



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 Going Green Take a stroll while jamming out to tunes Learn more about what NY State Parks is doing to (be mindful of others and stay alert to your help keep our properties sustainable and reflect surroundings) or attend a musical performance. on what YOU can do to make an impact. **Access for All Capture the Beauty** Tell someone about the Access Pass which Take a snapshot of something beautiful you found allows New York residents with disabilities free or on an adventure and write about it. discounted use of some state lands. **Planting Fields Thrive and Shine** As a reflective writing exercise, write down your: Start your morning off right by rising with the sun Rose: A positive highlight, success, or small win; and moving your body. Bud: Something you that are looking forward to; Thorn: Something that you need more support on. **TICK Tock Great Minds Dink Alike** No need to check your watch - the best time to Play a game of pickleball with some pals on one check for ticks is once you've completed your exploration in the woods. of our many courts. 5-4-3-2-1 **Golden Opportunity** Visit a park with a senior (age 62+) and educate Engage your senses! Identify five (5) things you them about the Golden Park Program. 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	For your a-MUSE-ment
Educate a veteran or Gold Star family about the Lifetime Liberty Pass, which offers free and discounted amenities to those eligible.	Visit an interpretive exhibit at one our properties.
Animal Planet	Meditate On It
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.	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.
Float On	Tree Pose
Grab a set of paddles and enjoy a day out on the water at a state park kayaking, stand up paddleboarding, or canoeing.	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!
Ketchup With Friends	Be a Team Player
Whether on our green grass, sandy beaches, or in one of our rental pavilions, grab a group and enjoy a BBQ or picnic outdoors!	Get folks together to engage in a group recreational activity such as tennis, golfing, or running a race!
Learn About Opportunities	All Together Now
Did you know there are a variety of employment opportunities with New York State Parks? Take some time to explore what is out there.	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
Flock together with a group and enjoy an afternoon of birding at our properties.	Volunteering with a Friends group is a great way to make connections and give back!
Stay Pawsitive	Un-be-LEAF-able
Furry friends are an easy way to brighten up your day. Take a stroll where leashed puppy pals are	Investigate the flora around you. What did you find? What did you learn?
welcome at state parks or historic sites.	We Wheelie Love Our Trails
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!	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	Reduce
Visit one of our historic sites and release your inner curiosity. Read the literature. Take in the layered history of New York State!	Help us reduce waste with the Carry In, Carry Ou method. Anything you bring onto the property with you, bring it back out (yes, including trash!).
You're a Catch	Reuse
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!)	Bring your re-usable water bottle on a hike or walk at one of our state parks or historic sites.
One Step at a Time	Recycle
Take a casual stroll at your local state park or	Find a piece of litter within our property and dispose of it properly!
historic site and keep track of your steps. How many steps did you take?	Go the Extra Mile
Empire State	Join us for a race hosted in one of our state park or historic sites!
Did you know the Empire State Trail is 750 miles long? Whether you're running, walking, rolling, or strollering, this trail has plenty of room for all.	Do Something Daring It's good to get your blood pumping by trying
Eat Fresh and Local	something new! Experience exciting activities available at New York state parks and sites.
Visit one of the many farmers markets held at our state parks and pick up something tasty.	Ice Ice Baby
Bee Kind Give someone a hand, spark up a conversation,	Did you know you can ice skate at some state parks? Make some memories this winter dancing on the ice!
or just give a parkgoer a smile.	Digital Detox
Forest Bathing	Enjoy the great outdoors at a state park or histo
Take a walk at one of our properties and consciously connect with what's around you. Let	site without being connected to technology.
the sensations of the environment envelop you!	Limber Up
ater You Waiting For? Jump On In!	Get a few good stretches in before enjoying a designated trail (there's over 2,000 miles of trail
Take a dip at one of our many pools, lakes, or beaches to cool off and engage your muscles.	at state parks and historic sites across New York
Reflecting Pool	Fun for Free
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.	Our state parks and historic sites offer a variety free events for folks to take part in. Check out o online events calendar to join in on the fun!





I Love My Park Day	Nurture in Nature
Help us clean up a local state park or historic site on I Love My Park Day (this year it's on May 3)!	Attend an educational event or program at one our nature centers. Where did you go and what did you learn?
Have a nICE Day	First Day Hikes
Go cross country skiing, snowshoeing, snowmobiling, or get creative and build a snowman on one of our properties.	Start your New Year off right by participating in First Day Hike! Take a picture of you enjoying the outdoors on January 1, 2025 or 2026!
The More You Know	Take a Color Walk
Did you know there are boating and snowmobiling classes you can take to recreate safely in our state parks? Take a class.	Select a color of your choosing and, as you wal 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,	е
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