

**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

# May 2024

Participate in the *Count Your Physical Activity Minutes* Challenge.

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	<b>27</b>	28	29	30	31	

For more information go to: [oer.ny.gov/wellnys-everyday](https://oer.ny.gov/wellnys-everyday)

WellNYS Everyday is sponsored by NYS Work-Life Services.



1. The Monthly Challenge in May is to participate in the *Physical Activity Challenge*.
2. Do you meet the physical activity guidelines for adults of 150 minutes of a week of moderate activity and two days of muscle strengthening? If you do, create a fun physical activity challenge, and ask a friend to join you. If you do not, plan how to fit in approximately 20 minutes of physical activity in per day.
3. It's always important to include your physician in any decision that increases the physical activity in your lifestyle. Make your doctor aware of any aches or pains that may limit your ability to perform a specific activity.
4. Fun physical activity challenges with family and friends can include setting a routine Saturday morning activity at a set time. For example: Every Saturday morning at 8:30AM you agree to meet at your local park for a walk with a friend. What physical challenge would motivate you be active on Saturdays for May?
5. New York State parks are celebrating the *Centennial Challenge* in 2024! Complete 24 out of 100 activities and win a prize and be eligible to win a 24 three-year Empire Pass and a Centennial swag bag! Sign up at <https://parks.ny.gov/100/challenge/>.
6. Download the *Move Your Way* Fact sheet and motivate your coworkers to join you to be more physically active. Download the Fact Sheet here: [https://health.gov/sites/default/files/2021-02/PAG\\_MYW\\_FactSheet\\_Adults\\_508c.pdf](https://health.gov/sites/default/files/2021-02/PAG_MYW_FactSheet_Adults_508c.pdf).
7. *On-Your-Toes Tuesday*. Today, find little ways throughout the day to do a few toe-raises, for example, when you are on your phone, waiting in line, or washing the dishes.
8. Today, the Olympic Torch will begin the journey through France. For 68 days, the torch will be carried by 11,000 people from all nationalities, each traveling 200 meters through every region in France, and will arrive in Paris on July 26<sup>th</sup>, the opening day of the Summer Olympics. Try your own torch walk or run today.
9. Are you moving enough at work? If not, sign up for *It's Move Time* emails. Three emails are sent at random times from Monday through Friday, 8:00AM – 5:00PM. Every email has an encouraging message to move. To sign-up, go to <https://oer.ny.gov/its-move-time>.
10. Do you have pickle ball or badminton rackets? If not, you may want to go shopping. Pickle ball or badminton could be fun activities to do this summer.
11. Everyone needs physical activity to stay healthy. The *Move Your Way* tools, videos, and fact sheets make it easier to be more active and small changes add up to big health benefits. Go to <https://health.gov/moveyourway> for more information.
12. Happy Mother's Day. Ask mom, grandma, your wife, your aunt, your daughter, or a friend to go for a walk or bike ride, or some other physical activity.
13. Organize a *Monday Mile* at your workplace! The Monday Mile is a group walk, jog, run, or bike ride for 20 minutes for everyone to do to start the week off by moving together. For more information, go to <https://www.mondaycampaigns.org/move-it-monday/monday-mile>.
14. Looking for a low-impact workout. See if water aerobics or swimming lessons are offered at your local gym, pool, or community center.
15. Try the *Top of The Hour* physical activity challenge today. At 7:00AM, stretch your body. At 8:00AM, go on a short walk. At 9:00AM try nine wall push-ups? At 10:00AM perform 10 bicep curls, and 11:00AM go for 11 squats before you sit down in a chair. What activity could you do 12 of at 12:00 noon?
16. Make this the year you plan physical activity on the Empire Trail. Go to <https://empiretrail.ny.gov/> for maps, activities, and trip planning
17. In 2024, *Bike to Work Week* will be celebrated May 13<sup>th</sup>-19<sup>th</sup>, with Bike to Workday on Friday, May 17<sup>th</sup>, 2024. A total of 40% of all trips in the U.S. are less than two miles, making bicycling a feasible and fun way to get around. How far is work? If it's doable, challenge yourself to ride your bike today – and don't forget to wear a helmet.
18. Plan to go on a physically active day to a place of your choice. An example is taking a trip to New York City where you can stroll across the Brooklyn bridge, walk up the stairs at the Vessel at Hudson Yards, or visit the Central Park Zoo.
19. Combine music and movement into a physical activity challenge today. Play your favorite fast song then move your body by dancing, running, marching, or walking to the beat!
20. Cardio exercise is great for your endurance, burning calories, and improving your cardiovascular shape. Choose a time right now and challenge yourself to do some type of cardio at that time today and tomorrow.
21. Today is May 21<sup>st</sup>. Use the number 21 as a physical activity challenge today. Try 21 squats, 21 wall push-ups, hold a 21 second plank, or press your arms up to the sky 21 times. Be creative with your movements.
22. Are you doing a physical activity challenge this month? If not, there is still time. Ask a friend to join you and discuss what you could do together the last nine days of May?
23. Make a playlist of all your favorite dance songs such as the hustle, the moon walk, electric slide, and then act like Billy Idol and go "Dancing with Myself".
24. It's Friday and an excellent time to plan for an active weekend. Here are a few ideas: go for a hike in a New York State Park, bicycle around your neighborhood, take an early morning walk, or go to the gym.
25. What is your plan to get 150 minutes of moderate physical activity this upcoming week?
26. Try the one mile per day physical activity challenge. One mile can be accomplished by going for a bike ride, running, walking, wheeling a wheelchair, roller blading, or hiking.
27. Memorial Day is the unofficial start of summer. Add an outside physical activity such as yard work, or playing backyard games such as badminton, volleyball, or corn hole.
28. Need a goal this summer. The 5K road events are held on weekends all over New York State. To learn more how you can participate, go to <https://oer.ny.gov/physical-activities-around-new-york-state-running-and-walking> and find a running event in your region through a local running club.
29. Inside or outside? You have a choice where to do physical activity. You spend a lot of time inside for the colder months, so enjoy the fresh outside air, the warm temperatures, and at least 17 minutes of sunshine.
30. As the days get longer, there are so many options when you can engage in physical activity. The extra daylight gives us more time in the morning or even later in the evening. What physical activity would you like to engage in?
31. If you took a physical activity challenge this month, congratulations! Use the momentum and keep it going throughout the summer months. If you aren't physically active, it's never too late to start.

## NUMBER OF DAYS COMPLETED