Open to NYS employees and family members. Log onto www.worklife.ny.gov/wellnyseveryday to register. Participate and complete 21 days of the Monthly Challenge and earn a WellNYS award.

**WellNYS Everyday**

**Making better choices to be well and stay well**

**2014 Monthly Challenges**

January

- Olympic Experience
- Spend 20 minutes in meditation or quiet reflection, or write in a journal
- Participate in 20 minutes of physical activity
- Utilize the USDA “Choose My Plate” for one meal

February

- Choose one healthy snack
- Spend 20 minutes in meditation or quiet reflection, or write in a journal
- Participate in 20 minutes of physical activity
- Utilize the USDA “Choose My Plate” for one meal

March

- Choose one healthy snack
- Spend 20 minutes in meditation or quiet reflection, or write in a journal
- Participate in 20 minutes of physical activity
- Utilize the USDA “Choose My Plate” for one meal

April

- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December

**WellNYS Ambassador Name:**

**Contact Information:**