



# Wellness Challenge

New York State Parks

## Your Year of Wellness Begins Now!

New York State Parks and Historic Sites invites you to take on the Wellness Challenge in 2025! Throughout the year, immerse yourself in all kinds of wellness activities at state parks and historic sites across the Empire State. From trying your hand at yoga to engaging your senses to packing a picnic, achieve wellness through a variety of ways in the outdoors.

## Finish 25 missions to win a special edition sticker!

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 to receive a commemorative sticker.

## Ready to take on the Challenge?



Scan for more details or  
check out our website!

[parks.ny.gov/wellness-challenge](https://parks.ny.gov/wellness-challenge)