



Ready to take on the Wellness Challenge?

We've gathered a list of 50 wellness-related missions you can achieve at most state parks and historic sites. Complete 25 of the missions this year either as an individual or as a team.

Finish 25 activities to win a special edition sticker!

Each activity must be completed in the 2025 calendar year at a New York state park or historic site. Submissions of activities completed in past years during previous visits will not result in points.



March to Your Own Tune

- Take a stroll while jamming out to tunes (be mindful of others and stay alert to your surroundings) or attend a musical performance.

Access for All

- Tell someone about the Access Pass which allows New York residents with disabilities free or discounted use of some state lands.

Thrive and Shine

- Start your morning off right by rising with the sun and moving your body.

TICK Tock

- No need to check your watch – the best time to check for ticks is once you've completed your exploration in the woods.

Golden Opportunity

- Visit a park with a senior (age 62+) and educate them about the Golden Park Program.

Going Green

- Learn more about what NY State Parks is doing to help keep our properties sustainable and reflect on what YOU can do to make an impact.

Capture the Beauty

- Take a snapshot of something beautiful you found on an adventure and write about it.

Planting Fields

- As a reflective writing exercise, write down your:
Rose: A positive highlight, success, or small win;
Bud: Something you that are looking forward to;
Thorn: Something that you need more support on.

Great Minds Dink Alike

- Play a game of pickleball with some pals on one of our many courts.

5-4-3-2-1

- Engage your senses! Identify five (5) things you can see, four (4) things you can touch, three (3) things you can hear, two (2) things you can smell, and one (1) thing you can taste.



Serving Those Who Served

- Educate a veteran or Gold Star family about the Lifetime Liberty Pass, which offers free and discounted amenities to those eligible.

Animal Planet

- Spend some silent time at your local state park and be on the lookout for plants and animals that might live in the environment around you.

Float On

- Grab a set of paddles and enjoy a day out on the water at a state park kayaking, stand up paddleboarding, or canoeing.

Ketchup With Friends

- Whether on our green grass, sandy beaches, or in one of our rental pavilions, grab a group and enjoy a BBQ or picnic outdoors!

Learn About Opportunities

- Did you know there are a variety of employment opportunities with New York State Parks? Take some time to explore what is out there.

Birds of a Feather

- Flock together with a group and enjoy an afternoon of birding at our properties.

Stay Pawsitive

- Furry friends are an easy way to brighten up your day. Take a stroll where leashed puppy pals are welcome at state parks or historic sites.

PTO (Plan Time Outside!)

- Everybody needs a break, but vacations don't have to break the bank! Reserve a campsite, cabin, yurt, or cottage for relaxation time!

For your a-MUSE-ment

- Visit an interpretive exhibit at one of our properties.

Meditate On It

- Find a peaceful spot in one of our properties to clear your head and set intentions for yourself. Sit and clear your mind in silence for five minutes.

Tree Pose

- So many of our state parks and historic sites offer yoga classes free of charge! Use our online events calendar to participate in a yoga class!

Be a Team Player

- Get folks together to engage in a group recreational activity such as tennis, golfing, or running a race!

All Together Now

- Grab a friend and explore a state park or historic site you've never been to before. Snap a picture from your adventure!

Volunteer with Us

- Volunteering with a Friends group is a great way to make connections and give back!

Un-be-LEAF-able

- Investigate the flora around you. What did you find? What did you learn?

We Wheelie Love Our Trails

- Grab a bike and a helmet to take an adventure on the Hudson Valley Greenway Trail, the Erie Canalway, the Empire State Trail, or the Champlain Valley Trail.



Stay Curious

- Visit one of our historic sites and release your inner curiosity. Read the literature. Take in the layered history of New York State!

You're a Catch

- Fishing is known to be a quiet and relaxing sport. Find a peaceful area that allows fishing and cast a line. (Don't forget to bring your fishing license!)

One Step at a Time

- Take a casual stroll at your local state park or historic site and keep track of your steps. How many steps did you take?

Empire State

- Did you know the Empire State Trail is 750 miles long? Whether you're running, walking, rolling, or strolling, this trail has plenty of room for all.

Eat Fresh and Local

- Visit one of the many farmers markets held at our state parks and pick up something tasty.

Bee Kind

- Give someone a hand, spark up a conversation, or just give a parkgoer a smile.

Forest Bathing

- Take a walk at one of our properties and consciously connect with what's around you. Let the sensations of the environment envelop you!

Water You Waiting For? Jump On In!

- Take a dip at one of our many pools, lakes, or beaches to cool off and engage your muscles.

Reflecting Pool

- Pause by a body of water, fountain, or pool and take a moment to reflect and recognize how you are feeling mentally, emotionally, and physically.

Reduce

- Help us reduce waste with the Carry In, Carry Out method. Anything you bring onto the property with you, bring it back out (yes, including trash!).

Reuse

- Bring your re-usable water bottle on a hike or walk at one of our state parks or historic sites.

Recycle

- Find a piece of litter within our property and dispose of it properly!

Go the Extra Mile

- Join us for a race hosted in one of our state parks or historic sites!

Do Something Daring

- It's good to get your blood pumping by trying something new! Experience exciting activities available at New York state parks and sites.

Ice Ice Baby

- Did you know you can ice skate at some state parks? Make some memories this winter dancing on the ice!

Digital Detox

- Enjoy the great outdoors at a state park or historic site without being connected to technology.

Limber Up

- Get a few good stretches in before enjoying a designated trail (there's over 2,000 miles of trails at state parks and historic sites across New York!)

Fun for Free

- Our state parks and historic sites offer a variety of free events for folks to take part in. Check out our online events calendar to join in on the fun!



I Love My Park Day

- Help us clean up a local state park or historic site on I Love My Park Day (this year it's on May 3)!

Have a nICE Day

- Go cross country skiing, snowshoeing, snowmobiling, or get creative and build a snowman on one of our properties.

The More You Know

- Did you know there are boating and snowmobiling classes you can take to recreate safely in our state parks? Take a class.

Nurture in Nature

- Attend an educational event or program at one of our nature centers. Where did you go and what did you learn?

First Day Hikes

- Start your New Year off right by participating in a First Day Hike! Take a picture of you enjoying the outdoors on January 1, 2025 or 2026!

Take a Color Walk

- Select a color of your choosing and, as you walk, make a point to look for that color consistently.

Once you've checked off 25 missions (or more!), **mail in your checklist** to the address below so we can send your commemorative sticker to you!

**New York State Office of Parks,
Recreation and Historic Preservation**

625 Broadway | Albany, NY 12207
Attn: Wellness Challenge

Name

Address

City / State / Zip

Email

How did you complete the Wellness Challenge?

- Individual Team

Please note how many members on your team _____

Challenge submissions will be accepted from
January 1, 2025 to January 12, 2026.