

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.