



# WellNYS Everyday

12 Monthly Themes

52 WellNYS Weekly Challenges

365 WellNYS Daily To-Dos

- Every Monday, the WellNYS Weekly Challenge begins, and ends on Sunday.
- A theme wellness webinar will take place on the first Monday of month.
- If you complete at least five days of the WellNYS Weekly Challenge, share your experience on the *I Did It!* portal, go to [oer.ny.gov/i-did-it](https://oer.ny.gov/i-did-it).
- To sign up to receive the WellNYS Daily To-Do, go to [oer.ny.gov/wellnys-daily-to-do](https://oer.ny.gov/wellnys-daily-to-do).
- Predict how many of the 52 WellNYS Weekly Challenges you will attempt by putting a check in the box.

WellNYS Everyday is a wellness initiative dedicated to educating, engaging, and empowering New York State employees to engage in healthy behaviors.

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

## January: Reset

**Webinar:** December 30

- 1 (Dec. 30 – Jan. 5): Don't skip physical activity, choose a time, and commit to it.
- 2 (Jan. 6 – Jan. 12): Abstain from alcohol, caffeine, or soda.
- 3 (Jan. 13 – Jan. 19): Instead of arriving late, arrive early.
- 4 (Jan. 20 – Jan. 26): Reduce screen time, read a book.
- 5 (Jan 27 – Feb 2): Go to bed earlier than usual if you stay up too late.

## February: Track

**Webinar:** February 3

- 6 (Feb. 3 – Feb. 9): Track your steps or minutes of physical activity.
- 7 (Feb. 10 – Feb. 16): Track everything you eat and drink.
- 8 (Feb. 17 – Feb. 23): Track how much sleep you get each night.
- 9 (Feb. 24 – Mar. 2): Track your hydration.

## March: Nutrition

**Wellness Webinar:** March 3

- 10 (Mar. 3 – Mar. 9): Research new recipes and share with coworkers.
- 11 (Mar. 10 – Mar. 16): Eat half of a typical portion for one meal.
- 12 (Mar 17 – Mar. 23): Reduce the sugar you consume.
- 13 (Mar. 24 – Mar. 30): Have a meal without distractions.

## April: Finances

**Wellness Webinar:** March 31

- 14 (Mar. 31 – Apr. 6): Review your finances.
- 15 (Apr. 7 – Apr. 13): Begin saving for an emergency fund.
- 16 (Apr. 14 – Apr. 20): Create and stick to a budget.
- 17 (Apr. 21 – Apr. 27): List your debt and plan to pay it off.
- 18 (Apr. 28 – May 4): Review your subscriptions or extra expenses.

## May: Physical Activity

**Webinar:** May 5

- 19 (May 5 – May 11): Do 22 minutes of physical activity per day or 150 minutes this week.
- 20 (May 12 – May 18): Engage in strength training exercises.
- 21 (May 19 – May 25): Stretch as often as you can.
- 22 (May 26 – June 1): Combine music with your physical activity.

## June: Sunlight

**Webinar:** June 2

- 23 (June 2 – June 8): Wake up at sunrise and do something you love.
- 24 (June 9 – June 15): Spend 10 – 30 minutes in the sun to help get your daily supply of Vitamin D.
- 25 (June 16 – June 22): Apply sunscreen every morning.
- 26 (June 23 – June 29): At sunset practice a mindful meditation.



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## July: Outside

**Webinar:** June 30

- 27 (June 30 – July 6): Enjoy 10 – 30 minutes outside.
- 28 (July 7 – July 13): Go outside on a work break or lunch.
- 29 (July 14 – July 20): Explore the *I LOVE NY* website and plan a New York destination.
- 30 (July 21 – July 27): Identify and try an outside sport or activity.
- 31 (July 28 – Aug. 3): Sit outside and do nothing.

## August: Fruits and Vegetables

**Webinar:** August 4

- 32 (Aug. 4 – Aug. 10): Include vegetables or fruit at every meal.
- 33 (Aug. 11 – Aug. 17): Eat 20 different fruit and vegetables this week.
- 34 (Aug. 18 – Aug. 24): Go meatless.
- 35 (Aug. 25 – Aug. 31): Try a fruit or vegetable you've never had or haven't in a long time.

## September: Mental Health

**Webinar:** September 1

- 36 (Sept. 1 – Sept. 7): Identify activities that bring joy and make time.
- 37 (Sept. 8 – Sept. 14): Practice mindfulness.
- 38 (Sept. 15 – Sept. 21): Engage in yoga, meditation or stretching.
- 39 (Sept. 22 – Sept. 28): Make social connections with friends or family.

## October: Apples

**Webinar:** September 29

- 40 (Sept. 29 – Oct. 5): Eat one apple every day.
- 41 (Oct. 6 – Oct. 12): Share apples with a coworker or friend.
- 42 (Oct. 13 – Oct. 19): Try a new apple recipe.
- 43 (Oct. 20 – Oct. 26): Enjoy apple cider or use apple cider vinegar in a recipe.

## November: Stay Positive

**Webinar:** October 27

- 44 (Oct. 27 – Nov. 2): Plan one positive thing for tomorrow.
- 45 (Nov. 3 – Nov. 9): Choose a positive affirmation and say it frequently.
- 46 (Nov. 10 – Nov. 16): Read a self-help book.
- 47 (Nov. 17 – Nov. 23): Start and end your day with a positive habit.
- 48 (Nov. 24 – Nov. 30): Journal or reflect on what makes you happy.

## December: Give

**Webinar:** December 1

- 49 (Dec. 1 – Dec. 7): Donate food, toiletries, clothing, or toys.
- 50 (Dec. 8 – Dec. 14): Perform a random act of kindness.
- 51 (Dec. 15 – Dec. 21): Research and commit to volunteering in 2026.
- 52 (Dec. 22 – Dec. 28) Be an intentional giver.