreshing drink.
- 24. **Go Beyond the Challenge:** If you are exercising in the hot summer weather, drink more water. It's very easy to get dehydrated as you sweat. Always have water with you when you are on a run, a bike ride, hike, or whatever physical activity you do.
- 25. **Go Beyond the Challenge:** Here are a couple of fruit infused water combinations: combine strawberry, basil, and lemon, or blackberries, orange, and ginger. Or, simply add sliced cucumbers to your glass of water.
- 26. **Go Beyond the Challenge:** Instead of cocktails after work, try a mocktail with sparkling water! Add a lemon slice, lime slice, or both. Put it in a fancy martini glass or wine goblet.
- 27. **Go Beyond the Challenge:** Should you drink warm or cold water? It's mostly about personal preference so enjoy either. <https://health.clevelandclinic.org/cold-water-vs-warm-water/>.
- 28. **Go Beyond the Challenge:** Are you hydrated? The easiest way is to check the color of your urine. If it's clear or pale yellow, you are drinking enough water. If it's darker yellow or amber, it's time to drink water. <https://www.webmd.com/diet/ss/slideshow-diet-dehydration>.
- 29. **Go Beyond the Challenge:** Stay hydrated by taking a couple of sips of water every half hour.
- 30. **Go Beyond the Challenge:** When making back-to-school purchases of new binders, pencils, and notebooks, don't forget to get a new water bottle for each of the students in your house. Treat yourself to one to use at work.
- 31. Today is the last day of August. Go to the WellNYS Everyday website at <https://wellnys.oer.ny.gov> and check off the days you participated in this Monthly Challenge.

NUMBER OF DAYS COMPLETED