



FALL WELLNYS EVERYDAY TEAM CHALLENGE



THURSDAY, OCTOBER 1 – WEDNESDAY, NOVEMBER 25

Participate **this fall** by choosing one of these healthy behaviors that you can adopt daily. -----➔

Form a two-person team by pairing up with another New York State (NYS) coworker or a family member of a NYS Employee.

All teams who complete at least 50 days of their challenge will be entered into a drawing to win a cool pair of socks for each teammate (50 teams will be selected).

- o Push-ups or squats
- o Active minutes
- o Water intake
- o Track your meals
- o Sleep
- o Gratitude sharing
- o Choose your own challenge

REGISTRATION DEADLINE: OCTOBER 5, 2026

**Learn More About How to Participate
at [oer.ny.gov/wellnys-everyday team-challenge](https://oer.ny.gov/wellnys-everyday-team-challenge)**



Office of
Employee Relations
Work-Life Services

