

WellNYS Everyday is a wellness initiative dedicated to educating, engaging, and empowering New York State employees to choose to eat foods that are healthy for them and to be physically active.

This program encourages employees to:

- Sign-up to receive the **WellNYS Daily To-Do** by email every day.
- Find out where to be physically active in New York State.
- Celebrate your wellness success with “I Did It!”.
- Engage in healthy behaviors while in your workplace.
- Find a NYS Walking workplaces map.
- Learn about Physical Activities in your region.
- Listen to a new wellness webinar every month.
- Become a WellNYS Ambassador for your agency/facility/SUNY.
- 2024 programs include: Count Your Physical Activity Minutes Challenge and the Olympic Experience.



**Office of
Employee Relations**
Work-Life Services

July 2024

Participate in the WellNYS Summer Experience.

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			

For more information go to: oer.ny.gov/wellnys-everyday

WellNYS Everyday is sponsored by NYS Work-Life Services.



1. The Monthly Challenge for July is to join the WellNYS Summer Experience.
2. The Olympic athletes set goals to complete their training every day. Challenge yourself to complete 24 out of 100 activities in the NYS PARKS Centennial Challenge. It's fun and you may be eligible to win a prize. Go to parks.ny.gov/100/challenge for more information.
3. Who is your all-time favorite Olympic athlete? What sport did they play? Why is this person your favorite?
4. Celebrate the United States of America and the Fourth of July by wearing red, white, and blue and engaging in physical activity such as badminton, swimming, bicycling, or canoeing or any type of movement.
5. Do you have a physical activity goal this summer? Schedule a specific time during your day to move and be active. What time in your day could you plan to be active?
6. Swimming is a very popular sport in the Olympics. The athlete's goal is to swim as fast as they can to win a medal. The four major swim strokes are freestyle, breast, back, and butterfly. Practice these strokes in or out of the water this weekend.
7. The women's gymnastics balance beam is 3.9 inches wide, 16 feet long, and 4 feet in height. Use a measuring tape and draw a line as wide and long as the balance beam. Strike some fun poses on your balance beam. Think of all the difficult tricks gymnasts do on this narrow piece of wood.
8. Today have a large lunch and smaller dinner. In France, lunch is known to be the largest meal of the day. It's a custom in France to eat dessert after lunch.
9. Stretch today. Athletes stretch before and after their competitions. Take a break and act like an athlete. Gather a team of coworkers and engage in five minutes of stretching.
10. There are several sports that feature balls in the Olympics: basketball, football or soccer, golf, handball, table tennis, volleyball, and water polo. What ball sport would you consider trying this weekend?
11. Build your stamina today by doing cardio, such as running, walking, wheeling, rolling, strolling, cycling, swimming, or moving quickly by doing your housework.
12. Breaking is a new sport in the Olympics for 2024. Athletes use a combination of power moves which include windmills, the six-step, and freezes as they adapt their style and improvise to the beat of the DJ's tracks. Routines are voted on by judges and the highest score will take home the first Olympic Breaking gold medal. Did you breakdance as a child or teenager?
13. It's fun to learn basic words in French and share them with friends and family: **Bonjour** = Hello; **Bonsoir** = Good evening; **Merci bien** = Thank you; **De rein** = You're welcome; **Au revoir** = Goodbye.
14. Is there any sport in the Olympics that you would consider trying today?
Here is a list of sports: olympics.com/en/sports/summer-olympics#paris-2024.
15. Many French people enjoy a leisurely lunch. Go outside and pretend you are at a Parisian café. Sit and enjoy your lunch. Slow down and watch people walk, wheel, roll or stroll by.
16. In preparation for the Olympics starting next week, play the game, *This or That*. This is a fun game to play on a lunch break in which players have two options. Ask this or that Olympic questions: Winter or summer? Gymnastics or swimming? Opening or closing ceremonies? Individual or team sports? Spoiler alert or watch it to find out. Watch the Olympics, or don't care. Track and field or swimming? Beach volleyball or volleyball?
17. Did you know that many French people eat bread at every meal. France is also well-known for cheeses such as Camembert, Brie, Blue Cheese, or Roquefort. Assemble a cheese board with a warm baguette for an appetizer tonight.
18. Walk, wheel, roll, or stroll, or run, for the 100-meter dash. Time yourself and record how long it took you to complete it.
19. What is your favorite sport to watch during the Olympic Games? Did you compete in any of these sports as a child or teenager?
20. Do you belong to a local gym? Or can you get a day pass? Do your own triathlon. Spend time in the pool, on a stationary bike, and on a treadmill. Challenge yourself to participate by walking, wheeling, rolling, or strolling.
21. Today, the Ironman triathlon takes place in Lake Placid, NY. Try your own triathlon today at a local gym or in a [New York State park](#). Spend time swimming, cycling, and running or challenge yourself to participate by walking, wheeling, strolling, or rolling.
22. Paris is hosting the Summer Olympic Games. Have fun and learn a few French words such as *bonjour* which in English is hello. Count to 10 in French: **1: un; 2: deux; 3: trois; 4: quatre; 5: cinq; 6: six; 7: sept; 8: huit; 9: neuf; 10: dix.**
23. Instead of just throwing paper in the recycling bin today, wad up a few pieces of paper in a ball, step back and attempt a 2- or 3-point basket with the paper and imagine yourself scoring the winning basket for the gold medal.
24. Ask your coworkers what country will win the most gold medals at the Summer Olympics. On Monday, August 12th, share with the group who won!
25. The WellNYS Summer Experience begins tomorrow. For more information go to: oer.ny.gov/wellnys-everyday.
26. The Summer Olympics officially opens at 8:24PM. For the first time in history, 116 boats will bring the athletes to the opening of the Olympics. The torch lighting and raising of the Olympic flag will be held at the Eiffel Tower. Will you be watching on TV?
27. When you watch the Olympics today, mimic the movements of the sport you are watching. It's an easy way to get physical activity by watching TV.
28. Play balloon volleyball with friends and family. Use two hands to hit the balloon back and forth over your make-believe volleyball net.
29. Most of the Olympic sports are held outside. Ask a coworker to eat outside today. Discuss your favorite moments of the Olympics so far.
30. If needed, increase the amount of water you drink today! Get up and go for a brisk walk, wheel, roll, or stroll. For lunch organize a healthy salad bowl luncheon by encouraging your coworkers to bring in one ingredient for a salad. Combine all the ingredients and enjoy a healthy salad for lunch.
31. During the month of August, attempt the Eiffel Tower Challenge. If you have stairs in your workplace, challenge yourself to walk up 111 flights of stairs from today through August 11th. Ask a coworker to join you. If you unable to walk up the stairs, wheel, roll, or stroll for a certain time frame every day.

NUMBER OF DAYS COMPLETED