

# January 2024

Create and engage in a wellness challenge with a friend or coworker.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	<b>1</b>	2	3	4	5	6
7	8	9	10	11	12	13
14	<b>15</b>	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**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

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.



# January

## WellNYS Everyday

Create and engage in a wellness challenge with a friend or coworker.

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



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- 1. Happy New Year! The January Monthly Challenge is to create and engage in a wellness challenge with a friend or coworker. Every day in January, the WellNYS Daily To-Do will share creative wellness challenges. Join the wellness webinar titled, Fun Wellness Challenges to Do with a Partner on January 3, at 12:00 noon. To register go to: <https://meetny.webex.com/weblink/register/r7bd26603459a157443c15f92b7f191d0>.
- 2. It's time to choose a wellness partner to do the wellness challenge. Think about someone who you could support and motivate and who could support and motivate you to keep each other accountable. Choose someone you will enjoy reaching out to daily.
- 3. Wellness challenges can be a fun way to engage in a healthy behavior you would like to become a daily habit. Discuss what wellness challenge you would like to try with your wellness partner. Come back every day and read the wellness challenges.
- 4. Try the "Take Two Well-Being Breaks" challenge. Set an alarm on your phone, and when the alarm goes off, engage in a movement such as standing and stretching, or sit ting and doing arm circles.
- 5. Watch a health video and share what you have learned each week. If your wellness partner watches something different and shares, you might learn two new things each week.
- 6. Have you heard about the "Dry January Challenge?" This would be one-month considering not to drink alcohol.
- 7. A fun challenge today! When parking at work or a store, park in the furthest spot away from the door. Or when taking the bus or subway, you might choose to get off at the stop after the one you typically do.
- 8. The wellness challenge for January could also be a "Digital Detox Challenge." Take a break from social media or spending time scrolling on your phone or computer.
- 9. A "Tracking Challenge" is when you write things down to keep track of your spending, savings, what you eat, and/or your water consumption. Tracking is an accountability system.
- 10. Commit to participating in "One Mile Per Day", either running, walking, biking, wheeling, or using an elliptical for one mile per day. This wellness challenge could take place outdoors or indoors.
- 11. Try a "Decluttering Challenge." Tell your wellness partner how many items you plan to donate, recycle, or get rid of.
- 12. Try the "No Snooze Challenge" if you have trouble getting out of bed. This means not hitting the snooze button on your clock.
- 13. Travel is fun and there are so many places to go. Every week try researching a different destination to go on vacation. Share what you have learned with your partner.
- 14. If you want to read more, try engaging in a "Reading Challenge." Read a set number of pages each day in a non-fiction or fiction book.
- 15. Instead of a New Year's resolution diet, try looking at different options such as intermittent fasting by fasting between certain hours by not eating for a period of time.
- 16. Stretching may relieve tension and improve flexibility. Ask your wellness partner to engage in a "Stretching Challenge." It could be to do one stretch every hour, or 10 minutes of stretching on break, or trying a yoga class in-person or online.
- 17. Try a "New Recipe Challenge." Do you prepare the same meals each week? Why not commit to cooking something different each week for the next month?
- 18. The "Gratitude Challenge" is that it is nice to give and receive. Send a good morning text to your partner or friend and share what you are grateful for.
- 19. Do you have many emails in your in-box? Try the "Clean Up the Inbox Challenge." Do this by organizing, prioritizing, and responding to all emails by the end of every workday.
- 20. You hear this advice every time you go to the dentist. But do you do it? Try the "Flossing Challenge," and floss once or twice per day.
- 21. Did you spend too much money over the holidays? Then maybe you are ready for the "No Shopping Challenge" (excluding food and necessities). It may be helpful to delete all your shopping apps on your phone and computer, so you aren't tempted to scroll and buy.
- 22. Try the "Positive Message Challenge." Ask your wellness partner or friend if you can send them a positive text message every morning, such as an inspirational quote, a positive message, or a compliment.
- 23. Take the "Downsize Your Dinnerware Challenge." Use the smaller salad plate for your meals. Instead of reaching for a bowl, grab a coffee cup. You might eat less just because you don't put as much on your typical sized dinnerware.
- 24. Are you checking in daily with your wellness partner? Ask a quick question such as how are you doing or is there anything I can help you with? Checking in helps keep each other accountable.
- 25. Looking for a physical activity challenge? Try performing one plank each day, or five pushups or sit-ups, or 10 squats before you sit in your chair.
- 26. Take the "24 Challenge." Complete 24 repetitions of a specific exercise, read 24 pages of a book, or spend 24 minutes engaging in meditation. What else could you do with the number 24?
- 27. Ask your wellness partner to engage in a "Meditation/Mindfulness Challenge." Commit to a certain number of minutes at a certain time to close your eyes and breathe.
- 28. Want to drink more water during the day? Try the "Bring Your Water Bottle with You Challenge." It will help keep your water close at hand when you feel dehydrated.
- 29. Reading the "WellNYS Daily To-Do Challenge" each day only takes two minutes. Subscribe to the WellNYS Daily To-Do and commit to reading it every morning. Subscribe by clicking the link: <https://oer.ny.gov/wellnys-daily-to-do>. Discuss each topic with your wellness partner.
- 30. If you would like to write more often, try the "Journal for Two-Minutes Challenge." Search online for Journal Writing Prompts.
- 31. Did you engage in any of the recommended wellness challenges with your wellness partner? If you did, then it's time to celebrate. Ask what you would like to do to celebrate together.

NUMBER OF DAYS COMPLETED