

# ELEVATE YOUR WEEK WITH WELLNYS EVERYDAY

Be inspired to practice WellNYS Everyday with the WellNYS Daily To-Do delivered straight to your inbox. Make better choices to be well and stay well with our themed daily emails. Visit the [WellNYS Everyday website](#) and click "Sign Up for the WellNYS Daily To-Do."



**MONDAY**

→ **MOTIVATION**



Create a fresh and optimistic start to the week.

**TUESDAY**

→ **TRACKING**



Identify and track behaviors that you want to develop as habits.

**WEDNESDAY**

→ **WELL-BEING**



Explore small mid-week actions that inspire physical and mental health.

**THURSDAY**

→ **TASTY**



Discover delicious, easy, and healthy recipes.

**FRIDAY**

→ **FIT**



Tips and tricks to make physical activity more fun.

**SATURDAY**

→ **SELF-CARE**



Prioritize personal well-being.

**SUNDAY**

→ **STILLNESS**



End the week by reflecting, recharging and finding peace.