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; see www.pedometer.com for more details. 25 pedometers will be given out at each library - try an app!)

Replace sugary drinks with water (4-8 glasses of water recommended a day; see www.water.org for more details.)

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.

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

Springvale & Goodall Libraries present

Let’s March into May!
with help from our friends

March 2nd to May 11 2015

Springvale Public Library - 443 Main St Springvale ME 324-4624
Louis B Goodall Memorial Library - 952 Main St Sanford ME 324-4714

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