

- Visit your library and check out a cookbook - try a new healthy recipe.
- Have a “Pay it Forward” day.
- Visit the Sanford-Springvale YMCA for a free one day pass – if already a member, try a new activity.
- Find an inspiring quote and post it where you can see it every day.
- Write down everything you eat and drink for a few days.
- Read a self-improvement book.
- Invite a friend for a walk - for example, the Mousam Trail.
- Use a pedometer to track daily steps. (10,000 steps is recommended per day.\*\*) (25 pedometers will be given out at each library - or try an app!)
- Replace sugary drinks with water (4-8 glasses of water recommended a day.)\*\*
- Try a new vegetable or fruit - or retry one you haven’t had in a while (maybe with a new recipe).
- Attend a library program (may be at any library).
- Explore your roots - try Ancestry.com at the library or visit the Sanford/ Springvale Historical Society.
- Try saying only positive things for one full day.
- Replace a snack with a healthy alternative.
- Low tech day - give up one technology for the day - tv, video games, smart phone apps... you choose!
- Participate in an outside activity.
- Take a Yoga or meditation class in person, on DVD or on-line.
- Listen to a relaxation or self-help CD (or on-line).
- Bring a friend to sign up for the program. (and get a raffle ticket!)
- Check on your financial wellness – Stop at an SIS branch and ask how you can bank 24/7.

**Wild Card** - You choose the healthy option for the day!

\*\* cannot be recorded til the end of the program

### Program Information:

- Sign up for the program at either Springvale or Goodall Library. Record your name, goal, and objectives:
- |            |       |
|------------|-------|
| Name       | ..... |
| Goal       | ..... |
| Objectives | ..... |
- As you complete items on the included checklist, visit either library to get your game board stamped.
  - When you land on a “Wild” space, invent your own “healthy” option for the day - and enter your name into the prize raffle!
  - Enjoy the End-of-Program Celebration!

**Check with your doctor before starting ANY exercise program!**

**Participants must be 18 years or older.**

*This is a fun, free, non-competitive program  
The program runs March 2 - May 11 (10 weeks)*



# Springvale & Goodall Libraries

## present

# Let's March into May!

with help from our friends

March 2nd to May 11 2015



Inspiration Quote

 share!

My Outside Activity

My Favorite Healthy Snack



START



presented by Springvale & Goodall Libraries

# Let's March Into May!



Attend the  
End of Program  
Celebration!


My Pedometer Reading

Congratulations!



**FINISH!**  
Enter the prize raffle!



 share!  
A New Recipe I Tried

PHC



My Favorite Way  
to Go Wild!

 share!

A Book I Read

Wild  
Enter the prize raffle!



Wild  
Enter the prize raffle!



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