



WellNYS Everyday

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 initiative encourages employees to:

- Sign-up to receive the WellNYS Daily To-Do by email every day
- Run or walk your First or Next 5K
- 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.

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

WellNYS Everyday is sponsored by NYS Work-Life Services.

WellNYS Daily To-Do

July 2023

Go outside and enjoy nature in New York State

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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30	31					

MONTHLY WELLNYS DAILY TO-DO'S

- August** Eat a variety of fruit and vegetables.
- September** Train your brain.
- October** Get to know your community.

- 1.** The July monthly WellNYS Daily To-Do is to go outside and enjoy nature in New York State. Join us on Wednesday, July 12, at 12:00PM for the webinar, “Hike New York: Exploring the Great Outdoors.” To register go to: <https://meetny.webex.com/weblink/register/r4826a8883444076ad98673d73917769a>.
- 2.** Discover summer in New York State by going to: <https://www.iloveny.com/>.
- 3.** What is your favorite region to enjoy nature in New York State? Is it the beaches of Long Island, the wilderness of the Adirondack or Catskill Mountains, wineries of the Finger Lakes, or the roaring water of Niagara Falls? Do you have any plans to visit one of these regions this summer?
- 4.** Playing games like corn hole, frisbee, or even playing catch in your backyard can be the perfect July 4th activity.
- 5.** Enjoy the beauty of nature by watching a sunset or sunrise. Set your alarm early or clear your evening schedule and go for a relaxing stroll to enjoy the beautiful colors of the sky.
- 6.** Pack a pair of walking shoes today before you leave for work. On the way home, stop at a local park or in your neighborhood and go for a walk to unwind after a long day.
- 7.** Enjoying the wonders of nature on horseback is a fun way to get together with friends, family, or your significant other. Take a trip to a nearby stable or paddock this July. Click on the following link to find horseback riding in your area: <https://www.dec.ny.gov/outdoor/101037.html>.
- 8.** We spend much of our day inside at work, inside at home, and inside our mode of transportation. Commit every day to go outside and enjoy nature!
- 9.** The 2023 I BIRD NY Challenge is back! Use your observation skills and join the annual Challenge by identifying any 10 bird species of your choosing in New York State. Go to: <https://www.dec.ny.gov/animals/109900.html#2023> for more information.
- 10.** Did you plant a vegetable or flower garden? Tending to a vegetable or flower garden is a great way to commune with nature. If you didn't already start a garden, it may not be too late.
- 11.** Outdoor concerts are one of the many ways to enjoy music this summer. Where is your favorite venue in New York State to enjoy a concert?
- 12.** Interested in learning more about hiking? Go to <https://meetny.webex.com/weblink/register/r4826a8883444076ad98673d73917769a> to register for today's wellness webinar at 12:00PM.
- 13.** It's not typical to schedule time on our calendar to do absolutely nothing. Make today different. Schedule 15-20 minutes today to sit outside and close your eyes and just be mindful. Listen to the birds, and just enjoy the warm temperatures that July brings.
- 14.** Paddleboarding is a low-impact workout that can help improve balance, core strength, and reduce stress. It's a great way to enjoy being on the water. Search online for a local rental company near you.
- 15.** Fishing is great way to get outside this summer and enjoy both the beauty of nature and the water. Learn more about getting a fishing permit from the NYS Department of Environmental Conservation website. It's only \$25 for ages 16-69, and \$5 if you are over 70. Go to: <https://www.dec.ny.gov/permits/6091.html> for more information
- 16.** Badminton is fun and an inexpensive investment in summer fun. It is great exercise to chase a birdie with your racket.
- 17.** Miniature golf is another way to enjoy the outdoors. Find a local spot and challenge a friend to a round of golf. If you are feeling competitive, the person with the highest score could buy the winners ice cream. The lowest score wins!
- 18.** Put a spin on your day! Biking is a great low-impact exercise that supports cardiovascular health and strengthens your bones and muscles. Try going on a scenic bike ride to a nearby park!
- 19.** Did you know you can ride your bike from New York City to Buffalo or Canada? Learn more about the Empire Trail at: <https://empiretrail.ny.gov/faqs>.
- 20.** Enjoy the fruits of your labor! Going fruit picking or berry picking can be a perfect July activity. Grab some friends, a basket, and find a local farm today!
- 21.** Camping is a good way to relax in the great outdoors while enjoying the benefits of fresh air, exercise, and spending time with family and friends. To find and reserve a campsite, visit the NYS Parks, Recreation and Historic Preservation website at: <https://parks.ny.gov/camping/>.
- 22.** Don't know what to do on this beautiful summer day? Grab a picnic blanket, some healthy snacks, and a lawn game and have a picnic in a field or park! Having a picnic can be a perfect way to relax and enjoy the weather.
- 23.** A warm breeze, the sand between your toes, and the sounds of the waves seems like a perfect summer day activity. Beat the heat with a trip to the beach today! Check out this article on 10 Amazing Beaches You'll Only Find in New York at: <https://www.iloveny.com/blog/post/amazing-beaches-youll-only-find-in-new-york/>.
- 24.** Did you know the state official bird is the Eastern Bluebird? Visit the New York State Birding Trail at: <https://www.dec.ny.gov/animals/109900.html>. This State website highlights world-class birding opportunities and provides information on places anyone can go to find birds in beautiful settings.
- 25.** Tidy up this Tuesday. Grab a pair of gloves and a bag and pick up trash as you see it. Remember – leave no trace.
- 26.** Always be prepared. Whether it's a hike in the Adirondacks or a trip across the State to a historic site, it's important to plan. Plan your adventure today by checking out the National Park Service Trip Planning Guide for travel and health and safety recommendations at: <https://www.nps.gov/subjects/healthandsafety/upload/Trip-Planning-Guide-Package-508c.pdf>.
- 27.** Make a list of your favorite things to do outside and choose one to do today!
- 28.** Bocce Ball is a leisurely and fun way to spend time outdoors. It's a nice way to unwind after work or while waiting for the grill to heat up.
- 29.** Yard work may feel like a chore. Instead of just raking, mowing, or weeding, put your earphones on and enjoy your favorite music.
- 30.** Is there a trail or park in New York State you've driven by and said, “One day I want to go there!” Make today that day!
- 31.** Today is the last day of July, but there is more summer to enjoy. What outdoor activities do you have planned for August?

Number of days completed