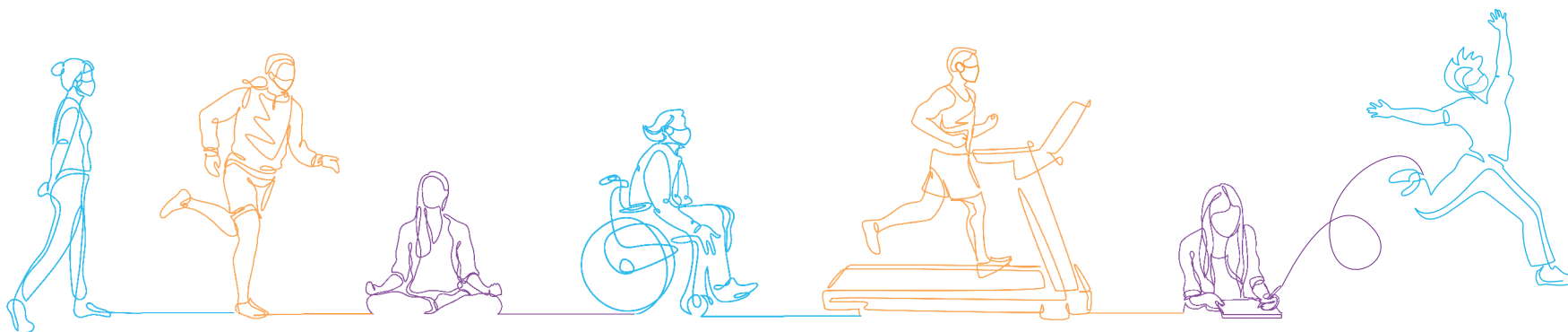


RENEW YEAR CHALLENGE

Finish strong, and start the new year feeling good.



Scan here to register

THE RENEW YEAR CHALLENGE

is a 15-day mind-body program that invites you to reflect on all the positive things you can bring into the New Year. With a personal daily step goal, journal prompts, mindfulness practice, and relaxation techniques, you'll prepare mentally and physically for the year ahead.

BODY

Choose a personal step goal (6,000, 8,000, or 10,000+ steps) and aim to reach it each day during the challenge.

MIND

Reflect on the past year and look forward to the next with a daily call to action. Practice gratitude and mindfulness to get centered and focused.

Registration
11/16-12/6

Challenge Dates
12/7-12/21

Register at on.nyc.gov/renewyear
Organization code - nyc123